



rockymarsh run watershed

protect and enjoy

2008

Rockymarsh Run Targeted Watershed Initiative

The National Fish and Wildlife Foundation has awarded a grant to The Conservation Fund's Freshwater Institute to fund a watershed restoration project entitled "Meeting Regional Goals through Local Benefits" in Rockymarsh Run to restore brook trout habitat, expand riparian buffers and create economic incentives for environmental best practice adoption. Providing these local benefits will help attain regional Chesapeake Bay restoration goals.

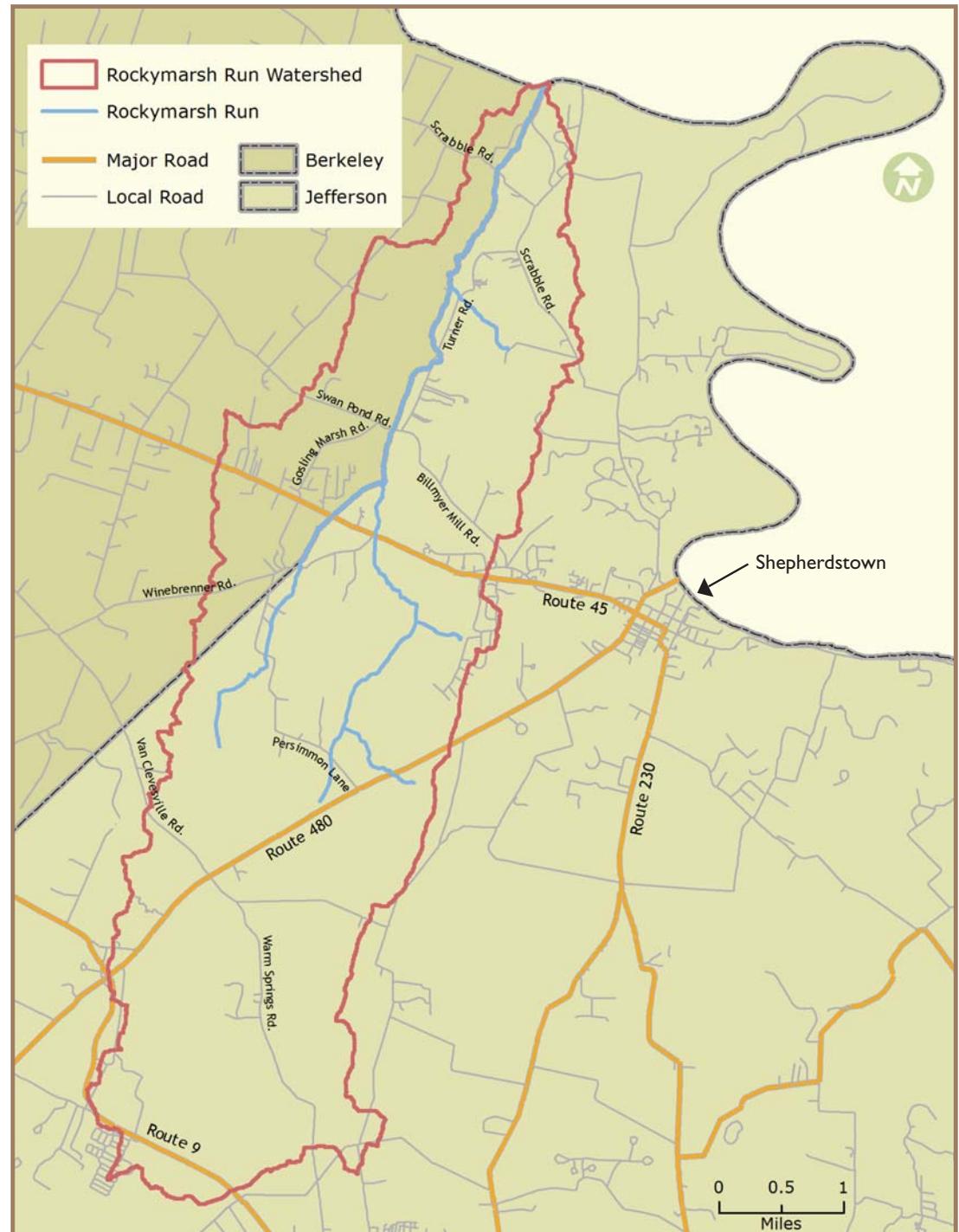
The driving force for attaining these goals will be the development of a pilot water quality trading project within the watershed. The project is expected to reduce an estimated 300 tons of sediment, 15,000 pounds of nitrogen and 1,900 pounds of phosphorus entering Rockymarsh Run. The project is intended to establish a template to help wastewater treatment plants required to meet new nutrient offset provisions in a manner that benefits the local environment and economy.

This trading will enable local wastewater treatment plants to cost-effectively meet their permit requirements while providing important management options for controlling nonpoint source pollution in the watershed.

Water Quality Trading

Water quality trading is an approach to achieve water quality improvement goals more efficiently. The basis for trading is the reality that pollution sources in a watershed can face very different costs to control the same pollutant. A trading program allows a point source facing high pollution control costs to meet their regulatory obligations by purchasing equivalent pollution reductions from another source at lower cost, thus achieving the same water quality benefit at a lower overall cost.

The foundations of water quality trading are that a water quality goal is established and that pollution sources within a watershed have significantly different costs to achieve the same levels of pollution control. Thus, trading can produce substantial cost savings while meeting water quality goals. Trading also can provide ancillary environmental benefits such as sustainable economic development and riparian restoration.



Water quality trading allows regulated point sources who either can't meet their water quality requirements, or face high costs to do so, to purchase pollution reduction credits from sources who are able to reduce nutrients at a lower cost. These credits can come from either other point sources or nonpoint sources, such as agriculture. As nonpoint sources can represent a significant source of pollution, water quality trading offers an opportunity for both the reduction of nonpoint source pollution and cost-savings for point sources.

The Rockymarsh Run Targeted Watershed initiative plans to institute a pilot water quality trading program in the watershed to meet its Chesapeake Bay restoration requirements while providing local benefits in the form of habitat restoration and sustainable economic development

did you know...

Rockymarsh Run is one of two proposed watersheds in Jefferson County targeted for Brook Trout restoration by Eastern Brook Trout Joint Venture (EBTJV). Currently, no Brook Trout are found in the Rockymarsh Run watershed, and populations throughout West Virginia are in decline. The West Virginia Brook Trout Conservation Group, comprised of individuals from West Virginia University, US Geologic Survey, WV Division of Natural Resources, Trout Unlimited, Freshwater Institute, US Fish and Wildlife Service, and the US Forest Service are committed to implementing science-based, watershed scale conservation strategies that could be used to protect existing populations, reestablish fishable populations, and expand population size and range throughout the state.

2008 calendar layout:

Kata Rishel, k.rishel@freshwaterinstitute.org

original calendar design:

Michele Foshee, mfoshee@gmail.com

calendar text:

Kata Rishel

Michael Schwartz

Kristin Alexander

photography:

Will Hershberger
Nature Images and Sounds
woodsong_wv@earthlink.net
(304) 754-7517

Susie Neel

Matt Poole

(if you are interested in purchasing a photo you see in this calendar, please feel free to contact the photographer.)

Special Thanks To:

WV DEP Stream Partners Program

The Conservation Fund Freshwater Institute

Potomac Valley Nature Photographers

Rrribbeting information!!!

*WOW!! This will look
great at my pad!!!*



rockymarsh run watershed

protect and enjoy



what you can do...

Stewardship can be defined as taking care of something that is not yours for the benefit of others, especially current and future generations. Some of the most important things to take care of are our surroundings, specifically our community.

Whether you consider your community a small or large area, one important aspect is the watershed. Watersheds refer to the area of land that flow into a stream or river; for example, when it rains in the Panhandle, all the water that falls in the Rockymarsh Run watershed boundaries drains into Rockymarsh Run. What goes on within a watershed determines the health of our natural communities here and downstream. This is particularly important as everyone lives downstream!

Being a good steward of the land can be accomplished in many ways. Throughout the pages gathered here, you can find information to help you become a better guardian of the land. However, this is by no means all that can be done; citizens in the watershed can do any number of things to improve their communities—BE CREATIVE! Action is better than inaction, so the smallest achievement is better than nothing!

- Get to know the area and resources around you by joining a local organization to learn about and explore your watershed !
- Prevent the loss of our resources by learning how your actions impact the land and then make positive changes !
- Protect the beauty and function of our lands by taking part in stream or road cleanups in the area!
- Foster the love in others by volunteering your time to teach people about something you love—the passion shines through!
- Donate time, money or resources to an organization that is committed to environmental stewardship, locally or nationally!

Visit our website at www.rockymarshr.com

photograph by Will Hersheyberger

january

2008

No yesterdays are ever wasted for those who give themselves today.

~Brendan Francis



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

monthly note...

Listen for Great Horned Owls, Barred Owls, and Screech Owls in the late evening and during the night.

Take a late night walk under the moonlight or sit and enjoy the stars

New Year's Day

1

2

Jefferson and Berkeley County public schools resume classes

3

4

5

6

7

● New Moon

8

Potomac Valley Audubon Society (PVAS) meeting www.potomacaudubon.org

9

Shepherd University Spring semester begins

10

11

12

13

14

○ First Quarter

15

16

17

18

19

20

Martin Luther King Day

21

○ Full Moon

22

23

24

Potomac Valley Nature Photographers (PVNP) meeting www.potomacvalleynature-photographers.org

25

26

27

28

29

● Last Quarter

30

31

did you know...

John Wesley Powell once said a watershed is "that area of land, a bounded hydrologic system, within which all living things are inextricably linked by their common watercourse and where, as humans settled, simple logic demanded that they become part of a community." Watersheds come in all shapes and sizes. They cross county, state, and national boundaries. No matter where you are, you're in a watershed (Source: US Environmental Protection Agency)



what you can do...

Life out of doors is WILD! There are a ton of creatures to see while in your backyard—you just have to start looking. There are big and small creatures, some creatures brightly colored, some that are more subtle with their camouflage, some that live in the trees and some that live on or in the ground. Some can be seen only during the day, others only at night. They are aerial, terrestrial, and aquatic. Each is very special in its own way and contributes in some way to the ecosystem.

No matter how much backyard you have, you can do something to attract the local wildlife. Some general tips to begin with include:

- Increase the number of native plants in your landscape and controlling noxious weeds or non-native invasive species.
- Create brush piles and snags for nesting, perching, and hunting
- Establish permanent vegetation for food or cover
- Improving the forest edge habitat
- Creating herbaceous forest openings
- Place nesting boxes or structures around the property
- Release trees and shrubs
- Fence stream banks to protect habitat
- Maintain wildlife corridors, like fence or hedgerows and buffer strips along the water's edge

Many of these activities take time and planning, but the rewards are worth it—AND remember to always keep a pair of binoculars handy!

Go to www.rockymarshrun.org for more information

monthly note...

February is Black History Month

February typically receives the least precipitation of the year

photograph by Susie Neel

february

2008

*A bird does not sing because it has an answer.
It sings because it has a song.*

~Chinese Proverb



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

did you know...

In the US, approximately 20 million acres of lawn are cultivated, covering more land than any single crop. (Source: US Environmental Protection Agency). It costs an average of \$700 per acre per year to maintain a lawn; whereas, a wildflower meadow costs \$30 per acre. (Source: National Wildlife Foundation). If considering a wildflower meadow, try to use native plants, which attract a variety of birds, butterflies, and other wildlife. Native plants do not need fertilizers, require fewer pesticides and water than lawns, and reduce air pollution (one gas-powered mower emits 11 times the air pollution of a new car for each hour of operation). (Source: US Environmental Protection Agency)

1 Groundhog Day 2

3

4

5

● New Moon

6

Partial Solar Eclipse

7

8

9

10

11

12

PVAS meeting
www.potomacaudubon.org

● First Quarter Moon

13

Valentines Day

14

Great Backyard Bird Count
through the 18th

15

16

17

President's Day Observed

18

19

○ Full Moon

20

Total Lunar Eclipse

21

22

23

24

25

26

27

● Last Quarter Moon

28

PVNP meeting
www.potomacvalleynature-photographers.org

29



what you can do...

Out of all the sounds of spring and summer, some of the most enchanting are those that come from some of nature's smallest creatures--frogs and toads. Go outside on a warm night when the ground is moist and the puddles are filled, and you are sure to hear the powerful sound of love in the making. The songs we hear come from frogs or toads in the midst of their mating season, a frenzied call that is unmistakable. It is a familiar site to see our waters, whether standing or moving, laced with eggs, and then later tadpoles, and finally the adults--always an exciting process to witness!

These small critters come in a variety of shapes, sizes, and colors. They are found in trees, on land, and in water. They live on a wide assortment of insects, but are the food for snakes, skunks, birds, lizards, or anything hungry enough!

According to Marshall University's Herpetology Lab, there are 14 species of frogs and toads in WV all of which need water for breeding. The smallest frog is the Cricket Frog, which is 1.5 inches long, and the largest is the Bullfrog, reaching 7 inches! Next time you encounter one of these creatures take a closer look and figure out which one it is!

Eastern Spadefoot
Eastern American Toad
Fowler's Toad
Eastern Cricket Frog
Blanchard's Cricket Frog
Northern Spring Peeper
Mountain Chorus Frog
Upland Chorus Frog
Gray Treefrog
American Bullfrog
Northern Green Frog
Northern Leopard Frog
Pickerel Frog
Wood Frog

photograph by Matt Poole

For more info, go to www.rockymarshrun.org

m a r c h

2008

The world is mud-licious and puddle-wonderful.

~ E.E. Cummings



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

2

3

4

5

6

● New Moon

7

8

Daylight Savings Time begins

9

10

11

PVAS meeting
www.potomacaudubon.org

12

13

● First Quarter Moon

14

15

16

St. Patrick's Day

17

18

19

Vernal Equinox
First day of Spring

20

○ Full Moon

21

22

Easter

23

24

25

26

27

PVNP meeting
www.potomacvalleynature-photographers.org

28

● Last Quarter Moon 29

30

31

monthly note...

Women's History Month

Look for frogs and toads spawning

Watch for migratory birds returning to the area

did you know...

The largest frog on Earth is the Goliath frog found in Africa. This frog can be 13 inches in length, weigh up to 7 pounds and is able to jump 10 feet in one bound!

The smallest frog on Earth is the Monte Iberia Eleuth, found in two small regions of Cuba, and is an average of 9.7mm long! (Source: Wikipedia)



what you can do...

By the time spring rolls around, we are all in need of a pick me up—and what is more appropriately pleasing than spring ephemerals. We can find them just about everywhere; they are those short-lived woodland wildflowers that are seen for just a few weeks in early spring. They enchant us with their beauty as they pop up along the wood's edge or deep in the forest, before the trees leaf out. Once the flowers bloom, they die back to their roots, bulbs, or rhizomes for the rest of the year. These flowers are so delicate that when picked, quickly wilt and fade away. They are admired best in their natural settings. Many of these enthralling wildflowers have unique reproductive strategies and are not easily cultivated. If you've never noticed these alluringly shy flowers, make an effort to see them this year. They can be found in spots tucked throughout the watershed.

Here is a short list of some of the ephemerals you can find locally:

Jack-in-the-pulpit	Arisaema triphyllum
Trout Lily	Erythronium americanum
Trillium	Trillium sp.
Bloodroot	Sanguinaria canadensis
Dutchman's Breeches	Dicentra cucullaria
Virginia Bluebell	Mertensia virginica
Squirrel Corn	Dicentra canadensis
Spring Beauty	Claytonia virginica
Columbine	Aquilegia canadensis
Lady Slipper Orchids	Cypripedium sp.
Bleeding Heart	Dicentra eximia
Toothwort	Dentaria diphylla
Mayapple	Podophyllum peltatum
Twinleaf	Jeffersonia diphylla
Wild Ginger	Asarum canadense

photograph by Will Hershberger

For more information,
go to www.rockymarshrun.org

*A sensitive plant in the garden grew,
And the young winds fed it with silver dew,
And it opened its fan-like leaves to the light,
and closed them beneath the kisses of night.*

~Percy Bysshe Shelley

april

2008

monthly note...

Asian/Pacific American Heritage Month
Watch for butterflies emerging

Keep your eyes open for tadpoles
Wildflowers are starting their show
Visit the Wildflower Festival at Yankauer Nature Preserve



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

April Fool's Day

1

2

3

4

● New Moon

5

6

7

8

PVAS meeting
www.potomacaudubon.org

9

10

WW Arbor Day

11

● First Quarter Moon

12

13

14

15

16

17

18

Wildflower Festival,
Yankauer Nature Preserve

19

○ Full Moon

20

21

Earth Day

22

23

24

Arbor Day
PVNP meeting
www.potomacvalleynature-photographers.org

25

26

27

● Last Quarter Moon

28

29

30

did you know...

Jack-in-the-pulpits can change sex depending on the environmental factors where they grow. During early years, the plants send out male flowers--because they require much less energy to produce than a female flower. Over the years, when light, temperature, nutrient, and water conditions are maximized, the plant has enough stored energy to produce a female flower, which subsequently yields seeds in the fall. In undisturbed areas these plants can live an average of 100 years!



photograph by Matt Poole

what you can do...

Wetlands are areas in our landscape where both terrestrial and aquatic conditions exist. They go by different names depending on the conditions of their location. For instance, there are bogs, fens, swamps, marshes, moors, quagmires, carrs, bayous, dambos, and pocosins—all of which have distinct physical or chemical characteristics.

Wetlands are extremely special little places where you often find exceptional diversity in plant and animal species due to the incredible capacity for primary productivity. Wetlands are extremely valuable as they are able to improve water quality and provide unique habitat settings, like nursery grounds for fish, birds, and other wildlife. They are also an important source of water for wildlife in karst landscapes.

Wetlands can be found in several places throughout our watershed. Start looking around in your neck of the woods to find some of the hidden pleasures wetlands have to offer.

For more information, please visit our website at www.rockymarshrun.org

• • •

Want to help conserve wetlands? Well one easy way is to purchase a Duck Stamp, which is available from the US Postal Service, various sporting goods and outdoor stores, or over the internet for \$15.00. Ninety-eight cents out of every dollar from the sale goes toward the purchase or lease of wetland habitat for the National Wildlife Refuge System. In addition, with the Duck Stamp you can enter any Wildlife Refuge for free!

monthly note...

- Clean Air Month
- American Wetlands Month
- Trees are blooming

may

2008

Plants cry their gratitude for the sun in green joy.

~Astrid Alauda



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

did you know...

Wetlands are up there with tropical rainforests for their productivity. They are found all over the world--the only continent that does not have wetlands is Antarctica. (Source: Ducks Unlimited Canada)

1

2

3

4

Cinco de Mayo
● New moon

5

6

7

8

9

10

Mother's Day

● First Quarter Moon

11

12

13

PVAS meeting
www.potomacaudubon.org

14

15

16

17

18

○ Full moon

19

20

21

22

23

24

25

Memorial Day

26

● Last Quarter Moon

27

28

29

PVNP meeting
www.potomacvalleynature-photographers.org

30

31



what you can do...

Do remember learning the old alliteration “the three R’s” in school: Reduce, Reuse and Recycle. Well, once you’ve heard it, it’s hard to forget. Which is a good thing because it is one of the most important lessons learned when it comes to environmental stewardship! In the age of disposable products, it is important to look at the big picture—that is, to look to the future! Much of what is sent to the landfill doesn’t degrade very quickly, taking years, decades, centuries, or millennia to revert back to original form.

If you have other “stuff” that you’re not sure what to do with, but that still functions, consider giving these items to charity, like Goodwill or Salvation Army.

Berkeley County Solid Waste Authority Recycling Centers:

- South Berkeley – Pilgrim St, open 9am to 5 pm Monday, Tuesday and Saturday
- Marlowe – Handi Shopper, open 9am to 5pm on Thursdays
- Martinsburg – Grapevine Rd, open 9am to 5pm Monday through Saturday
- Hedgesville – Eagle Plaza, open 9am to 5pm Friday and Saturday

For a list of recyclable items go to www.berkeleycountycomm.org/recycling.htm or call the Recycling Hotline (304) 671-2925

Jefferson County Solid Waste Authority Recycling:

- Leetown – Orchard Road, open 8am to 3:45pm Monday through Saturday

Accepts used motor oil, kerosene, transmission hydraulic fluid; newspapers and magazines; brown, green and clear glass bottles; aluminum and tin cans; #1 and #2 plastic.

For more information, call (304) 728-0430

photograph by Will Fleishberger

june

2008

*Action springs forth not from thought,
but from a readiness for responsibility.*

~Dietrich Bonhoeffer



rockymarsh run watershed
protect and enjoy

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	● New moon 3	4	World Environment Day 5	6	7
8	9	● First Quarter Moon 10	11	12	13	14
Father's Day 15	16	17	○ Full moon 18	19	Summer Solstice West Virginia became the 35 th state on this day in 1863 20	21
22	23	24	25	● Last Quarter Moon 26	PVNP meeting www.potomacvalleynature-photographers.org 27	28

did you know...

Plastic bags start as crude oil, natural gas, or other petrochemical derivatives, which are transformed into chains of hydrogen and carbon molecules known as polymers or polymer resin. After being heated, shaped, and cooled, the plastic is ready to be flattened, sealed, punched, or printed on. Each year, Americans throw away some 100 billion polyethylene plastic bags. (Only 0.6 percent of plastic bags are recycled.) environmental groups estimate that 500 billion to 1 trillion of the bags are now used worldwide every year. (Source: Worldwatch Institute)

monthly note...

- National Rivers Month
- National Recycling Month
- No PVAS meetings in June, July or August

29

30



what you can do...

Although pesticides are widely available and legal to purchase, their use is highly contentious. Pesticides are poisons employed to kill certain 'pest' populations. What makes these substances so controversial is their potential to go beyond just targeting a specific pest species, to the possible impairment or elimination of other wildlife populations including beneficial insects, small mammals, amphibians, and more! Pesticides have been implicated in the decline of pollinating insects, in the loss of amphibian species, impairment of human health and in the reduced productivity of farm land.

The past 50 years have yielded thousands of new chemicals which are used on a daily basis. While these substances seem useful, they can often cause problems that go unseen as they enter our environment and exist in our waters and soils longer than most people realize. It is important to understand that the natural world is bound together in a way that is often invisible, making it hard for people to see how their actions may affect this delicate balance.

Some things you can do to prevent the use of pesticides (whether battling weeds or insect pests) include:

- Properly identify pest problems before you begin any treatments
- Don't let a problem go for so long that you are forced to choose a product that is harmful
- Give yourself enough time to explore your options

Consider:

- Mechanical treatments—hand pick weeds when ground is moist, use a flame weeding machine, or apply boiling water or high pressure steam to weeds
- Biological—choose natural predators of targeted pest insect species (for example, lady bugs love to eat aphids!)
- Chemical—use horticultural vinegar (acetic acid) or herbicidal soaps for weeds and horticultural oils for insects

photograph by Matt Poole

july

2008

When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

~Author Unknown



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

monthly note...

No PVAS meetings in June, July or August

Start picking wild black raspberries and wineberries

1

● New Moon

2

3

Independence Day

4

5

6

7

8

9

● First Quarter Moon

10

11

12

13

14

15

16

17

○ Full Moon

18

19

20

21

22

23

24

PVNP meeting
www.potomacvalleynature-photographers.org

● Last Quarter Moon

25

26

27

28

29

30

31

did you know...

Repeated pesticide applications can cause soil to become conditioned, which speeds up degradation of the pesticides. This results in the need to apply increasingly toxic chemicals at more frequent intervals to control the pest problem. Meanwhile, beneficial organisms are killed off, soil can become sterile, and pesticide-resistant insects breed to produce a species able to withstand the toxins and continue eating your grass! (Source: Sierra Club of Canada)



what you can do...

Rain gardens are aesthetically pleasing plantings that are used to prevent runoff from your rain gutters and impervious surfaces such as driveways and paths from carrying nutrients, sediment, and other pollutants into streams. Existing low or wet spots are good sites as are areas such as the end of downspouts or other areas that collect significant amounts of rainwater in your yard. These combinations of native plants and mulch work as a filters for runoff and allow it to percolate down into the groundwater instead of entering waterways where it can cause flooding related problems. Grasses are planted as an initial filter strip and other larger plants such as sedges, rushes and shrubs are planted downstream.

Although runoff from the most moderate of storms is exacerbated by the extent of impervious (hard) surfaces around the home, it can be put to good use to nurture water-loving plants in existing low-lying areas of your yard; or in constructed depressions. Larger pools capable of holding water for a few months in spring can serve as important breeding grounds for salamanders and frogs, such as spring peepers.

Not only do you get a wonderful new garden out of it, you and your family receive the added benefit of helping protect our streams from stormwater pollution. Be part of a beautiful solution!

Common Native Plants Suitable for Rain Gardens:

Sedges	Cardinal Flower
Rushes	Winterberry
Meadowsweet	New York Ironweed
Silky Dogwood	Gray Dogwood
Rose Mallow	Wild Bergamot
Turtlehead	Blue Flag
Mountain Mint	Joe Pye Weed
New England Aster	

For more information, visit our website at www.rockymarshrun.org

photograph by Matt Poole

august

2008

*The drops of rain make a hole in the stone, not by violence,
but by often falling.*

~Lucretius



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

did you know...

Properly designed rain gardens can effectively trap and retain up to 99 percent of common pollutants in urban storm runoff. Rain gardens also act as mosquito cemeteries because the rain water drains quickly and leaves the mosquito eggs high and dry. (Source: www.rainkc.com)

monthly note...

Watch for the Perseid meteor shower around the middle of the month

Blackberries are starting to ripen

No PVAS meetings in June, July or August

● New Moon

1

Total Solar Eclipse

2

3

4

5

6

7

● First Quarter Moon

8

9

10

11

12

13

14

15

Partial Lunar Eclipse
○ Full Moon

16

17

18

19

20

21

22

● Last Quarter Moon

23

24

31

25

26

27

28

PVNP meeting

29

● New Moon

30



what you can do...

Are you looking for a way to attract wildlife while at the same time protecting your watershed? Well, look no further, one of the easiest ways to do this is by incorporating riparian buffers into your waterfront landscape. Riparian zones exist where land and flowing water meet. The plants that you find in these areas tend to love wet feet. Riparian buffers offer many benefits once they are established. They improve water quality by trapping sediments moving across the landscape before they enter water and then also by filtering the water as it moves downstream. The plants found along the water's edge provide habitat to all sorts of aquatic and terrestrial wildlife. They also shade portions of the water, keeping the sun from warming the waters too fast. Once aquatic vegetation is established, it works to dissipate the water's energy, slowing the erosive scouring power of the water. Finally, riparian buffers also increase property value—a win-win for homeowners and wildlife!

Consider these plants for your riparian buffer!

Trees: Silver Maple (*Acer saccharinum*)
American Sycamore (*Platanus occidentalis*)
Black Walnut (*Juglans nigra*)
Black Willow (*Salix nigra*)
River Birch (*Betula nigra*)

Shrubs: Wild Hydrangea (*Hydrangea arborescens*)
Black Chokeberry (*Photinia melanocarpa*)
Common Elderberry (*Sambucus Canadensis*)
Black Haw (*Viburnum prunifolium*)
Highbush Blueberry (*Vaccinium corymbosum*)

Forbs: Joe-Pye Weed (*Eupatorium dubium*)
Common Boneset (*Eupatorium perfoliatum*)
New England Aster (*Aster novae-angliae*)
Blue Vervain (*Verbena hastata*)

Grasses: Broomsedge (*Andropogon virginicus*)
River Oats (*Chasmanthium latifolium*)
Tussock Sedge (*Carex stricta*)
Switchgrass (*Panicum virgatum*)

For more info go to www.rockymarshrun.org

photograph by Will Hershberger

september

2008

Look deep into nature, and then you will understand everything better.

~Albert Einstein



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

Labor Day

1

2

3

4

5

6

☾ First Quarter Moon

7

8

9

PVAS meeting
www.potomacaudubon.org

10

11

12

13

14

☉ Full Moon

15

16

17

18

19

20

21

☾ Last Quarter Moon
Autumnal Equinox

22

23

24

25

PVNP meeting
www.potomacvalleynature-photographers.org

26

National Public Lands Day 27

28

☀ New Moon

29

30

did you know...

Riparian forest buffers can filter a vast number of pollutants out of runoff. Contaminants such as phosphorus, nitrogen, sediment, toxic metals, and even some pesticides and herbicides have been shown to be captured by the vegetation and soils associated with forest buffers. (Source: Chesapeake Bay Foundation)

monthly note...

Hispanic Heritage Month: Sept 15th thru Oct 15th
Keep an eye out for giant puff ball or stinkhorn fungi
Begin collecting seeds to scatter along your riparian buffer



what you can do...

Sinkholes are depressions on the surface of karst topography caused by water moving through cracks and spaces underground – a visible sign of what is going on below our feet. They can be closed or open; shallow or deep; large or small.

While most people are aware of what sinkholes are, what they may not understand is how their actions or inactions regarding sinkholes can negatively impact them or their community. These natural features found in our landscape are incredibly interesting, but need to be taken very seriously. Sinkhole formation is totally natural, however, in some instances their formation can be triggered or accelerated by some sort of human activity. Human activities such as over-withdrawal of groundwater, drilling new water wells, and concentrating runoff can also cause sinkholes to develop. Natural sinkhole formation can be exacerbated both by drought and heavy rains that occur after a drought.

Problems with sinkholes can often be avoided by responsible actions and paying attention to the landscape. It is important to think of sinkholes as direct conduits to our groundwater. Material dumped in a sinkhole may contaminate well water and springs as well as harm sensitive critters living underground.

For more information about sinkholes visit www.rockymarshrun.org

monthly note...

Hispanic Heritage Month: Sept 15th thru Oct

Start watching for fall colors

Migratory birds begin their journey

photograph by Matt Poole

o c t o b e r

2008

*Nothing is softer or more flexible than water,
yet nothing can resist it.*

~Lao-Tzu



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

did you know...

Even small amounts of waste dumped in a sinkhole can affect groundwater quality. For example, one quart of motor oil can affect the taste of 250,00 gallons of water.

Recycle your used motor oil at Advanced Auto Parts
600 Winchester Ave, Martinsburg, WV
For more information call (304) 262-3036.

1

2

3

4

5

6

☾ First Quarter Moon

7

PVAS meeting
www.potomacaudubon.org

8

9

10

11

12

Columbus Day

13

☽ Full Moon

14

15

16

17

18

19

20

☾ Last Quarter Moon

21

22

23

24

25

26

27

☀ New Moon

28

29

30

PVNP meeting
www.potomacvalleynature-photographers.org
Halloween

31



what you can do...

Chemicals leaching into waterways are likely causing illness and abnormalities in fish. Endocrine disruptors are believed to be responsible for intersex fish (male fish producing eggs) in the Potomac River. Products we buy for cleaning, cosmetics, and gardening often contain chemicals that are considered endocrine disruptors. Before buying these products, look at the ingredients and avoid Naphthalene, Limonene, Lindane, Permethrin, Glyphosate, Phenols, and Phthalates. Avoid these chemicals completely by using the most natural products possible for cleaning and other jobs around the home.

Environmentally friendly substitutions:

- Baking soda – used as a deodorizer, acid neutralizer, non-abrasive scouring agent, and water softener
- White vinegar – used to remove mineral deposits, and to deodorize
- Isopropyl alcohol – used as a disinfectant
- Lemon juice – used as a deodorant, can remove stains and cuts grease
- Borax – a deodorizer and disinfectant, boosts the power of other soaps
- Cornstarch – used as a window cleaner, furniture polish, carpet cleaner, mildew remover and absorbent for grease and oil

For more information, please visit
www.rockymarshr.org

monthly note...

Native American Heritage Month

Get out and VOTE this month in the 2008 Presidential Election

Watch for the Leonid meteor shower, with the anticipated peak activity on the 18th

photograph by Susie Neel

november

2008

We should all be concerned about the future because we will have to spend the rest of our lives there

~Charles F. Kettering



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

did you know...

Fragrance on a label can indicate the presence of up to 4,000 separate ingredients, most of which are synthetic. Many compounds in fragrance are human toxins and suspected or proven carcinogens. In 1989, the US National Institute of Occupational Safety and Health evaluated 2,983 fragrance chemicals for health effects. They identified 884 of them as toxic substances. Synthetic fragrances are known to trigger asthma attacks. The US Environmental Protection Agency found that 100% of perfumes contain toluene, which can cause liver, kidney and brain damage as well as damage to a developing fetus. Symptoms reported to the FDA from fragrance exposure have included headaches, dizziness, rashes, skin discoloration, violent coughing and vomiting, and allergic skin irritation. Clinical observations by medical doctors have shown that exposure to fragrances can affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes. Fragrance is a common skin irritant. (Source: Environmental Health Association of Nova Scotia)

Daylight Saving Time ends

2

3

2008 Presidential Election

4

☾ First Quarter Moon

5

6

7

8

9

10

Veterans Day observed

11

PVAS meeting
www.potomacaudubon.org

12

☉ Full Moon

13

14

15

16

17

Leonid meteors—
anticipated peak
shower activity

18

☾ Last Quarter Moon

19

20

21

22

23

30

24

25

26

☉ New Moon
Thanksgiving Day

27

PVNP meeting
www.potomacvalleynature-photographers.org

28

29



what you can do...

Thinking of volunteering in the community? There are plenty of local organizations to consider joining...

Potomac Valley Audubon Society

(<http://www.potomacaudubon.org/>)

PVAS is a local chapter of the National Audubon Society, serving Jefferson, Berkeley, and Morgan Counties. PVAS focuses on programs and activities that promote a greater appreciation of the natural world.

Potomac Valley Nature Photographers

(<http://potomacvalleynaturephotographers.org/new/>)

A new organization in the area that is dedicated to celebrating nature photography in all its form and at all levels of practice.

Keep Jefferson Beautiful

(<http://www.keepjeffersonbeautiful.org/>)

A local group dedicated to promoting and supporting programs leading to the elimination of trash and litter in Jefferson County, WV.

Sierra Club, West Virginia Chapter

(<http://westvirginia.sierraclub.org/>)

An organization focused on protecting the state's environment and natural resources. Current issues include Mountaintop Removal Coal Mining and WV Wilderness Campaign.

Izzak Walton League, Berkeley County Chapter

(<http://www.iwla-bc.org/nuke/html/index.php>)

A local chapter of the Izaak Walton League of America, which works to restore watersheds, reduce air pollution, fight litter, and promote means and opportunities for the education of the public.

Opequon Creek Project Team

(<http://www.opequoncreek.org/index.html>)

A local group planning and implementing nonpoint source pollution reduction projects in the watershed. Local, state, and federal government agencies, along with local watershed citizens work together to protect and enhance the community's natural resources.

For more information, visit www.rockymarshr.org

december

2008

*We make a living by what we get,
but we make a life by what we give.*

~Winston Churchill



rockymarsh run watershed
protect and enjoy

sunday

monday

tuesday

wednesday

thursday

friday

saturday

1

2

3

4

☾ First Quarter Moon

5

6

7

8

9

PVAS meeting
www.potomacaudubon.org

10

11

☉ Full Moon

12

13

14

15

16

17

18

☾ Last Quarter Moon

19

20

Winter Solstice
First Day of Winter

21

Hanukkah begins

22

23

24

Christmas Day

25

PVNP meeting
www.potomacvalleynature-photographers.org

Kwanzaa

26

☉ New Moon

27

28

Hanukkah ends

29

30

New Year's Eve;

31

did you know...

About 61.2 million people volunteered through or for an organization at least once in 2006, at a rate lower than the previous year. About 30.1% of women and 23% of men did volunteer work during the year, with persons age 35 to 54 most likely to give their time. (Source: US Dept. of Labor, Bureau of Labor Statistics)

Rockymarsh Run and You

Putting the “Marsh” Back in Rockymarsh

Rockymarsh Run was once home to a multitude of wetlands but over the years many of them were converted to farmland, filled, or mined for marl. Wetland filling in the watershed continues to this day. Some wetlands were also destroyed either by ditching or becoming filled in with eroded soil. The marl wetlands found in the watershed and elsewhere throughout the area are unique and endangered habitats – home to a number of rare plant species found nowhere else.

As wetlands provide important services to both humans and ecosystems alike it is vital they be conserved. They stabilize streamflows, filter toxics and sediments out of the water, provide habitat for birds and amphibians, and serve as a water source for upland species. They also provide education and recreation opportunities for humans along with being just plain beautiful. So protect and enjoy your favorite wetland!

As part of the long-term vision for the restoration of Rockymarsh Run, potential wetland restoration sites are being identified and prioritized. This process involves identifying sites with hydrologic characteristics conducive to wetland development and then establishing the value of these sites for biodiversity and ecosystem services. Some of the data used in the process are: soil characteristics, topography, land use, floodplains, and ecological characteristics.

This is just the first step in the process. Future steps will include field evaluation of identified sites and identifying willing landowners. Please visit www.rockymarshrun.org to see a map of potential wetland restoration sites in the watershed.

protect and enjoy!

