



Penns Valley Conservation Association

www.pennsvalley.net

FALL/WINTER 2016

Bird Watching in Winter

--By Cathy Pierce--

As I write this, the weather outside is undeniably frightful. An ominous sky, snow whizzing horizontally passed my windows at up to 40 mph...winter has arrived in a fury of flurries! On days like this, it wouldn't be much fun to be a songbird weighing about 0.6 ounces. I think I would head for shelter in the woods near Penns Creek and wait it out.

Winter a difficult time for birds in much of North America. It's a mystery to me why any of them opt to stick it out. The insects and spiders they relied on during spring and summer have either died or become dormant and their food choices are reduced to seeds and berries, many of which drop to the ground during the persistent, inclement weather. Finding food can be especially challenging for birds after a heavy snowfall.

Setting up a backyard feeder makes their lives easier (and ours more enjoyable) during the winter months. Feeders supply good quality protein for birds and lively entertainment for humans at much less expense than a typical cable bill. The addition of a heated bird bath brings in birds not typically observed at seed feeders, such as bluebirds and mockingbirds. On a sunny 35 degree day, we certainly can't imagine taking a bath outside, but the birds may be having a pool party! (Mourning Dove: "*Cannonbaaalll!!!*")

So what should you feed them? By far, the best choice from both a nutritional and an economic standpoint is black-oil sunflower seed. It is preferred by basically every overwintering species here, except doves. The size and thin shells of these seeds make them easy for smaller birds to handle and crack. You might think that a mixture of seeds makes the most sense, but usually birds will mine for the sunflower seeds, wasting the rest. **BONUS:** PVCA members get a discount on black-oil sunflower at Martin's Feed Mill in Coburn! These are locally-raised so you can support birds, farmers and a conservation-minded business in one fell swoop!

Another important food to offer at your feeding station is suet. This is where feeding the birds can get a little TOO exciting. What you want to avoid is having your bird feeding station turned into a *bear* feeding station.

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Our Land Has Many Waters

-- By Rick Henry --

Settled many years ago; our valleys and the community, businesses and tourism within them owe it to our natural resources-our waters.

Water is essential for life. Not only our lives but the life of our community. We, as a people are tied to this precious resource, it provides us essential elements for our being, food for our sustenance, and to those that work in our watershed, money to support our lives.

PVCA is a community organization that seeks to strengthen the bond between its local citizens and the main natural resource that surrounds them, water. We support local businesses that keep dollars in our region, develop community activities that invite people to convene and be informed, work to preserve and enhance the natural resources of our lands, and educate the next generation of the value of the community they live in.

The watershed and all within it are dependent on quality water to: sustain its agricultural roots, support its tourism for recreational fishing, provide for its people every day, and support the diverse eco systems of plants, trees, mammals, birds, amphibians, and fish that we commonly see as our world. All of these elements require clean-cool water to thrive.

At PVCA we support our community we live in by strengthening this common denominator, water. From restoring stream banks to proper function with enhanced habitat and vegetation to aiding farmers who wish to protect the water resources that they farm upon.

We have an ever expanding member base of merchants, farmers, educators, artists, scientists, and professionals from the business and consulting world. We find the birder appreciates the arborist, as does the fisherman - wanting to keep the water shaded, cool and clear. As does the recreational biker and hiker, they know this natural backdrop of

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The View From The Chair

--By Jim Pierce--

The newsletter that you are holding in your hands, or reading on a screen, represents one of the most important “touch points” that PVCA has. Like Crickfest, the newsletter is an outward facing manifestation of who we are and what we do that reaches not only our growing membership friends, but also our partners and collaborators within and throughout our circle of influence. And like Crickfest, it takes a village to create. So please, take time, take notes and take care as you peruse our accomplishments and plans, and hopefully learn a thing or three. Notice that there is a lot of change happening with the energy of new leadership. Amidst that change there is a lot going on; expansion of yeoman projects like streambank improvement, water quality monitoring and classroom education, projects about to bear fruit, like our own community radio station WSOV going live, and sky’s-the-limit new projects that come with the new energy of new leadership.

In this issue and in the coming months you will be hearing about plans to strengthen and diversify our leadership by building committee participation. Committees are the consensus structure that foster the consensus process. The board leads the committees, who brainstorm, discuss and create proposals for the board. As a kickoff event to this committee reinvigoration project we have scheduled an All Committee Meeting on Jan 5th 7PM at the St Luke’s Cultural Center. The dream of this gathering is to describe the current projects, as well as the Big Aspirational Plans of each Committee to see where they cross pollinate, and excite the worker bees. With seven new board members and a new Operations Director this is a good chance to focus, prioritize and dream. And did I mention having fun? As long as Greg and I control the conch we will have fun. (We will NOT, however, sing Kumbaya.)

As I have said before, one of the blessing of success is that folks want to get involved. Take a look at the bios of the new board members; energy, expertise, enthusiasm, excellence. The next ring in the rippling water is the committees. As these new leaders train and sort themselves into committee leadership please consider where you fit in; where you would like to contribute or, where you would like to just monitor and pay attention, waiting for that perfect moment to step forward and shine, basking in the glow of the volunteer spotlight.

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PVCA’s Mission and Vision

PVCA serves as a steward for the natural and cultural communities in the Upper Penns Creek Watershed. We seek to preserve and honor the agricultural roots of Penns Valley by protecting and conserving its waters, farmlands, forests, and rural heritage.

PVCA envisions an engaged community, where growth is balanced with support for healthy natural systems that foster the local economy. Our Valley has dark night skies, clear streams, healthy forests, prosperous farms, and local jobs.

PVCA's primary environmental education site receives preservation award!

--By Greg Williams --

The Centre County Historical society honored Greg & Mary Kay Williams with an award in Education and advocacy for their restoration work with the Muddy Paws Marsh Wetlands Education Center. In 1991 the Williams purchased their 40 acre property in Penns Valley for the sole purpose of restoring the circa 1808 historic house that was once a tavern.

After restoring the house, that they now operate as a B&B, they set their sights on the rest of the property. The 40 acre marsh had been drained in the 1950's to convert the land for farming activities. The Williams contacted Mark Roberts from the US Fish & Wildlife service about restoring the wetlands that once existed on the site and in August of 1994, work began on removing the drains and excavating a dike to create more than 7 acres of wetlands. The site was quickly named "Muddy Paws Marsh" after their Dog Max, who always came home muddy from walks in the wetlands.

The site quickly became home to hundreds of Ducks, Geese, Frogs along with many different species of Migratory birds. Birders began visiting to catch a glimpse of Sandhill Cranes, Egrets and even a pair of Swans paid a visit to the marsh.

PVCA became a partner with Muddy Paws Marsh and began hosting Environmental Education Field Trips for the Penns Valley School kids at the Marsh. Over the past 20 years, PVCA has hosted thousands of school kids from all different grades and taught them the value of preserving our wetlands and surrounding habitat, including Penns Creek watershed.

Mary Kay and her Husband believe that their land and natural splendor are to be shared.

"We Do Not Inherit the Earth from Our Ancestors; We Borrow It from Our Children"

PVCA Agricultural Site Wins Award!

John Wataha, the Centre County Conservation District's Nutrient Management Technician, presented the *Outstanding Conservation Farmer Award* to Clint Buck. Clint manages a dairy operation on his farm located on Elk Creek in Penn Township. John oversaw the installation of multiple Best Management Practices on this farm, including the installation of streambank fencing and the establishment of a riparian forest buffer. They built a roofed heavy use area and manure stacking facility, stabilized cattle walkways and developed a Comprehensive Nutrient Management Plan. Clint worked together with John to make decisions about the farm operation and managing his land. Some of the funding for this farm improvement project came from a Growing Greener Grant and an Act 13 Grant, both held by PVCA. Additional funding was provided by the Chesapeake Bay Watershed Initiative, USDA Environmental Quality Incentive Program and a Chesapeake Bay Forestry Grant.

-- Thank to Ann Donovan for sharing this write up. --

PVCA Welcomes Our Newest Members:

Cynthia Conklin
Rachel Myers
Tess Weigand
Lindsey Rupert

Keith Early
Kate Robinson
Patrick Leary
Genny Uhl

Bill & Cindy Ferguson
Josephine Smith
Meghan McCracken
Bill Rittlemann

And our returning members: James & Elizabeth Maurer and John & Mae Saylor

Thank you for your support.

Moving on Up....to South Penn Street

--By Becky Bragg--

This fall has brought some fresh faces and fresh places to PVCA. PVCA has moved the homebase office to St.Luke's Cultural Center located at 117 Penn Street in Millheim. Along with being absolutely beautiful, the space provides just what the organization is looking for. PVCA looks forward to collaborating with owner Gary Gyekis on creating a space that can serve as a hub for community action and involvement. We also look forward to being closer to WSOV and all of the exciting happenings of our community radio station. PVCA thanks Karl Leitzel and the Green Drake Gallery for always being a kind and helpful landlord. We will miss seeing all of the awesome art and artists so regularly. They were great office neighbors! Stop by and check out the new space sometime soon!

PVCA welcomed six new directors to the board at our annual meeting in November. These board members are contributing to creating a robust and energetic team ready to take on the challenges of the next year. They bring a unique skill set that is sure to contribute to a number of different committees, projects and missions. Please take a few minutes to read about them below. We also appointed a new member, Ray Girouard to fill out Becky Bragg's term as treasurer.

Kat Alden has been a member of PVCA since its inception. She feels passionate about PVCA's mission to protect the Valley's unique environment through education, preservation and restoration. As a certified teacher she has shared her love of nature in and out of the classroom, also founding and developing outdoor programs through One World Environmental Center in Spring Mills. As a land owner, committed to preservation she put her property in an easement with ClearWater Conservancy. As a Master Gardener with the pollinator program, she participates in habitat restoration. An avid hiker, she loves exploring local trails and forests and hopes to contribute to their protection.

Tommy Frank grew up in Philadelphia, where he spent several years as an active member in a Trout Unlimited, learning about stream monitoring and

New board members: Tess Weigand, Tommy Frank, Lexie Orr, Eli Ward, and Ray Girouard (missing Kat Alden and Kurt Grotz)



habitat improvement. After graduating from Tyler School of Art, he moved with his wife, Tracy, to Bellefonte. In 2015 they brought their family out to Penns Valley, settling in Millheim. Tommy is an avid fly-fisherman and forager, and eager to contribute to PVCA with his existing knowledge of limestone valley ecosystems and willingness to volunteer.

Kurt Grotz graduated Cheyney State University (the Oldest Historically Black College in the USA) with a degree in Mass Media Communications. He has used his skills in multimedia communication in his career as a community activist, special events coordinator and photo-journalist. Kurt has worked with many types of Environmental, Social Change and Civic organizations including Pennsylvania Resources Council, Campaign for Nuclear Weapons Freeze, Media Rugby Club, Philadelphia Folk Festival, Project Vote, Media Fellow and Rotary International. Since moving to Penns Valley four years ago he has become involved with WSOV Radio, Millheim Business Community, Aaronsburg Civic Association and the Salem Lutheran Church. He currently helps small businesses with Social Media Outreach and is working to create a Rural Peace Center based on the Tolerance Tennent's set forth by the "Aaronsburg Story." The idea is to develop the idea of "Civil Sustainability" as a part of "Sustainable Living."

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New Board Members, cont'd from p. 5

Lexie Orr moved to Central Pennsylvania in 2006 to attend Bucknell University, fell in love with the area and never left. She has a BS in Biology, MS in Ecology and a strong background in writing, sustainable agriculture, freshwater ecology and education. She is extremely passionate about protecting and restoring natural resources and currently works at ClearWater Conservancy. Outside of work, she is either hiking with her dog, trail running, gardening or fly-fishing.

Eli Ward is a foreign-born local who appreciates and understands the value of our natural resources. "I do not personally hunt or fish; more of a hiker, camper, floater; but our "mountains" and streams provide pleasure to countless aficionados and a welcome economic boost to our business community, providing opportunities for inspired entrepreneurs and grizzled veterans of finance both. I was honored and surprised when informed I was added to the list of possible board members of the PVCA and appreciate the opportunity to lend a more direct hand assisting the future of not only the PVCA itself, but the future of our ecosystem, community, and general well-being".

Tess Weigand relocated to the valley a few years ago and is an avid fly-fisher and hiker. PVCA's mission is critical to our shared natural resources and community and Tess desires to focus her energy in aiding this mission. She is the creator of Happy Valley Hop Yard, which provides Central PA craft breweries with sustainably produced hops and the co-founder of Commonwealth Hops. Tess has a degree in Agronomy from Penn State and is employed by Pennsylvania Certified Organic.

Ray Girouard just moved to Coburn to be with his fiancée, Annie Mascelli. He has a 35 year career in accounting finance having most recently served as Director of Accounting for Maine's Department of Health and Human Services. He currently works as Corporate Controller for Scott's Landscaping in Centre Hall. Originally from Cambridge, his 4 grown children still reside in Massachusetts. Ray enjoys listening to live music, dancing at zydeco festivals, and playing ice hockey.

Membership Match Challenge in Effect!

2017 dues paid by December 31st will be matched by the Challengers (up to \$5000).

See back page for details!



Yes! I would like to help PVCA preserve and protect our beautiful region.

Enclosed are my annual, tax deductible membership dues.

About You

Name	
Company	
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2017 General Membership Dues

- \$25 - \$99
- \$100 - \$249
- \$250 - \$499
- \$500

All memberships and contributions are tax deductible.

We like to thank our members & donors in our newsletter:

Name(s) to list in newsletter:

I/We prefer to remain anonymous.

(Check your areas of special interest)

- Stream Improvement
- Publicity
- Crickfest
- Education

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Penns Valley Conservation Association
PO Box 165, Aaronsburg, PA 16820
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If interested in a **Business Membership**, contact info@pennsvalley.net

Community Member Spotlight: Dan Shimp

--By Becky Bragg--

I recently had the absolute pleasure of chatting with local homesteader Dan Shimp about life on the farm, his role with PVCA and what makes Penns Valley such a special place in his eyes. Initially, I set out to do a question and answer session with Dan. What brought you here? What's your favorite thing about the organization? Almost immediately, the interaction changed from a question and answer session to a conversation between two like-minded individuals. In a short twenty minutes, Dan and I spanned a wide variety of topics, ideas and goals for a sustainable, beautiful life in our great Penns Valley.

Dan originally moved to Penns Valley because it was closer to his work. Previously he had been traveling an hour and a half to work each day and believe it or not, the forty-five minute to commute was an improvement! Eventually, Dan stopped working outside of his home and started doing what he loved: ingraining himself deeper in the community and focusing on homesteading. PVCA advocates Nell Hansen and Bob Vernon introduced Dan to the organization and he quickly became active in spreading PVCA's mission to serve as a steward for the natural and cultural communities in the Upper Penns Creek watershed. Today, many years since coming to the area, Dan is still very active with PVCA. The most recent project Dan has been lending his expertise to is the Penns Valley Elementary school garden that PVCA educator Jim Flanagan has been working to build. Over the course of 2016, Dan has volunteered countless hours. Some of the most memorable of the year were the homesteading day he hosted at his farm in Woodward in April and his annual petting zoo at Crickfest. What Dan would love to see from the organization going forward is more member involvement. This area is rich in people with unique and useful skills and PVCA would welcome more helping hands.

Here are a few excerpts from our conversation:

On getting back to the earth and growing your own vegetables, meat and grain....

"You'll find that most of the food that is more nutritious and good for you is not the stuff that people are eating nowadays, obviously. They're eating factory food and hybridized food and

there's no nutrition left in it. So the stuff that's good for you is the stuff your parents grew or your grandparents grew or even before them. That was the more nutritious food. Now the nutrition has been lost for aesthetic and price."

On involvement with the organization....

"I think the original thing since I was new to the area was to meet more people and get involved in what's happening in the community. Because if I'm going to be here I need to know what's going on. I need to know if this is a good place if I am going to stay here. And of course I found out it's the best place. I think everybody I have met in this area has been pretty welcoming, it's unbelievable."

On being involved with the children...

"Every time I go to the school to teach kids I learn something new." What an impressive statement from someone who already has such an immense depth of knowledge!



My favorite thing that Dan said during the whole interview/conversation was in regards to letting his pastured animals develop to their best selves....

"Just slow down, do things small and simple. It doesn't have to be perfect." I believe this is a great approach to just about anything in life.

You can schedule a tour of Dan and wife Kathy's seven and a half acre farm and see first-hand how they have approached getting back to the earth through cultivation of fruits, vegetables, maple syrup, grains, and more. Email Mountainside Homestead at shimpstead@gmail.com to get in touch!

A Daily Cup of Wild Greens

--By Jennifer Anne Tucker--

In the early 1970's I met Evelyn Snook and Bill Russell for the first of many experiences into foraging for wild foods and medicinal plants with like-interested folks as enthusiastic about identifying, preparing and preserving the wild eatables as me. I grazed, nibbled, tasted and sipped my way through those meandering days with my teachers and learned that most plants voluntarily growing around us are highly nutritional and safe to use as food or as a daily cup or two of tea. The walk, the talk and the wild greens, are all "good medicine".

My meandering days now are mostly on our farm... to be outside, or climb the field hills for a view of George's Valley, Egg Hill and panoramas of ridges, or to hike a deer trail down to Muddy Creek through woods. An essential part of loving this home-place and the beauty in all weather and seasons is gathering wild greens in my path on the way home from those short or long walks.

Let me brew up some wild ingredients with their benefits in a cup for winter sipping and strengthening and sharing. Maybe you too will take a walk and identify, nibble and bring home a handful of fresh greens for the tea pot, soup or salad bowl.

For the salad, soup or garnish: the wild onion greens. They look like chives or bright green grass in clumps; pick and smell and you will easily identify the pungent smell of fresh onion! Add more hot, garlic taste to salad dressings with wild garlic-mustard greens, *Alliaria petiolata*; gather the roots as a substitute for horseradish.

And please do not overlook the lowly but powerful nutritional value of the dandelion greens and roots, *Taraxacum officinale*, happily available until the ground freezes hard. The fresh greens and root can be added to soups, stew or rice dishes, the extra root dried or roasted for beverage. Did I mention how great the dandelion is for our immune system, kidneys and liver? Or how good the bending and kneeling to pick and dig them is for our bones and flexibility?

A cup of wild tea, brewed after returning from my walks at this time of year contains the fresh greens

of Chickweed, *Stellaria media*, Ground Ivy leaves, *Glechoma hederacea*, White Pine needles, *Pinus strobus*. Plants high in complex vitamin C, minerals and properties to fortify and protect us against many of the winter maladies, colds, flu, and coughs. Pine is a tree of peace, a perfect guest to honor and invite to your tables in this season of joyous gatherings of friends, family, and community. May the wild greens befriend you and you them!

Jennifer Tucker, gives herbal local workshops during the year and is a volunteer in the Penns Valley Learning Garden. Contact her to get on her mailing list if you are interested: jenniferanne.tucker@gmail.com or home phone 814-422-8257. Jennifer and her husband Gerald Lang are artists and their website is www.jennifer-tucker.com. They live at Hill Crystal Farm in George's Valley and some of their art is on display at Green Drake Gallery in Millheim.

Chair, cont'd from p. 2

The resignation of Rick Henry our Executive Director in August caused us to pause and re-evaluate our focus and priorities. Fortunately, as with Andrea before him, Rick's separation was amicable, his genuine love for our community and mission, and his expertise and commitment will continue. Perhaps the saddest note of this transition was the feeling that as is so often the case with nonprofits, the board and membership never properly expressed our gratitude and appreciation for all the hours, many of them volunteer, that Rick put in to leave a better PVCA. We truly appreciate the good work.

Fortunately the board was able to create a solution that builds on Rick's success, hiring our Treasurer and Crickfest Silent Auction Queen, Becky Bragg, as Operations Director to focus on financial and logistical planning. Anyone who knows Becky knows she brings a lot (!) of energy, enthusiasm and ideas to whatever table she sits at.

Enjoy this issue, then look around at the winter beauty, the community and the opportunities that Penns Valley offers, the specialness that is so worth enjoying, celebrating, enhancing and preserving.

Scenes from Crickfest 2016



Crickfest Compostables: Penns Valley to NY

--By Kelly Hatton

The paper plates and napkins, compostable utensils and cups from this year's Crickfest journeyed from Penns Valley to NY's Finger Lakes region to the fields of Organix, a vermi-culture farm in Seneca Castle, NY. Compacted for easy transport by PVCA's ag-plastic baler, the garbage bags full of a festival's worth of refuse were a welcome sight for Organix' manager, John Hicks. Hick's, a retiree who has taken on Organix along with a host of other local projects, was ready with a freshly dug trench. He spread the load of paper and compostable products into the long furrow. Next, the bed would be seeded with worms and covered. In six months, the result will be a rich fertilizer available for area growers.

Hicks is not a farmer by trade. He is a self-described "bureaucrat turned environmentalist" who spent his post-Marine career as a regional director for the New York State Department of Environmental Conservation (DEC) where he became familiar with the limitations of regional waste management. At the DEC, his work focused on improving the efficiency and sustainability of municipal waste management facilities. Now in his eighties, Hicks is steering the

development of Organix, serving on regional business development boards, and running marathons.

Organix currently produces vermicompost on about an acre of land tucked behind a rural office park. The field is a neat row of long beds, each packed with organic waste, soil, and a healthy worm population. The result is a nutrient-rich organic fertilizer and soil conditioner. Though still in its infancy, Hicks hopes the facility will grow to be part of the regional waste management system including sludge processing. The model, he says, could easily be adopted by other communities.

More info at: www.organicsoilamendment.com



Centre County PA Senior Environment Corps

--By Ann Donovan--Pennsylvania in 1997 established the statewide Senior Environmental Corps to offer an organized program of support for senior citizens wishing to become active in protecting the environment. The first state to do so. The State invited EASI (Environmental Alliance for Senior Involvement), a national non-profit, to administer the program in partnership with the PA Department of Environmental Protection and Office of Aging. The program has received favorable national and United Nations notice.

EASI's concept builds on the belief that older Americans have the time, motivation, and talent to tackle some of the most important environmental concerns in their communities. In partnership with the state, EASI organized county PaSEC chapters, trained volunteers to monitor local stream waters, selected initial sites for testing, supplied chemicals and kits and the protocols for using them, and helped the chapters develop self-sustaining leadership. Year by year, PaSEC chapters got going in 17 Pennsylvania counties.

In February 2002, Centre County PaSEC had its first training program. Stream testing began that April. Organized under RSVP (Retired Seniors Volunteer Program of Centre County), the chapter

received direction and support from the County Conservation District. RSVP's Bonnie Wick handled administrative matters (insurance and financial accounting), and Conservation Water Specialist Ann Donovan wrote grants and introduced PaSEC to watershed associations and regional groups. Other partners include Trout Unlimited, the Penns Valley Conservation Association (PVCA), the Bald Eagle Watershed Association, the Beech Creek Watershed Association, Lock Haven University, Nature Abounds, and the PA Department of Environmental Protection.

Our members are grouped into twelve teams, and monitor each month more than 50 sites on Centre County streams. We test for pH, nitrates, dissolved oxygen, total alkalinity, sulfates, and specific conductance. Quality control teams use duplicate samplings and laboratory comparisons to check and upgrade our teams' chemical test results. Twice a year the teams measure the biodiversity of their sites. Physical, chemical, and macroinvertebrate data from each stream is recorded on our web site. More than 10 years of visiting, observing, and testing Centre County streams have given us a baseline awareness that protects the county's water resources.

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Crickfest would not be possible without our countless volunteers, sponsors and donors. Thank you for your support, time and energy.

Volunteers and In-Kind Donors:

Dan and Kathy Shimp, Rebecca Robertson, Andy Porter, Susan Haney, Scott Case, Warren and Tina Leitzel, Bill Wolfe, Annie Mascelli, Nell Hanssen, Gary Gyekis, Jessie and Cathy Pierce, Taproot Bakery, Elody Gyekis, Tommy Frank, Barbara Lange, Jill Buchannan, Scot Paterson, Penn Township, Coburn Civic Club, Annyce Schafft, Diane Maurer, Willa Paterson, Scott Dennison, Martha Rhue, Barb Brownlee, Gary Long, Deb Fisher, Susan and John Dubosky, Nancy Parks, Rachel Myers, Coleen Swetland, Karla Groy, Asta Broskley, Frank and Rhoda Henry, Sally Mills, James Bradley, Shaun Doran, Tess Weigand, Torri Withrow, Shaver's Creek Environmental Center, Charlie Boyer, Organic Garden Center, Ann Glazer, Heather House, Kevin Sims, Abby Minor, Cecilia Gallup, Eli Ward, Phil and Karen Yanak, Asa Myers, Rick Henry, Bob Vernon, Jim Thumma, Erica Kortula, Jim Zubler, George Kelly, Lisa Marshall, Larry Wolken, Asta Broskley, Rebecca Gaffron, Creative Design & Printing, Laura Dorman (and friends), Boy Scout Troop 88, Seth Gordon, Genny Uhl, Kat Alden, Jeremy Tosten, Joe Ebeling, and many more that we are forgetting.

Sponsors: Penns Valley Veterinary Clinic, Murray's Chickens, Blackwalnut Body Works, Northwest Savings Bank, Elk Creek Café, Millheim Small Engine Shop, Centre Mills Bed and Breakfast, Brother's Pizza in Centre Hall, Robin Harlan, Theresa and Michael Bzdil, First National Bank of PA, Bryant and Cantorna Law Offices, McCamley Hydrogeology, Nittany Eye Associates, Happy Valley Hop Yard, Ron Fetzer Insurance Agency, Sierra Club- Black Moshannon, Tussey Mountain Outfitters

Penns Valley Elementary and Intermediate School (PVEI) Garden Update

--By Jim Flanagan--

Since PVEI received the \$2,000 Lowe's Toolbox for Education Grant in the late spring, there has been a lot of progress with the development and building of the garden courtyard. There are now three raised beds, two compost bins and one cold-frame bed. These beds have been instrumental in the fall programming at the school. To keep track of the precipitation and temperatures of the air and soil, we have added rain gauges and thermometers which will help guide our future plantings.

Dan Shimp and I have been working consistently with first, third and fourth graders on planting and caring for the garden, covering topics from design to planting. The 3rd and 4th grade students are part of an elective program or master class. Our garden program is entitled "Roots, Shoots and Dirty Boots" and our goal is to engage the students in hands on science. Many of the activities we run for the 3rd and 4th grade master class translate well as activities for the first graders. Specifically, we have planted and learned about bulbs, talked about cover crops and planted a variety of seeds in the raised beds. We have also had several clean-up work days, which they loved.



The students also enjoyed learning about compost. Dan brought in his worm compost bin so the students could see and handle the worms. They loved it. We hope to be able to build a couple of these systems for the students to compost their own lunch scrapes at the school.

All of the students and teachers have enjoyed this interactive approach to learning.



Another aspect of the garden is to create connections with the high school students. In the works right now are: building a shed for tools, rainwater collection, and using solar power to create a moving water feature for the courtyard garden. We have sent the specifications for the shed to the Technology and Engineering teachers who will guide their students through the process of designing the shed as part of a client-based project. The students plan to make a water element using the rain barrels as well as design a potential solar-powered irrigation system. These projects highlight how the PVEI garden project can include all grades in the process of developing a sustainable garden, using these experiences to learn how to think creatively and systemically about a project.

Overall the garden program will be a great addition to the curriculum of the schools and we hope to create many more connections to their educational needs.

If you are interested in lending a hand, contact Jim Flanagan at pvcaeducator@pennsvalley.net or 862.202.9063.

Student Garden Design

In late spring the Penns Valley Elementary and Intermediate School received a 2,000 dollar Lowe's Toolbox for Education Grant for the construction of a courtyard garden. PVCA helped write the grant and will be a partner in the development and care of the garden. The overall goal of the project is to create a space that will engage the students in hands on activities that complement their studies in the classroom. It is also important for us to receive student input during all phases of the project. Even though PVCA and Dan Shimp of Mountainside Homestead built several raised beds to get the project started, we encouraged students K-5 to design the garden space structurally as well as programmatically (i.e.- what to plant). We received many great ideas and will implement as many concepts as we can. Some fun ideas included water features, a pie-shaped garden, a rainbow garden, a sense garden, and themed gardens of all kinds. Below is an example of one of the great designs we received.

WSOV Update

--By Larry Wolken--

Through the tremendous generosity of our neighbors and local merchants we are very near our target goal. We now have the transmitter, tower components (to be erected soon in the rear of St. Lukes Cultural Center), emergency broadcast system, and various other components necessary to go live. The beautiful studio constructed by Gary Gyekis and others in the rear of St. Lukes is very nearly completed and we hope to be on the air before the end of the year.

At any time folks can contact Larry Wolken or Gary Gyekis and for a small contribution they can have their son or daughter (any age) record an ID spot for WSOV that will be used regularly on the air.

We're also very much in the market for programming ideas and volunteer help. Thanks to all for your enthusiastic support.



Artist/Designer Julianna Lovallo (Penns Valley Intermediate, 5th Grade Mrs. Feltenberger)

“For my garden I have a suplie closet in the top right corner, a butterfly garden in the top left, a compost area in the bottom right, and a scent and tomatoe garden on the bottom left. The ground is sand there are four gardens of plants, earbs, peppers, and flowers surrounding the tree. The tree has a small pond around wich has gold fish in it. There is a stone pathway from door to door. Finally there is two benches for relaxing. I hope that some of my ideas come into play for the final plan, and no matter what I think that once the garden is done it will get ALOT of “green” thumbs up.”

**OUR COUNTY'S POETIC
ECOSYSTEM: AN UPDATE ON
*BEING HEARD***

--By Abby Minor--

Being Heard, a creative writing program that honors the voices and imaginations of Centre County's elders, is entering its fifth year! This year, we've expanded to several sites, and now offer writing groups at Salem Hill Haven in Spring Mills, at Centre Crest Nursing in Bellefonte, and at the Bellefonte Senior Center. We're happy to be working within the full spectrum of elder care, from seniors who live independently to those who live with advanced dementia and reside full-time at Centre Crest's Stanton Court.

The program is supported by the Pennsylvania Council on the Arts and the Centre Foundation's M.W. and Margaret S. Shreffler Fund, and partners with the Bellefonte Historical and Cultural Association. This year, Being Heard was recognized as our region's "Best Project" for the PA Council on the Arts Project Stream grant.

Looking forward, program director Abby Minor hopes to expand the program to serve a wide range of under-heard voices in Centre County, from people who are incarcerated to people who have survived domestic violence. As we expand the parameters of our poetic ecosystem, we create a world in which many voices can thrive and sing!

Please be in touch if you'd like more information, to donate, or to volunteer; you can contact *Being Heard* director Abby Minor at abbyminor@gmail.com or at 814-441-4507.

The following poems are by residents at Salem Hill Haven in Spring Mills.

**CALL IT THE NIGHT WITH A LIGHT
FROM ABOVE**

*By Gretchen Hosterman, Gerry Hoffman,
Dottie Shoffstall, & Rita Bowes*

You can't call it white cause
it certainly isn't white.
Call it a light shade of blue,
call it red, call it purple.
Call it orange, call it
some green at times,
and red usually means
hot weather the next day.
Call it clear, just like a lamp.
Call it harvest, call it corn husk.

Call it sleepy, call it happy, call it eerie,
call it cold. Call it romantic
and lovely, call it cool and full.

Call it coyote.
Call it a hot-dog. If I had a bun
I'd try to pull it down
and put some ketchup on it.

The moon is a shadow
in the sky. The sun outshines it,
or it goes behind the clouds.
Does the moon move?
That's what we were taught,
but I'm not so sure.

Call it male, the eyes
and the mouth. They say at times
you can see the shadow of a man.
Call it female, wearing
a white negligee.
Call it neither one, call it
big rocks up there.

Put it in a tuxedo.
Put it in something waterproof,
something transparent,
an enormous snowsuit of fire.

THE FIRST TIME

*By Dottie Shoffstall, Gretchen Hosterman,
Gerry Hoffman*

The first time I went
for a walk alone
I was twelve. October.
I could see the leaves
turning red and orange
and behind them
the blue sky. Birds
talking to one another saying
here I am, fly over here.
Water flowing in the stream, autumn
air cool like frost.
Different shapes of stones,
some rough, some flat.
My brother's canteen and
a sandwich. I could tell
the shape of leaves
just by their touch.

The first time I went
bowling I was in
my late twenties. My
brother and I just went
one Sunday. Balls lined up
in a rack like small
multicolored globes.
Lanes and pins, white
or brown shoes. I
could hear pins topple
and people cheer. Hamburgers
and cold soda. Fryer at
the snack bar. Summer.
The bowling ball
hot and clammy, ten pounds.

The first time I took
a sibling for a walk
I was thirteen. Summer.
Sometimes we would see
unusual things in the bushes
as we walked
to my father's mill. Machines
going, like a train traveling,
making cornmeal. Sometimes
musical. The smell
of roasting corn.
Minding the child,
taking cookies along.
Taste of grain in the air.

I WONDER

By Dottie Shoffstall & Gretchen Hosterman

I wonder what makes the grass so green
I wonder what makes the flowers bloom
I wonder why dogs have such clean mouths
I wonder how clouds form images—
I used to lay in the grass and look up
And pretend I was riding on one of those
clouds—
I wonder why people seem to be so happy
I wonder why people are so negative
I wonder how my Chihuahua knew the sound
of my key
I wonder how my cat knew to wait for me to
come home
from Hawaii, then he climbed up in my lap
and died.
I know it's the Lord, but still.

Winter Birding, cont'd from p. 1

Common sense is the best approach when considering the use of suet feeders, limiting them to the coldest winter months when bears are hibernating. They don't call it the "dead" of winter for nothing, and suet can be crucial to a bird's survival during weeks of severe cold.

You can make your own suet cakes using lard, peanut butter and black sunflower seed. It's a fun activity to do with children and they enjoy watching the birds gobble up their treats! Or, buy a hunk of beef fat at the supermarket and hang it in an onion bag up in a tree. You might even attract a Pileated Woodpecker...

Finally, keep your bird feeders and baths clean. Soap and water is all that is needed, unless you see evidence of mold or mildew. If you use a weak bleach solution, be sure to rinse until you can't smell the bleach. Also, raking away seed hulls from beneath your feeding station reduces bacteria and molds that can spread infection. And don't be concerned if you're going to be away on vacation and can't find someone to fill your feeders for a week or two. Natural food sources often disappear overnight due to snow, etc. and the birds will simply go somewhere else while you're gone. But don't be surprised if you get scolded by the chickadees upon your return!

The Role of Organic in Protecting Soil Health and Water Quality

--By Dr. Jessica Shade--

This past May, The Organic Center held the first Organic Confluences Summit, aimed at examining the intersection of science and policy to find ways for the two to come together to advance the organic sector. The conference focused on sustainability, with scientific experts, farmers, policymakers, and organic stakeholders gathering in D.C. to discuss how research on organic's contributions to the environment can be incorporated into government programs to improve the sustainability of U.S. agriculture.

Soil health and water quality—two of the topics covered by scientists at the conference—were especially striking, given the cutting edge research discussed. Dr. Michel Cavigelli of USDA's Agricultural Research Service (ARS) at Beltsville, MD, spoke on soil health, specifically about organic methods to increase soil organic carbon levels. The improved health of organically managed soil and its increased capacity to hold and store nutrients are also connected to water quality, with organically managed farms experiencing lower nitrogen loss into water than their conventional counterparts. Dr. Cindy Cambardella of USDA's ARS in Ames, IA, highlighted this role of organic in preserving water quality by discussing her findings from a recently published study.

Soil Health

Several studies have compared conventional and organic farms, finding that organic operations experience increased growth and activity of beneficial soil organisms including microorganisms, beneficial fungi, and earthworms. While this charismatic soil life is critical for healthy soil, it is also important to consider the composition of the soil itself when considering the strength of agricultural soil.

Soil organic carbon is at the heart of most definitions of soil health because it provides structural stability to the soil, which reduces erosion, protects against soil compaction and improves aeration, water infiltration and water-holding capacity. It also serves as a reserve for nutrients essential to plant growth including nitrogen, phosphorus and sulfur, and composes the

base of the soil food web, providing a foundation for all soil life. Soils with high organic carbon also hold carbon stores for long periods of time, contributing to global climate change mitigation.

One of the fundamental principles of organic farming is to manage soil organic carbon to increase soil health. Because the use of synthetic fertilizers is prohibited, organic producers increase soil fertility by incorporating manure or compost into the soil, leading to increased soil organic carbon.

The USDA Agricultural Research Service's Farming Systems Project, established in 1993, has studied levels of soil organic carbon in detail, and provides long-term comparisons of organic cropping systems with conventional systems. Results from this project show that organic carbon in organic systems is consistently higher than in the conventional systems, even when no-till systems were used. This result was likely driven by the fact that carbon in no-till systems largely accumulates at the soil surface where plant residues are deposited, while in organic systems, plant residues are buried, leading to greater soil carbon deeper underground. Soil organic carbon at these depths is more resilient than soil carbon at the surface.

Conventional no-till farming, which relies on petroleum-based glyphosate herbicide, is advocated throughout the United States for its soil quality enhancement. However, the nitrogen mineralization potential in the organic system at the Farming Systems Project was, on average, 34 percent greater than conventional no-till after 14 years. Despite use of tillage in the Farming Systems Project's organic plots, this pattern of increased organic carbon in organically managed soils was maintained even when the conventional plots incorporated cover crops, suggesting that organic practices can potentially provide greater long-term soil benefits than conventional no-till.

Water Quality

The increase in soil health on organically managed farms can also lead to improved water quality. Agriculture is one of the primary non-point sources of pollutants to U.S. waterways. Nitrate runoff from mineral fertilizers applied in

Continued on p. 15

Soil Health, cont'd from p. 14

conventional agriculture is of particular concern for water quality because it is a driver of eutrophication, leading to the formation of hypoxic “dead zones” devoid of oxygen and unable to support life. Dead zones are present in most major bodies of water including the Great Lakes, Chesapeake Bay and the Gulf of Mexico. However, organic practices such as the use of diverse crop sequences and the use of cover crops and animal manure for fertilization that increase soil organic carbon also increase the soil’s ability to retain water and nutrients. The resulting water quality benefits have been well established in numerous studies, indicating that organic farms experience less water drainage and nutrient loss than their conventional counterparts.

Dr. Cindy Cambardella recently completed one of the most compelling studies evaluating the effects of organic farming systems on water quality. The USDA Agricultural Research Service’s Organic Water Quality (OWQ) experiment, established in 2011, compares transitioning organic and conventional crop rotations and pasture systems on Iowa State University’s Agricultural and Biosystems Engineering and Agronomy Research Farm. Unlike the majority of studies which rely on models or mathematical calculations to estimate nitrate loss, the OWQ experiment rigorously quantifies water flow and nitrate loss using subsurface drainage lines and equipment to collect water samples and monitor subsurface drainage water flow and nutrient loss.

One of the main issues Dr. Cambardella’s team looked at was drainage flow and water nitrate concentrations for conventional and organic grain cropping systems. They found that water flow was similar for all cropping systems, and was related to how much rainfall happened in that region. However, the water nitrogen concentrations were very different between organic and conventional systems. Conventional farms consistently had higher N concentrations in the farm runoff. In fact, the nitrogen load losses for the conventional systems were nearly twice as high as those from the organic systems. Results from this study suggest that organic farming practices, such as the application of composted animal manure and the use of cover crops within extended cropping rotations, can improve water quality.

Dr. Jessica Shade is Director of Scientific Programs at The Organic Center (www.organic-center.org).

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GREENING THE SCENE

--By Becky Bragg--

The State Theatre, located on College Avenue in downtown State College, first opened its doors on October 15th, 1938. Coming on hard times the theatre closed in 2001. Fortunately, through grassroots fundraising, several forward thinking townfolk began raising money in 1999 and amassed enough to reopen the renovated theatre in 2006. Since reopening, the theatre has hosted a wide variety of events and entertainment. The State Theatre’s current Executive Director is Greg Ray, a friend and Spring Mills resident. While attending a show a few months ago, I had a moment to catch up with Greg and he told me about an exciting new initiative the theatre began this year.

The program began in January with a campaign called Sustain the State. This program was designed to help decrease the environmental impact the theatre was having. A large component of Sustain the State was the purchase of compostable popcorn bags and beverage cups. Other aspects of the broad-based effort included more access to recycling/compost and trash bins and better signage. It’s no surprise that the patrons of the State Theatre jumped on board and enabled the program to have a successful start. In the first six months of the program, The State Theatre composted nearly 5 tons of organic material!

Next time you’re at The State Theatre listening to your favorite bluegrass band or watching your favorite classic film, say a thanks to this local community-owned non-profit for doing their part to protect our planet.

Visit them online at: <http://thestatetheatre.org>
Special thanks to Karen Gregg for filling me in on the details of Sustain the State.

The Spring Mills Creative Writing Circle

From coordinator and teacher, Anne Burgevin:

The Spring Mills Creative Writing Circle for homeschooling students meets twice a month at The Old Gregg Community Center throughout the school year. We are a supportive community of writers. After meeting for three years, there is no stone we have left unturned in the writing world. For instance, last year we studied and wrote hero stories, fairy tales, haiku, personal narratives, science writing and “design your dream treehouse” descriptions.

We are currently learning about journalism: what makes a story newsworthy, how to write an effective lead, and what motivates journalists. Thanks to the support and interest of the PVCA newsletter team, several members of the Writing Circle are able to share their news stories with you. I am quite proud of my students and the efforts they have made to prepare news for their community.

Snow Forecast!

--By Gus Tritsch--

It is late fall, and, after a disappointing winter last year, many central Pennsylvanians are eagerly awaiting 2016's winter season. With a total snowfall of well under a foot, and never more than six inches on the ground at a time, the 2015-16 season failed to impress PA's winter lovers and left worshipers of the white stuff begging for more.

According to *The Old Farmer's Almanac*, the coming winter will be slightly warmer than average with its coldest periods in the January to February range. Snowfall is predicted to be well above the norm, peaking in mid-winter. Accuweather is in agreement, forecasting above average precipitation in the coming months. Legend has it that woolly bear caterpillars can predict the harshness of the upcoming winter. If so, we could be in for a cold one. Our fuzzy weathermen are also predicting a load of snow, so brace yourselves and get ready, winter-lovers. If you are looking for a long snowy winter, 2016-17 could just be for you.

2016 Harry Smith Festival

--By Huck Tritsch--

On Sunday, November 13th, the Ninth Annual Harry Smith Festival took place at the Elk Creek Café in Millhiem, Pennsylvania. The festival proceeds benefit the Hope Fund, an organization that helps people in Penns Valley get money promptly in emergencies. The festival, this year slated from 2-6 PM, is a music event inviting many bands to play traditional folk music from the Harry Smith Anthology.

This year the bands were Eric Ian Farmer, Charlie Parr, the Rest, Erin Condo & Bill Ritzman, and Chicken Tractor Deluxe. All the bands were local except for Charlie Parr from Minnesota. The Harry Smith Anthology, or the Anthology of American Folk Music, is a six-album compilation released in 1952 by Folkways Records. Experimental filmmaker, Harry Smith, compiled the music from his personal collection of 78 rpm records. The compilation contains eighty-four American folk, blues, and country music recordings from the late 1920s.

Metzger Animal Hospital's Extraordinary Veterinarian

--By Margaret Jennett--

Sean Jennett is a doctor of veterinary medicine (DVM) at Metzger Animal Hospital located on the Benner Pike in State College, Pennsylvania. He is an emergency night vet. Sean works in many different emergency situations throughout each week. He recently worked on a large Maine coon cat named Ruffles. Ruffles had kidney problems that sadly could not be fixed although Ruffles' family was so thankful for the great effort Sean Jennett put into the case.

Sean's clients always say how good of a vet Sean is, but I wanted to find out for myself so I interviewed Mr. Jennett and asked him why he was a vet. He told me, "I like knowing that I could help a pet and a family." Through all of the years, all the tough cases, and all the clients, Sean Jennett has been a truly extraordinary veterinarian.

Continued on p. 17

Writing Circle, cont'd from p. 16

Winter Wonderland Festival Pony Rides

--By Barry Decker--

Winter Wonderland Festival pony rides sparked the interest of the young and the young at heart. The Mifflin County 4-H Sunset Riders gave pony rides at the Mifflin County Winter Wonderland Festival on November 4, 2016 at the Youth Park in Reedsville, PA. The rides ran from 5:00 p.m. to 8:00 p.m. and were a fundraiser for the 4-H horse and pony club.

The kids who gave the pony rides that night were Hunter Reed, Brenna Shilling, Emily Shilling, Maria Fultz, Chloe Sunderland, Colton Sunderland, Sylvia Decker, and Barry Decker. They helped each interested rider get on the horse, lead the horse and rider around the arena with the assistance of a leader or other 4-H'er to make sure the rider was safe, and helped the rider get off the horse. The cost of the ride was \$2.

Everyone enjoyed the pony rides including the kids who helped the riders onto the horses. "I liked doing the pony rides" said Sylvia Decker. The club raised \$120 and it will be used for club activities and supplies.

PVCA would like to thank the following people:

Erica Kortula and Jim Thumma (and the Membership Committee) for their work on the Membership flier.

Ann Glaser and Barb Lange for the Membership Challenge Match Campaign. Asta Sollilja for her work on the ad.

Bill Wolfe for loaning his trailer to PVCA!

My Story About Learning To Live With Diabetes

--By Russell Jennett--

My name is Russell and I am a normal boy. The only thing different about me is that I have Type 1 Diabetes. Diabetes is a life-long disease. Having diabetes means that my body does not make insulin. Insulin is something that makes sugar go through my body properly. Insulin is given to me in a shot, if I don't have it I could get sick. I cannot spread diabetes to other kids by touching them or breathing on them; diabetes is not like the flu.

I had to change my whole routine. I can't eat whatever I want anymore, but that does not mean I can't have ice cream and cake at a party. All I have to do is take insulin when I eat the ice cream and cake. How much insulin I take depends on how many carbs I eat. Carbs are sugar in food. That's why I take insulin for carbs.

I check my blood sugar with a little machine that is no bigger than my hand. I also have a little pen-like object that I load with a little needle. It is very, very small. I use it to poke my finger so I can check how much sugar is in my blood. After I check my blood sugar I take my insulin before eating. I have to eat within thirty minutes of taking insulin.

Sometimes I can't finish all of my food so I need to have something that adds up to what I didn't eat. If I couldn't finish 15 carbs out of my meal I would need to drink a 15 carb apple juice to add up to how much insulin I took. Sometimes my blood sugar is high so I run and play with my sister. And sometimes it's too low so I need to eat a 15 carb snack to get my blood sugar back to normal. My life has changed because of diabetes, but I am still Russell, a normal boy. God is helping me through it. And I will be happy no matter what life throws at me.

Waters, cont'd from p. 1

wildlife and vegetation is all fed by quality water.

Our expanding member base is our most valuable resource as an organization, as we work to apply resources and funds in the most cost effective ways. Our staff educator and member educators ensure this message- our connection, of people, place, and water- continues for generations to come.

Senior Env. Corps, Cont'd from p. 9

In 2007, Pennsylvania stopped funding the EASI partnership, and EASI was forced to withdraw its training, networking, and financial support to the PaSECs. By then, our Centre County chapter had 48 members. EASI-trained Designated Trainers within our membership were there for new volunteers. A strong sense of comradeship gave cohesion to our group. We petitioned Clearwater Conservancy and formed a relationship similar to the one we had enjoyed with RSVP, moving our program administration from RSVP. RSVP still provides us with meeting space and insurance coverage. ClearWater Conservancy accepted us as an independent committee, available to conduct biodiversity tests as they need them.

In the summer of 2008, our PaSEC entered into a new partnership with PA DEP for collecting samples for E-coli testing in two streams. Our participation in this program continues, expanding to include other streams in Centre County. In April 2009, CCPaSEC entered into a partnership with Nature Abounds, an organization with goals

to support surviving PaSEC chapters and provide an online database for all PaSEC data. Nature Abounds now provides CCPaSEC with chemical reagents and equipment as their budget allows. In April 2010, CCPaSEC entered into a partnership with Lock Haven University's Geology Department to provide chemical data and water samples from the Beeck Creek watershed area near Marcellus Shale drilling locations for analyses of additional chemical parameters. This data is available through our web site.

Individual members contribute to public education about stream protection through overlapping memberships on township and watershed association boards, school field day training events, and senior education classes. A book by our president, Douglas Macneal, *A Penns Creek Companion*, owes its existence to the emphasis on outreach of our PaSEC. We look forward to monitoring with increasing effectiveness the non-point sources of pollution in Centre County which damage Chesapeake Bay.

Continued on p. 19

A	Y	L	X	R	U	F	F	G	R	O	U	S	E
N	M	R	B	F	K	T	B	T	P	E	H	I	A
C	G	E	T	J	G	I	A	C	Z	K	W	X	S
N	K	G	R	Z	X	W	H	O	W	B	E	B	T
A	S	W	H	I	B	A	L	D	E	A	G	L	E
O	I	S	A	O	C	Z	N	U	Z	R	I	U	R
S	A	G	X	H	U	A	X	G	P	N	A	E	N
P	M	O	Q	Y	D	J	N	X	Q	O	U	H	B
R	Z	L	N	D	F	E	H	R	D	W	C	E	L
E	D	D	P	O	Y	P	L	V	O	L	F	R	U
Y	S	E	K	P	B	K	S	I	Y	B	X	O	E
H	R	M	B	E	Q	R	H	X	A	V	I	N	B
C	V	E	C	F	S	U	M	L	V	T	Q	N	I
S	E	A	T	R	F	T	D	V	J	L	D	Y	R
A	Y	G	Y	Q	Z	E	R	M	C	O	J	E	D
W	I	L	D	T	U	R	K	E	Y	E	W	K	R
P	H	E	A	S	A	N	T	Z	L	K	N	D	L

KIDS' CORNER!

Word Search

Look for these common central Pennsylvania birds in the puzzle above. Which might you see out on the streams?

- BALD EAGLE
- BLUE HERON
- OSPREY
- RED-TAILED HAWK
- AMERICAN ROBIN
- KESTREL
- BARN OWL
- WILD TURKEY
- GOLDEN EAGLE
- RUFF GROUSE
- PHEASANT
- EASTERN BLUE BIRD

Senior Env. Corps, Cont'd from p. 18

There are two PA Senior Environment Corps teams actively monitoring in Penns Valley. The Elk Creek team, Team 5, headed by Doug Macneal of Livonia monitors on the third Monday of the month at the Mill and in the Millheim Narrows. Team 9, the Sinking Creek Team, is headed by Lou Mayer. They monitor on the third Tuesday of the month at the Ramsey Property and near the Barton property on Sinking Creek.

A new team plans to monitor two sites on Muddy Creek. They will work with PVCA to continue the monitoring efforts that have already taken place. This team will meet at the bridge on Harter Road and walk to two different sites. The team leaders are Viqui and Fred Gildow.

For more information about the Centre County chapter of the Senior Environment Corps visit their web site at www.ccpasec.org.

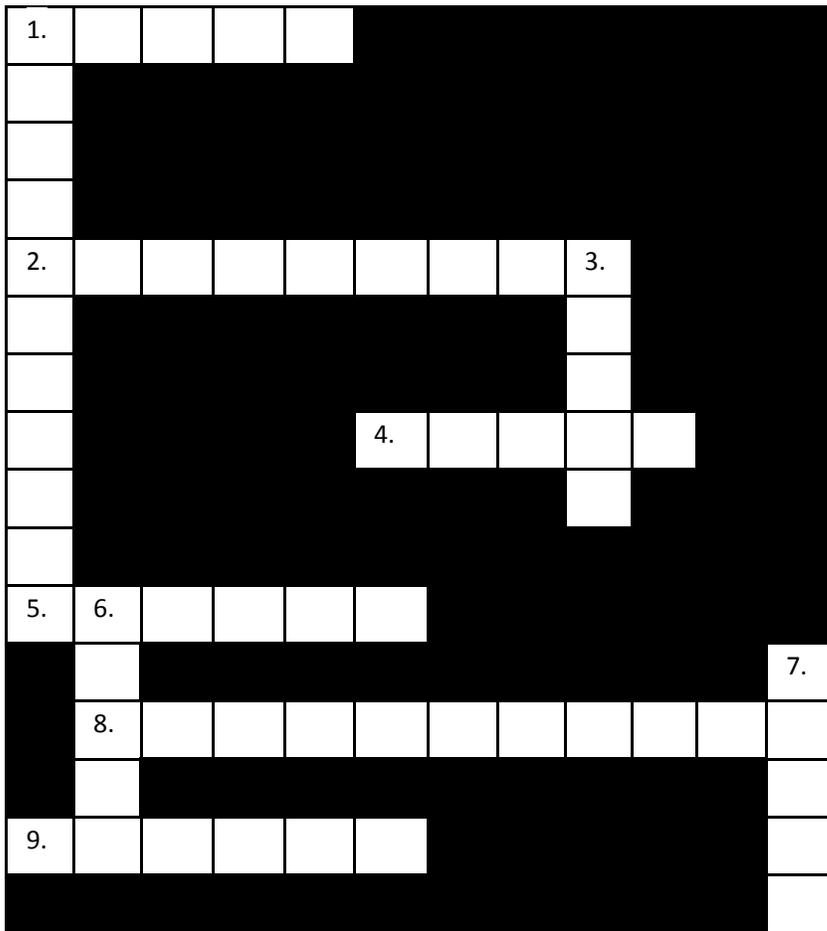
CROSSWORD CLUES

Across:

- PVCA plants hundreds of trees annually along stream banks to help them stay cool by providing _____. (Hint: The leaves on the trees are a big help!)
- Penns Valley has a number of places for you to take your _____. This includes plastics, paper, glass, and metal!
- Turning of the ____ while brushing your teeth can save up to 8 gallons per day! That's almost 3000 gallons a year!
- Hit the light _____ if nobody is in the room to help conserve electricity!
- Making _____ choices helps protect the environment for future generations to enjoy.
- Using second-hand items and borrowing from a friend is a great way to _____ your consumption. This is the first step in helping mother nature flourish.

Down:

- These cool items capture the sun's power and use it to make electricity. (Hint: You can often see them on people's' roofs.)
- Wind, solar and hydropower are all types of renewable or _____ energy. (Hint: It's a color!)
- Animal _____ can be a big problem on agricultural farms. PVCA helps farmers mitigate, or make less severe, the pollution coming from their farms.
- Many items don't need to be thrown out after one use. You can _____ them time and time again and keep them out of the landfill.



Crossword Answers:
 Across- 1. Shade, 2. Recycling, 4. Water, 5. Switch, 8. Sustainable,
 9. Reduce
 Down- 1. Solar panels, 3. Green, 6. Waste, 7. Reuse



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RENEW YOUR MEMBERSHIP TODAY!

(Form on page 5.)

Belly Up To The Bar:

Membership Match Challenge

Put a "Head on the Beer" by paying your 2017 Membership Dues by December 31, 2016. Your 2017 membership dues will be matched dollar for dollar up to \$5,000 by the challengers.

The "Beer Challenge" matching fund donors are:

**Anonymous
Bill van den Berg
Kat Alden and Bill Torretti
John and Catherine Smith
David Whiteman and Connie Kossan
Anonymous (in honor of Willa Paterson)**

(If you would like to be a matching fund donor, please contact Ann Glaser at Bruceann549@verizon.net)