



Penns Valley Conservation Association

www.pennsvalley.net

WINTER 2016

PVCA's Annual Meeting Mushrooms and More

--By Jim Pierce--

The Penns Valley Conservation Association's Annual Meeting was held on November 18th at the Saint Luke's Cultural Center in Millheim. Thank you to the 50-60 folks who attended and especially to those who brought treats!

The highlight of the evening was the slideshow presentation *Mushrooms of Penns Valley*, given by State College resident Bill Russell and his wife Gerry. Bill literally wrote the book *Field Guide to Wild Mushrooms of Pennsylvania and the Mid-Atlantic*, which he graciously signed for new and old fans. Bill's pictures, descriptions and stories entertained and encouraged us to get out in the woods and channel our inner fun-guy.

Also at the meeting, Board President Jim Zubler acknowledged the four outgoing board members including himself, Barbara Lange, Willa Paterson, Henry Beiler, and Frank Maguire. Collectively we celebrated the accomplishments of our previous Executive Director Andrea Ferich, who is attending Penn State as a Graduate student. Then we greeted our newly hired Executive Director Rick Henry, who gave a short introduction during the meeting and who was warmly welcomed and peppered with questions in the social hour afterward.

Toward the end of the evening, ballots were

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Introducing PVCA's New Executive Director



~By Rick Henry--

With two months behind me as your new director, I could not be more pleased with my experience and encouraged by the truly wonderful people that make up our community. It has been such an incredibly positive transition for me; and as the weather starts to break in the coming months I am looking forward to getting out and meeting more of you. In the meantime, I can tell you a bit about myself.

I was born in the early 70s and raised in Cumberland County, PA. With a father in law enforcement, a mother in education, and with two older sisters; I grew up in the small town of Boiling Springs where I spent most of my time playing sports and riding my bike through the streets, around the spring-fed lake, or to the pool in the summer. With my graduating class of 125, I set forth into the world and I stepped into the Army. Unsure of what I wanted to do with my life and not mature enough at the time to take college seriously, I saw the two and a half year commitment as worthwhile for me. I'd get a decent amount of GI Bill funding for college and I thought, heck maybe I'll get

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PO Box 165
Aaronsburg, PA 16820
www.pennsvalley.net
info@pennsvalley.net

Board of Directors

Chair: Jim Pierce,
Haines Twp.

Vice Chair: Greg Williams,
Gregg Twp.

Treasurer: Becky Bragg,
Millheim Borough

Secretary: Greta Haney,
Penn Twp.

Lisa Marshall, Penn Twp.

Martha Hoffman,
Millheim Borough.

George Kelly, Penn Twp.

Bill Wolfe, Haines Twp.

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Rick Henry

**Environmental Education
Coordinator**
Jim Flanagan

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Watershed: George Kelly

Community Outreach:
Martha Hoffman

Education: Greta Haney

Slow Money: Lisa Marshall

Development: Greg Williams

Governance: Jim Zubler

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Nell Hanssen

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Charlie Boyer

Bookkeeper/Database
Karen Yanak

From The Chair

--by Jim Pierce--

People and Priorities

At the end of the day, any organization is only as strong as its people. What a fantastic pool of volunteers, experts and partners make up the community of which PVCA is a part. The Board that outgoing President Jim Zubler so aptly shepherded featured a variety of talents, interests, and expertise. Andrea Ferich was a Rock Star as our premier Executive Director, building partnerships and shaking the grant money tree. Education Coordinator Jim Flanagan has built such a solid foundation with the schools that his efforts are spilling over to Home Schoolers and the community. When a machine is humming like ours is, it is easy, pleasurable even, to attract a new Executive Director and Board Members. People want to get involved where there is momentum and they know their efforts will create results. Look for our newest recruits' bios in this newsletter and then make a point to meet Rick as well as Martha, Rebecca and Greg if you haven't already.

This next iteration of PVCA, with new folks at the helm, will be guided by the wisdom of our predecessors, but also driven by our own collective personality. As the Chair, the Facilitator, of this talent, I believe it is important to identify and focus on our Priorities, and what we do well. The Watershed Committee is a perfect example of an area with unlimited opportunities for new projects, all of which would improve the watershed, yet funding and manpower are finite, so our *priority* is to shore up existing projects to guarantee their long term success, and to expand those footholds up and downstream so that the sum of their impact is greater than their parts. Education, both school and community, is also something that we do very well right now, so it makes sense to invest in that momentum, to continue making inroads with the High School, Homeschoolers, the Education Center, and Community Days.

We also intend to continue to prioritize Community Building,

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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.

★ **SAVE THE DATE!** ★

**Watershed Committee
Volunteer Day**
April 9th
Details TBA

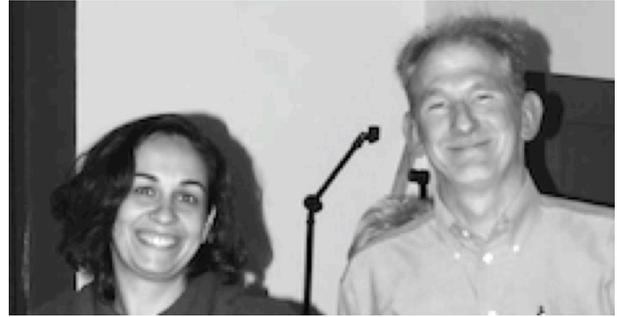
PVCA Spring Meeting
April 20th, 7PM at
St. Luke's Cultural Center
In Millheim

PVCA StreamBank Cleanup
April 23rd, 9AM
Coburn Park

RiverSongs Music Festival
April 24th
Elk Creek Café & Aleworks

**Community Days
Homesteading Workshop**
April 30th
Mountainside Homestead in
Woodward

Frog Fest
June 11th, 3:00
Muddy Paws Marsh



An Outgoing Message from Jim Zubler

Happy New Year! As parting commentary in my swan song as PVCA President, I look back on a challenging yet productive term as the volunteer leader of this progressive Valley group. During that time, after much soul searching among the Board members, we concluded that we had reached the limits of our volunteer efforts and took the “Leap,” hiring PVCA's first Executive Director. Fast-forward to 2016 and we welcome our second ED and a new Chair to guide a reshuffled Board of veteran leaders and new enthusiastic members.

Guided by an “Impact Map” of strategic direction, the organization has accomplished much, and with the structure and resolve of the leadership and staff in place, will continue to chart progress and explore new opportunities to better the Valley and it's citizens. Just as I had taken my stead from predecessor Ann Glaser, Jim Pierce is stepping in to lead PVCA and is already making an impact with his inclusive leadership style and presence. I note that the mark of a truly successful organization is to have the succession capacity in place to continue the work at hand, and I believe that with the team we have assembled, we will accomplish much far into the future.

I intend to remain involved with the organization, drawing upon the vision, wisdom, and knowledge of past and current PVCA leadership to align our efforts with that of other community endeavors. I look forward to sharing highlights of some of those initiatives in future issues of the newsletter.

Thank you for your support and for being a Great Steward of the Valley!

Jim Z

Message from the Chair, cont'd from p. 2

especially as it pertains to environmental stewardship and respect of our unique diversity. We will persist in casting our net and building relationships with Townships, Schools, the Amish Community, Churches, and other leaders in the Valley.

PVCA was created on the premise of transparency, approachability and respect; priorities that led to, and that continue to be part of, our success. All of us on the Board and Staff are willing and waiting to hear your ideas on how to continue to make Penns Valley a great place to live.

Jim Pierce

PVCA Welcomes New Members to the Board

Rebecca (Becky) Bragg has lived in Penns Valley since 2009, first in a cabin near Colyer Lake, and currently in Millheim. She is an avid outdoorswoman, and tries to get out into the woods at least a few times a week during all seasons. She had her first baby in July of 2015 and has been thoroughly enjoying introducing her son Felix to Bald Eagle State Forest. She graduated from Penn State with a bachelor's degree in Economics. Her vocational training includes accounting, bookkeeping, business management, and human resources.

Becky is excited to sit on the board as the new treasurer and feels she has big shoes to fill. She looks forward to learning about the organization, its financial setup, and how her skills can help to make it even better. She is currently staying home with her son full time. In the future, Becky and her partner Asa would like to find a home to purchase and fix up in the Penns Valley area. Her favorite spots in Penns Valley are Hairy Johns Picnic (and hiking) area, Elk Creek Café, and her home garden. Becky loves to preserve food and spends a great deal of time each summer and fall harvest, freezing and canning her garden bounty!

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Martha Hoffman grew up in Rochester, New York and moved to Penns Valley after completing her undergraduate degree at Swarthmore. She opened the IngleBean Coffee House - a staple in downtown Millheim - and owned and operated it from 2011 to 2015. She has also been instrumental in the Millheim Business Community, which serves to promote the healthy economic and cultural development of the valley region. She now lives in Millheim Borough with her husband Gary and cats.

.....

Greg Williams moved to the Penns Valley area in 1990 with his wife Mary Kay, where they purchased what is now the Cooke



Greg Williams, Becky Bragg, and Martha Hoffman.

Tavern. Together they restored the historic tavern, which was in need of major repairs, and currently operate it as a Bed & Breakfast. Greg worked in private industry for 15 years after graduating from Penn State University with a bachelor's degree in Mechanical Engineering. In 2001 Greg left engineering to pursue his entrepreneurial passion of owning his own business. He now operates Cooke Tavern Soups, a business that produces and sells all natural gourmet dried soup mixes. He and his wife also have restored a large portion of their property into a wetlands reserve named Muddy Paws Marsh. They open the property for local groups and individuals to enjoy, and offer environmental education programs. Greg has served on the Gregg Township Sewer Authority Board for the past 10 years and is a proud member of the Penns Valley Conservation Association.

WE NEED YOU

To Volunteer for PVCA!



Help organize Crickfest, plant trees, pick up trash on the highway, clean the streams, fundraise, and more!

Contact us at
info@pennsvalley.net
to get involved!

PVCA Stewardship Award

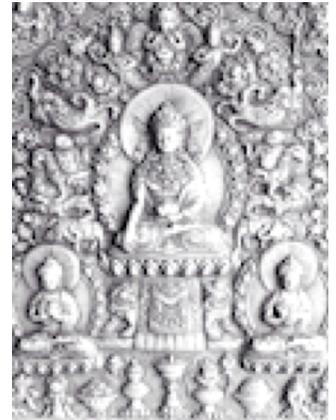
Announcing the 2016 PVCA Environmental Stewardship Awards!

PVCA is offering two \$500 awards to graduating Penns Valley High School seniors who have demonstrated a commitment to conserving our local natural and cultural resources and who plan to use their talents and expertise to continue as good stewards of the natural world. The PVCA Environmental Stewardship Award is available to ALL graduating seniors, not just those attending a university in the fall. This award is intended for seniors who have expressed an interest in environmental service and plan to continue this path after graduation. Interested seniors will need to complete the application AND provide a portfolio or written essay highlighting their experience with their environment, their future plans, and their commitment to environmental stewardship.

Applications will be available at the Penns Valley High School Counseling Office OR on the web at www.pennsvalley.net If there are any questions please contact:

*The PVCA Environmental Educator at
pvcaeducator@pennsvalley.net*

Georgia O'Keeffe



Art In the Ballroom

Longtime valley residents, community organizers, peacemongers, and PVCA members Nick and Toni Brink have generously donated a significant collection of eclectic art prints to be sold, the proceeds supporting PVCA and specifically our fledgling radio station WSOV.

The pictures will be displayed in the Bremen Town Ballroom in Millheim for a limited time, beginning in March. Please stop by, check out the art, consider supporting us by giving a picture or two a good home, and be sure to thank Nick and Toni for their gracious generosity when you see them.



*Yes! I would like to help PVCA preserve and protect our beautiful region!
Enclosed are my 2014 tax-deductible membership dues*

\$25 – 49 Friend \$50 - 99 Supporter \$100 - 149 Benefactor \$150 - 249 Patron
 \$250 - 499 Steward \$500+ Conservationist Other \$ _____ **Gift Membership \$ _____**

We like to thank our members and donors in our newsletter.

Name(s) to list in newsletter: _____
 I/We prefer to remain anonymous

Name _____

Company/Farm _____

Mailing Address _____

Phone _____ Email _____

Please make checks payable to PVCA or pay with PayPal on our website

Thank You for Your Support!

Penns Valley Conservation Association

PO Box 165, Aaronsburg, PA 16820 www.pennsvalley.net

*You can now make a donation or pay dues
with your credit card! Go to
www.pennsvalley.net to access PayPal*

Get more involved! Join our active members! (Check your areas of special interest.)

Stream Improvement Publicity
 Crickfest Education

PVCA to Collaborate with Boy Scout Troop 20 on Eagle Scout Service Project

--By Josh Martin--

Josh Martin is planning to work with PVCA to remove the invasive species in a patch of woodland in the Environmental Center. He is a Junior at Penns Valley Area High School and is working toward earning his Eagle Rank in Boy Scouts. The eagle rank is achieved mainly through organizing and leading a service project that serves the community in a way that leaves a lasting impact and demonstrates the capability of the scout to successfully fill a leadership role.

Josh has met with PVCA Board Chair Jim Pierce and Education Coordinator Jim Flanagan to discuss options for performing service work for PVCA. There are two components to the proposed project: the removal of invasive species from a woodland patch within the Environmental Center and the making of bat boxes to be installed in the environmental center and around the school buildings. The lasting impact of the plant removal is to be used as a teaching tool to demonstrate how their removal has a positive effect on the area over several years. Future science classes will be able to observe how much healthier one patch without invasive species is as compared to one which has not had the invasive species removed.

Josh has contacted Art Gover, a local expert in the removal of invasive species, who is excited to help with this project. The removal project will be scheduled for early spring. This is a good time to identify the invasive species because they tend to sprout before native plants. Josh's proposal will be finalized and submitted for approval by the end of winter so the project is ready for implementation in early spring. In a later issue of this newsletter there will be a follow up article to describe the results of the project.

Those with questions or interest in helping with this project can contact Josh through PVCA at info@pennsvalley.net

Recycling Agricultural Plastics

For several years now, PVCA has been making headway in curbing the burning of plastic in the watershed, particularly Agricultural Plastic, of the kind used to wrap baleage, cover greenhouses, and mulch produce fields. This work has focused on getting the word out about the health issues that can result from burning toxic materials like plastic, and in collaborating with a local recycler.

Sam Esh of Rebersburg and his son Shem, accept most kinds of ag plastic, which will be made into such products as recycled outdoor decking boards. Working with the Eshs, PVCA members created a flier that will be distributed by the two businesses that sell agricultural plastic in our area, and elsewhere. The content of the flier is shown below.

In addition, PVCA is looking into purchasing a baler designed to compress ag plastic into manageable cubes, which can be more easily stored and transported. A baler can be shared among neighboring farms in the watershed, and will serve to encourage recycling rather than burning this material. PVCA also plans to help coordinate plastic pickup.

DID YOU KNOW?

Burning Baleage Wrap or Any Plastic in your Rubbish Pile is a

-Health Hazard-

Burning plastic releases chemicals into our environment that are known to cause cancer, birth defects, and respiratory ailments.

Be a good neighbor and properly dispose of waste Ag plastic.



ACCEPTING FOR RECYCLING

Bale Wrap * Net Wrap * Plastic
Twine * Ag Bag * Greenhouse
Covers * Drip Tape * Shrink Wrap *
Cardboard

129 Broad Street ~ Rebersburg, PA 16872
(814) 349-8646

We would like to pick up your plastic at your farm annually. For us to provide this service, the plastic needs to be sorted and baled. Unbaled material accepted on-site year round.

S&S Manufacturing in Elmsport sells a small hand-powered baler for baling plastic. Price \$275
Call (570) 547-7229 for more information.

Being Heard: Elder Poets in Penns Valley and Beyond

--By Abby Minor--

2016 marks the fourth year of the poetry-writing group at Salem Hill Haven, a project that began as a one-season experiment and never really stopped. Since 2012, as we meet each spring and each fall in the Salem Hill dining room, dozens of residents, as well as family and friends, have joined the group to read poems, talk, laugh, tell stories, and write together. We talk and write about what we remember and what we imagine, about what we appreciate, regret, notice, and love. A few years ago, writing group member Inez Confer suggested that we call the group's annual publication *Being Heard*. The name stuck.

This year, thanks to generous support from both the Pennsylvania Council on the Arts and the Centre Foundation's M.W. and Margaret S. Shreffler Fund, and in partnership with the Bellefonte Historical and Cultural Association, the *Being Heard* program will expand to Bellefonte, where weekly classes will meet throughout the spring at the Bellefonte Senior Center and at Centre Crest. And on June 3rd, the Out Loud at the Bellefonte Art Museum Reading Series will host a public reading and celebration of the *Being Heard* poets—mark your calendar for this chance to honor the voices and imaginations of our county's elders!

For more information, to donate, or to volunteer, contact *Being Heard* director Abby Minor at abbyminor@gmail.com or at 814-441-4507.

THE WATER DON'T TAKE THE WARTS AWAY

By Rita Bowes,
Dottie Shoffstall,
Ralph Musick

Did you ever hear of rubbing a wart with a penny?
My grandmother would cut a raw potato and rub it on
a wart.

I had nine warts between three fingers;
when I took up hairdressing at seventeen,
they gradually went away. I think it was the permanent
wave solution (the permanent waving, I loved).

Mud was a remedy for a bee sting, a salve for swollen
glands.

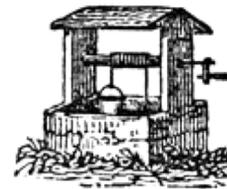
Vicks for everything, we ate it many a time.
For ivy poison, a wild weed that bleeds yellow,
salt on a mosquito bite or for a pulled tooth.
Epsom salts to soak your feet.

Once when I was young they sat me in the wrong tub,
the metal wash tub, and I got stuck, cause I was
chubby.

They had to pull me and the tub in opposite directions.
Laughing, stark naked, soapy, slippery.

In search of water, some people use a clothes hanger,
some people use the branch of a tree. Divining.
When they find it, the branch or the metal
bows right down. How does it work? Why
can they do it, and we can't?

I guess we could if we put faith in it.
I'd have to see it before I believed it.
I've seen it. We never ran out of water.



Annual Meeting, continued from p. 1

counted and a slate of three new board members was announced: Martha Hoffman, Rebecca Bragg and Greg Williams.

As mentioned, all PVCA public meetings end with a sweet and savory potluck social that always justifies the price of admission. This year was no exception. The social hour also included an opportunity to tour the nearly ready for business WSOV Radio Studio in the Saint Luke's cultural center, and an opportunity for attendees to catch up with old friends and make new ones.

A New Community Day Adventure

--By Jim Flanagan, Environmental Educator--

In November PVCA held a different type of Community Day. Participants were invited to Mike Huey's Farm in Woodward to observe pig and chicken butchering as well as apple cider making. It was quite an experience. Mike's crew took visitors through the entire process, farm to table style, of butchering and preparing the meat for a customer and using the odds and ends for making sausage casings, scrapple and cracklings. Prior to the start of the day the crew skinned and hung several carcasses. This process tightens the meat for easier processing. They also saved one pig to demonstrate skinning. The crew made short work of the process. Everyone had their own station and if you were not paying attention they were done before you took a sip of your coffee. One of the main tables was for butchering the primary meat into cuts for wrapping or further processing: chops, ribs, tenderloins, belly, ham, hock. Nothing went to waste.

While the large crew was at the table making the cuts, intestines were scraped by hand for sausage casings, water boiled in large pots for cooking scraps, and spices were mixed with corn meal for scrapple. As the main cuts were produced, the odds and ends made their way to different stations, some cooked, some mixed with fat and spices to make sausage, and fat was put in a pot to be rendered down to make lard. As the remnants were being cooked, the area took on the atmosphere of a barbeque. Work was still getting done but the crew took on different jobs and helped out where needed. Visitors were encouraged to help stir the pots to keep everything moving in the right direction. In no time, the processing equipment was being cleaned, casings were being filled with sausage, scrapple was being cooked down, and the fat rendered down into liquid lard created delicious by-product cracklings. Visitors were able to sample some of the end products and they were tasty.



Meanwhile, if you wanted to take a break for the main action, Dan Shimp of Mountainside Homestead was processing chickens, which included the use of a bicycle-powered chicken feather plucker. This was a hands-on event and visitors were taught the right cuts to make and powered the plucker – kids especially enjoyed the pedaling of the bike. Next to Dan, was the hand cranked apple cider press. Bushels of apples were pressed into cider – mixing the varieties to get the best tasting end result – which was excellent. There was not much idle time anywhere on the farm throughout the day. Everyone pitched in and had a great time doing it.

This workshop demonstration highlights the community spirit and tremendous need for corporation that is often missing when one buys food conveniently from the store. It was a great opportunity to see first-hand the amount of work that goes into the preparation of foods that many of us enjoy. This hands-on, farm to table, approach to food production is happening all over the Valley (and has been for a long time) and PVCA encourages you to learn more about it. The more we know about the food we eat the more educated the choice we can make about what we buy. Go out and enjoy some locally produced foods and look for opportunities to learn more about local food production. PVCA hopes to hold future learning events focusing on local foods.

A special thank you goes out to Mike Huey and his crew, Dan Shimp, and the tireless apple pressing guys.

2nd Annual Penns Valley Area Christmas Bird Count

---By Cathy Pierce--

On December 16th, a group of 18 eager birders set out into the early morning darkness, armed only with binoculars and field guides. Their mission? Identify and quantify every bird they could find within an approximately seven-mile radius of the Coburn tunnel.

This is the annual Audubon Christmas Bird Count, an event that has been going on for 117 years, but only for the second time in Penns Valley. We became official last year, thanks to some help from veteran CBC compiler, Bob Fowles (no pun intended....) who organizes the much bigger State College Area CBC.

You'd probably not think it possible, but our group tallied 55 different species of birds on our count. We didn't see anything much out of the ordinary, but some birds of note were:

- pair of wood ducks at Muddy Paws Marsh
- a few red winged blackbirds
- winter wren
- hermit thrush
- barn owls

We did very well with owls this year. In addition to the barn owls, we counted northern saw whet, bard owl, screech owl and great horned owl. The owls will be nesting very soon, if they aren't already. Step outside before dawn, you might just hear them calling to each other!

Another fun and easy bird count is almost upon us. On February 13th, the Cornell Lab of Ornithology holds it's annual Great Backyard Bird Count (that's GBBC, for short). Literally ANYONE can participate in this event, without even leaving the warmth and comfort of your home! Simply go to the lab's website and click on the GBBC for details on how YOU can become a Citizen Scientist.

*Want to get involved? Email
info@pennsvalley.net*



Penns Valley Learning Garden Update

The Penns Valley Learning Garden is a community building (and eating) project within the PVCA Education Committee. Our mission is to share knowledge, build community, and provide good food to local food centers. Located next to the Millheim Farmers Market, the volunteers who manage the garden are basking in the success of last years efforts while planning an even better, juicier, crisper spring garden. The Learning Garden includes 13 annual beds in addition to a medicinal herb garden and a permaculture demonstration plot. Again this year we are asking individuals, partnerships, small groups, organizations or combinations of the above to sign on to manage a bed.

As in past years we are planning to be present during Farmer's Markets, displaying our harvest and educational materials as well as demonstrating gardening skills and encouraging children and their parents to play in the dirt. Also, as in the past, we plan to donate as much of the fruit of our labors as possible to local food centers.

We are a casually organized group that appreciates any and all levels of skill and engagement. If this sounds like your kind of fun and you want to get involved or know more, please send an email to:

info@pennsvalley.org and/or
learninggardenpv@gmail.com.

Rick Henry, cont'd from p. 1

sent to Germany. I did go to Germany and spent two years there in the early 90s.

After discharge from the Army, I attended Penn State and received a B.S. in Geosciences (1998). I was always science oriented growing up, but as I entered my freshman year I was still considering a history major. As with many decisions in life, a single conversation with the right person at the right time had me committing to the geologic sciences by the end of the year. That decision enabled me to travel the western US on geologic field camps and to the Antarctic continent on a research team.

Entering the post-college job world led me to hydrogeological consulting. I felt very fortunate to be able to apply my degree to the work-world immediately after college. I remained in that capacity for 9 years. During that time I grew professionally, became a father of two, and became increasingly curious about other earth systems and sciences beyond, yet integrated into, my geologic world. I then shifted gears and worked as a technical consultant for a company working in the emissions reduction market. We developed projects that reduced greenhouse gas emissions, many in the form of methane reduction from agricultural practices and waste management. This work was primarily driven by the growth of a voluntary carbon market in the US at the time. However, sustainability of these efforts was based upon a federal mandate of carbon emissions that was never finalized.

Seeing that market diminish as no federal plan materialized, I moved west to eastern Washington. I returned to my hydrogeologic roots at that time, but in a new capacity. I had moved to the Walla Walla Valley and was working for the local non-profit watershed council. This was my first exposure to the integration of farmers, state regulators, tribal leaders, local stakeholders, and concerned citizens to develop solutions to the Valley's water management challenges. I worked on many different environmental enhancement projects with many local and state level partners, from aquifer recharge and irrigation

efficiency, to stream-bank restoration and wetland rejuvenation. I learned how small town communities often set the example for developing solutions to broader cultural issues. These projects provide a positive story for successful local decision-making involving the broader community in the process.

In 2012 I left Walla Walla and came back to the State College area, where I re-entered the hydrogeological consulting world. It was and remains something I can always perform. However, I had learned a tremendous amount working on the local level for the watershed council. I knew I ultimately wanted to work for a similar organization, if I could just find the right opportunity. Thankfully, that opportunity came and I became your new director!

With these stories of rocks, water, ice and greenhouse gases, I hope I am able to use my past experiences to advance PVCA's mission and vision. Continuing our success involves expanding what we do, from creating new project types to further enrich our Penns Valley environment, to diversifying and expanding our membership and community awareness. We appreciate your membership and continued support of our organization. As we enter another chapter and the fairer time of the year, consider volunteering your time with us to support our mission and make Penns Valley a better place.

Headwaters Charitable Trusts Presents

Homegrown In the Headwaters

March 20th, 5pm – 8pm
Elk Creek Café & Aleworks
Millheim, PA

*100-Mile dinner sourced from local farms
Live Music * Silent Auction
Remarks about Sustainable Agriculture*

*This event benefits The Headwaters
Charitable Trust: www.hwct.org*

This poem is from the Being Heard poetry - writing project at Salem Hill Haven, coordinated by Abby Minor. See p. 7 for the article about this project.

THE ARRIVAL OF ANIMALS

By Dottie Schoffstall, Rita Bowes, Ralph Musick, & Gretchen Hosterman

The deer arrive early on an October evening,
some dark, some light, blended together.
They stretch their necks up to the apple tree.
I ask them to come up closer, take me
to enjoy the trees and leaves, the fragrance
from the little stream.

The dogs arrive at dawn in spring,
big dogs, brown and golden.
I rely on them to bark for me, to see
what I'm not seeing. We walk
in the mountain, where deer, bear,
turkey, and squirrel live.
Laurel and honey locust are blooming.

The cats arrive early in December,
hungry already, looking at their dishes.
City cats, black tails, tabbies,
great big oranges, Maine coons.
I ask, Where've you been?
I sit on a red sofa, and the cats compete
for my lap. We all sleep.

A black panther arrives at twilight in June,
hungry, stealthy, eyes deep and dark.
We head for the mountain in search
of yellow flowers. I ask,
Where shall we take our next trip?



Hand-Made Scarves for WSOV

Seven Merino Wool Scarves will be available at the Green Drake Gallery beginning Friday February 12th, in exchange for a donation to benefit WSOV (the community based radio station licensed under the auspices of PVCA).

Each scarf is hand knit in one of the colors of our beautiful valleys, and could be wrapping and warming you (or that special sweetie!) for a minimum donation of \$100 (with 100% of your generous donation going to get WSOV, the Sounds Of The Valley up and running).

Thank you to PVCA member, knitter, and former Board Member Myra Sletson for this generous donation!



TRAP – NEUTER – RELEASE

Centre County animal rescue Pets Come First recently partnered with the Animal Welfare Council and The Hundred Cats foundation to establish a spay/neuter clinic next to the shelter in Centre Hall. This collaboration is focused on addressing cat overpopulation by providing assistance with trapping and fixing the region's feral and stray cat populations.

Pets Come First has traps available for use by the public and can help connect you with monetary support for an appointment at the clinic.

Please contact us at (814) 364-1725 or info@petscomefirst.com for more information and questions.



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JOIN US FOR PVCA'S SPRING MEETING



**APRIL 20TH, 7 PM
AT SAINT LUKE'S CULTURAL CENTER
117 S. PENN ST. IN MILLHEIM**

An Evening of Rocks, Water, Ice, and Greenhouse Gases

With Special Guest and Penns Valley resident:
Dr. Sridhar Anandakrishnan, Penn State Professor of Geoscience and
Penn State Ice and Climate Exploration
and
Rick Henry, P.G., PVCA Executive Director

Join us for an update on PVCA activities, refreshments and reports from our Executive Director and Environmental Educator.

Stayed tuned for additional presentation details through our email announcements, "Upcoming Events" on our website, or find us on Facebook. If you are not on our email list, you can sign up at our website, www.pennsvalley.net