The West Virginia Botanic Garden at Tibbs Run Preserve seeks to foster learning, inspiration, and well-being through the beauty and wonder of plants, the natural environment, and culturally enriching experiences.

The Garden Continues to Grow
by Phil Cole, Site Manager

It’s been a busy year for development at WVBG. Dave Davis, Groundskeeper, led the development of a new Pollinator Garden between the Secret Garden and Education and Event Building this spring. In July, campers in Camp SOAR installed new insect boxes and planted milkweed and daisies in the space as well. Make sure you enjoy their efforts the next time you are at the garden. The Hillside Trail was recently extended into the upper parking area with the trailhead immediately adjacent the kiosk. Trails have been improved site-wide, hundreds of new plants have been strategically placed, a few rare plants have been acquired, and American Kestral boxes installed.

Many great projects are on the horizon here at the West Virginia Botanic Garden. One focus will be the next phase of improvements to our Maintenance and Service area which will include earthwork for a future maintenance building, large composting bins, electrical service, and additional parking. The improvements to this area are foundational to our growth and development of our Master Plan.

We are excited to be planning and seeking funding for the new Children’s Adventure Garden, a feature that was strongly supported in a recent board retreat. The proposed location is below the Education and Event building on the opposite side of the Reservoir Loop Trail where there are currently stacked stones. It was those rock cairns that sparked the idea to have a more interactive play space for children to explore and enjoy in addition to inspiring our youngest visitors to learn more about plants and our natural world.

The garden has also recently received a personal donation from Karl and Pam Yagle to extend their namesake garden around the Education and Events Building. - Thank you!

Other projects on the horizon include a bird blind on the Basin View Trail, minor improvements to the Fairy Garden, a new “Underground Garden” fossil exhibit, and new signage and waymarking site-wide.
As I prepared to write this newsletter column, I thought about all the great assets that the West Virginia Botanic Garden has to offer: conservation initiatives, artistic inspiration, nature education, scientific discovery, and even spiritual wellbeing. Writing about these treasured things requires careful thought and great responsibility—How can I summarize what is most special to me about WVBG right now in a way that is infectious and inspirational?

It was while pondering this thought that one of our VIP heroes (and regular volunteer host) Linda Blake stopped by and invited me to get out of the office and into the Garden on a walk with her. Thankfully, I stopped writing and took her up on that walk to clear my head. Linda and I shared stories of wildlife we’ve seen in specific areas, observed the incredible mushrooms in all their shapes and colors, and enjoyed the cool summer breeze. We surveyed plants along the wetland boardwalk, discussed the age of massive hemlocks in the Tibbs Run Preserve, and remarked about the intrigue of the new ArtsMon Photo Trail. As we neared the end of our hike, I reflected on what a beautiful visit we’d just had while sharing these experiences with one another. Seeing familiar sights with new friends opens up deeper conversations and makes for a renewed interaction with this place. I thought about all the shared experiences here at WVBG that form a common bond. I love hearing about the unique perspectives of others and experiencing this place empathetically through their senses. The Garden beckons us to be aware of our world and to take time to share it with others.

Seeing this place through a set of fresh eyes inspired the topic for this column: The relationships and friendships we make because of our common interest in nature are so important. Without healthy human interaction, our lives suffer. What better place to have this interaction than at WVBG?

I love meeting all the new people who visit daily and giving all the dogs a scratch behind the ears. Hardly a day goes by at the Garden that I don't meet at least one new person. I wouldn't think of stopping to talk to a random stranger in a store about their day, but something seems natural and intuitive about greeting those we pass at the Garden. Being in nature loosens the bonds of apprehension and empowers us to be friendly, compassionate humans. Forests, wetlands, meadows, life. We’re all in this together. I’ll see you on the trail.

We Are Hiring!

We are now hiring for the part-time positions of Environmental Educator and Volunteer Coordinator. If you are interested in the position of Environmental Educator, please contact Erin Smaldone at erin@wvbg.org. If you are interested in the position of Volunteer Coordinator, please contact Philip Smith at psmith@wvbg.org.
2019

many thanks
to each of our donors, committee members, volunteers, and everyone who attended that made this event such a great success!

committee
Linda Bagby
Lisa Bridges
Hope Covey
Sally Taylor
Joe Mitchell
Dave Samuel
Aaron Sears

special thanks
Lisa Bridges Design, Aaron Sears Floral Design, Nathan Hardin, our many event volunteers, garden keepers, Wednesday warriors and special volunteer Ellen Hrobosky. Also the WVBG staff Phillip Smith, Cheryl Carnegie, Stacy Clovis-Wooster, Phil Cole, Dave Davis, Kay Jones and Erin Smaldone.

additional thanks to
Jordan Kiger w/Joe R Pyle Auctioneers,
Fish Hawk Acres, Tutto Gelato, Short Story Brewing, The Elk River Ramblers and Zach Armstrong, hairstylist w/Nico Spalon and the Garden Pixies.
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and thank-you to our co-chairs
Victoria Cather & Andrea Horton

BIRDS FLOWERS BEES TREES
WVBG Fall/Winter Activities Schedule

Please pre-register for ALL activities. A link to register can be found with activity descriptions on the WVBG website, www.wvbg.org or on our Facebook event listing.

Thursday Evenings September through February, 7:00-8:00 p.m. Evening Yoga in the Garden: Please come join yoga instructors Jessy Coffman and Heidi Sherwin in the garden for an all-levels vinyasa flow class. This hour-long practice will teach breathing techniques to relax and build heat within our bodies, yoga postures to strengthen and lengthen our muscles and relaxation to help calm the mind, body, and spirit. Bring a yoga mat. All ages. $12 for WVBG members, $15 for non-members. Class pack of 10 is $100 for members, $130 for non-members. No class on Thanksgiving.

October 4, 10:00 a.m. Friday Family Walk: Join WVBG Education Director Erin Smaldone for a short nature-themed story followed by a walk around the Garden concluding with a simple craft. This easy, casual walk is a great way for children and their caretakers to get outside and enjoy nature and the company of others. The trail will accommodate “off road” strollers. All ages. Free for WVBG members, $15 suggested donation/family for non-members.

October 5, 2:00-6:00 p.m. Moving into Mindfulness: Join Health and Wellness Coach Colleen Harshbarger for this yoga and moving meditation immersion in nature. Learn practices designed to help you let go of stress and anxiety and step into a space of calm. Connect with nature to improve your mood and uplift your energy and quiet your mind with simple HeartMath® techniques. $90 for WVBG members, $100 for non-members.

October 6, November 3, & December 1, 10:00 a.m. Being with Nature: Join Judith Clister 10:00-11:30 a.m. the first Sundays through December for a time of contemplation/meditation with nature. Our hosts will be the writings of world known authors such as Mary Oliver, Rumi and Wendell Berry. We will gather for some readings and then spend time BEing in and with nature. Feel free to bring a journal, sketch book and/or camera to help record your discoveries. Ages 14 and up. Free for WVBG members, $15 non-members.

October 6, 6:00 p.m. An Autumn Evening with Provence Café: Join us for a colorful show of autumn leaves and a decadent evening feast with award winning chef Anne Hart of Provence Market Café in Bridgeport, WV. Anne was recently named one of the 50 top women chefs in USA Today! $95.

October 13, 1:00 – 4:00 p.m. Fall Children’s Festival: Bring the family and enjoy fairy house building, pumpkin painting, a variety of crafts, special guests, and delicious seasonal snacks. Back for its 11th year! All ages. Free. Donations encouraged.

October 20 & November 16, 10:00 a.m. Young Birders Walk: It’s never too early to become a birder! This walk will introduce children of all ages and their parents to the wonder and joy of birds and bird watching. Bring binoculars and a bird guide if you have them. This walk is offered in conjunction with the West Virginia Young Birders Club and will be led by Avian Conservation Center of Appalachia’s Director Katie Fallon. All ages. Free.

October 25, 6:30-8:30 p.m. Campfire Stories: Join members of the West Virginia Storytelling Guild for a family friendly storytelling event at the WVBG. Please bring blankets or a chair and a marshmallow stick if available. In case of rain the event will be moved indoors with an imaginative campfire. It will still be fun. All ages. Free for WVBG members, $15 non-members.

October 27, 1:00-4:00 p.m. Drawing Autumn’s Bounty*: In this workshop, led by artist and author Linda S. Gribko, you’ll learn to create the illusion of spherical volume by drawing and shading acorns, hickory nuts, and other seeds and berries found in the Garden. We’ll explore the woods for subjects, which will be drawn indoors using graphite pencils. Materials will be provided, but feel free to bring your own nature journal if you’d like. We’ll also be talking about journaling as a means of practicing your art while documenting the changing of the seasons. $25 for WVBG members, $35 for non-members.

October 29, 4:00-6:30 p.m. Howl-O-Ween Doggie Trick or Treat: Whooo let the dogs out? Dog trick or treat night. Vendors will set up along the Reservoir Loop Trail and hand out dog treats. Contest and prize(s) for best dressed pooch. Bring something to collect doggie treats. All dogs must be kept on leash and cleaned up after. Well-behaved dogs only please. Free. But donations appreciated. Please pre-register.

November 2, 10:00 a.m. – 2:00 p.m. Super Foods for Super Humans: You are what you eat, but knowing what to eat can be confusing. There’s no one right diet for everyone. There are some ‘super foods’ that pack a big nutritional punch and that provide benefits to physical and cognitive performance. With Health and Wellness Coach Colleen Harshbarger, learn how to identify and prepare healthful whole foods and come away with a plan to get more of them in your diet. You’ll leave with simple recipes and inspiration to stick with healthy eating as a regular way of life. $95 for WVBG members, $120 for non-members. Lunch included.

November 3, 2:00 p.m. A Walk on the Far Side: Join retired WVU arboretum specialist and former WVBG president Jon Weems for a walk among the forested trails of the Garden in the Tibbs Run Preserve. Explore a side of the Garden not often visited by everyday visitors and learn about some of the spectacular trees that live there. Be prepared to walk approximately two miles. Free for WVBG members, $15 for non-members.

December 7, 10:00 a.m. – 4:00 p.m. Design Your Life – From Vision to Action: Are you living your best life? Taking time to vision where you want to be and creating a plan for how to get there is essential for health and happiness. In this workshop, Heath and Wellness Coach Colleen Harshbarger will guide you step by step through a process that will help you identify what you truly want, leading to creation of a vision board that’s about becoming the fullest version of yourself. You’ll use that board to move from a macro vision to a micro plan that will help you move ahead on the path of your choosing. $120 for WVBG members, $150 for non-members. Materials included.

December 14, 1:00 p.m. Holiday Ornaments from Nature: Just in time for holiday decorating and gift-giving, join WVBG Board Member Janet Paladino to craft unique ornaments from natural materials. Most appropriate for children ages 5 and older. $5 for WVBG members, $15 for non-members.

January 11, 5:30 p.m. Owls of the Garden: Join Mountaineer Audubon and Avian Conservation Center of Appalachia’s Katie Fallon for a winter owl walk. The program will begin with a short indoor presentation featuring live owls from the Avian Conservation Center of Appalachia followed by a walk in the WVBG in search of wild owls. Dress warmly and bring a flashlight. Free for WVBG, ACCA, & Mountaineer Audubon members, $15 for non-members.

January 26, 2:00 p.m. Winter Botany: Join local naturalist Ellen Hrabovsky for a walk in the woods, rain or shine, to observe nature during the cold time of the year, taking note along the way of identifying features of trees and shrubs. We will also see evidence of wildlife activity. Nature always has surprises for me on my forest walks so let’s see what we can find. Best for children 10 and older and dress for the weather. Free for WVBG members, $15 for non-members.

* Programs will last approximately 1.5 – 2 hours unless otherwise noted.

^ Workshop supported by the Community Arts Grant, made possible by the Monongalia County Commission, through a collaborative effort between YCF and Arts Mon.
Thank You and Farewell Kay and Stacy
by Erin Smaldone, Education Director

This fall two of our finest employees will be moving on. Kay Jones has been our Volunteer Coordinator since 2016. Kay started as a volunteer herself, greeting visitors at the Garden on weekends and helping out at special events. When the opportunity to become Volunteer Coordinator came up she said “I’ll do it for a year and see how it goes.” Three years later, she is now the trusted first contact most of our volunteers have, someone who can orient them to who we are, what we do, and how they can help. Kay has especially bolstered our volunteer host/greeter volunteer program, streamlining the process and making sure hosts have everything they need to be prepared and comfortable while greeting visitors to the Garden. Kay has enjoyed her time in this role, but as of this October will be passing the baton on so she can dedicate more time to teaching Special Education courses at WVU and spending time with her family.

Stacy Clovis-Woofter started as an Educator at the Garden in 2017. She had visited often with her children, loved what we did, and wanted to get involved. She came to us with ideas, and during her time here she developed and implemented some wonderful new educational programming. Stacy spearheaded Camp SOAR: Stewardship, Outdoor Appreciation, and Readiness, a new camp for 5th through 8th graders that has been very successful. Another program led by Stacy was Natural Wellness for Girls, a free program for middle school aged girls emphasizing making healthy lifestyle choices and spending time outdoors. In addition, Stacy helped coordinate our Arts in the Garden series, led several workshops, and assisted with school groups and summer camps. Stacy has been a huge asset to the education program at WVBG and it was a pleasure to work with her. She is now completing her Secondary Education degree at WVU in pursuit of a full-time school teacher position. Kay and Stacy will both be missed and we wish them the best.

Natural Wellness Fun Continues & Arts in the Garden a Success
by Stacy Clovis-Woofter, Education Specialist

I have had the pleasure of coordinating two fabulous programs at the WVBG this year. Now in its second year, the Natural Wellness for Girls program is designed to encourage area girls ages 8-12 to embrace healthy lifestyle choices, forge a lasting connection with the natural world, and empower themselves through knowledge and experience-based wellness strategies. The program reached 18 girls this year. Our successful collaboration with the Mountaineer Boys & Girls Club helped us to reach a potentially underserved population of girls and provided a well-established basis for future collaborations. New this year, the girls participated in a hands-on, scientific study which assessed water quality and overall stream health of Tibbs Run at the WVBG. This project provided opportunities to learn why healthy water sources are vitally important, and to participate in a small-scale scientific study. The girls had a blast learning how to care for themselves and the world around them. Special thanks to the Women's Giving Circle of North Central WV and instructors Vada Boback, Jessy Coffman, Ali Jeney, Jessica Kaplan, and Emily Murphy.

Our Arts in the Garden series finished up this June. This program was supported by the Community Arts Grant, made possible by the Monongalia County Commission, through a collaborative effort between YCF and Arts Mon. Workshops led by local artists included Wood Relief/Sculpture, Printmaking, Painting with Encaustics, Nature Drawing, Field Journaling, Nature Photography, and Landscape Painting. The series, which attracted over 50 participants, was very well received with comments such as “excellent, helpful, and experienced teacher,” “What a wondrous place to learn to do art,” and “I loved it! Let there be more!” Happily, thanks to continued support from the Community Arts Grant, there will be more coming in 2019/20. Check the activities schedule for listings. Thank you to artist instructors John Clovis, Kellie Cole, Dylan Collins, Linda Gribko, Joe Lupo, Amy Schissel, and Dave Smaldone.
Attracting and Assisting Winter Birds
by Scott Cavallaro, Wild Birds Unlimited

Fall is typically a slow month for bird feeding due to the abundance of natural foods budding from trees, plants and fall flowers. Here are a few “Tips & Tricks” to increase your enjoyment through fall & winter.

A messy yard is better for attracting birds during the fall. Create a brush pile out of dead tree branches and place it close to your feeders. This will provide safe cover for the smaller birds. If possible, consider leaving some leaf piles on the ground instead of raking all of them up. Many insect-foraging birds will find tasty morsels hidden underneath the leaves. Blue Jays, Chickadees, Titmice and Nuthatches will hide their food in the brush piles. It’s like having a jungle gym for the birds. Come winter, instead of throwing out your live Christmas tree, lay it on the ground close to your bird feeders where it can also offer shelter for the birds.

High-energy suet is probably one of the most important offerings you can provide for your birds during fall & winter. Suet is a quick source of energy and a great way to substitute for the protein rich insects that are hard to find in winter. Keep an extra supply of suet cakes in your freezer so you won’t be caught without it during the cold winter months.

A source of unfrozen, fresh water is vital to birds in winter. Offering fresh water in your backyard will double the amount of birds you can enjoy during these colder months. Birds need water to preen and clean their feathers. This helps insulate their bodies from the harsh weather. Invest in a heated bird bath or heating element for your existing bird bath. At the very least, place a small bowl of warm water out each day for your birds.

Convert your Bluebird boxes into roosting boxes by wedging two pieces of dowel rod between the inside walls of the box creating a top and lower perch. This will allow 6-8 Bluebirds or other birds to huddle together in extreme weather.

Offer protein rich foods: Black oil sunflower seed has a high percentage of meat and is a very nutritious source of high-quality protein. Cardinals, Chickadees and Nuthatches especially like Black Oil Sunflower seeds. This seed also boasts a high concentration of oil which is especially important in the winter. Birds will use their oil glands to spread the oil over their feathers to keep them insulated from the cold wind and air.

Safflower seed is also high in protein and will deter European Starlings considered by many to be a nuisance in most backyards, especially during the winter. Safflower has a very hard outer shell which makes it difficult for Starlings to open, therefore they ignore it.

If you experience a deep snow; use the back of a snow shovel to pack down the snow, then sprinkle bird seed right on the surface. Make a snow cave by digging out some snow around your deck or patio. This will provide added protection. Dark Eyed Juncos and Titmice will dart in and out when feeding.

Keep a good stock of bird seed in case of emergencies. You don’t want to get caught short when you need it most and the weather has gone bad. Consider storing more seed during the winter, or better yet, put a couple of bags in the trunk of your car. It won’t spoil during the cold. The extra weight will give you added traction when the roads are slick, and you’ll always have a ready supply on hand for your hungry winter visitors!

• Catch up with Scott and stock up on backyard birding supplies at the Wild Birds Unlimited store in Suncrest Towne Center, Morgantown.
A warm welcome to the following new members that joined from 5-1-19 through 7-31-19. Thanks also to our new members who wish to remain anonymous.

**Contributor**
- Brandon Koehler
- Peggy Pings
- David Raese
- Todd Tubutis
- Beth and John Henry
- Jennifer Jordan
- Dennis & Susan Morton
- Morgan H Mosser & Nancy Mosser

**Household**
- Katharine Lee Avary
- Stephanie Bernatowicz
- Laurie & Christian Abildso
- Mary Alice Chambers & Nathan Bartolo
- Anthony & Jennifer Romeo
- Karen Sickles
- Francoise & William Stauber
- Erica Metzner

**Individual**
- Barbara Coates
- Sherry Copley
- Virginia Cox
- Mary Dood
- Ron Krug
- Susan Seitz
- Gordon Smith
- Ashley Murphy
- Barbara Claypoole

**Student**
- Sam Morales

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**A Big Thank You to our Grantors!**

We are extremely thankful to these donors and grantors for their recent support. Our continued growth depends on their generosity.

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<thead>
<tr>
<th>Organization/Foundation</th>
<th>Project</th>
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<tr>
<td>City of Morgantown</td>
<td>Service area work</td>
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<td>WV Nursery &amp; Landscape Association</td>
<td>Service building</td>
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<tr>
<td>Kiwanis Foundation of Morgantown</td>
<td>Fall Children’s Festival</td>
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<td>Monongalia County Commission</td>
<td>Service area work</td>
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<td>Weldon Family Foundation</td>
<td>Summer Nature Camp</td>
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<tr>
<td>YCF - Community Arts Grant</td>
<td>Arts in the Garden workshops</td>
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<tr>
<td>Mountain People’s Co-op – Register Round up</td>
<td>Education</td>
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<td>Monongahela Chapter Master Naturalists</td>
<td>Camp/Education</td>
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**Organization/Level of Membership**

<table>
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**Free admission/discounts at 300 gardens in US**
- Periodic WVGB Newsletters
- 10% discount on retail merchandise (except sale items)
- Invitations to members-only events
- Reduced price on special activities (such as workshops)
- One year subscription to a complimentary magazine*
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- Free admission to one workshop (up to $50)
- Private small group tour of WVGB (up to 10 people)
- One hour home garden consultation
- Use of Welcome Center for up to 20 people for three-hour event
- Use of Welcome Center for up to 100 people for six-hour event

**Please Note:** Individual/student member benefits apply only to the individual named on the membership.

Visit the American Horticultural Society Website for listings and information about the Reciprocal Admissions Program.

Visit wvbg.org for more information about nursery and garden center discount.

**Name_________________________________**  **Preferred Telephone #_______________________________**

**Address_______________________________ City________________________________________ State______ Zip___________**

Email________________________________ (Provide email to receive WVGB updates, including link to online newsletter.)

☐ Check here if you prefer to receive newsletter by postal mail. WVGB may publish my name.  ☐ Yes ☐ No

☐ Contact me about gift memberships.  I am including an additional tax-deductible contribution of $_____________________

☐ My company has a matching gift program, and I have enclosed the form/information.

Please make checks payable to West Virginia Botanic Garden, Inc. and return form with payment to: WVGB, 714 Venture Dr., PMB #121, Morgantown, WV 26508. Thank you!
Extra Thanks ~ We would like to thank 5 Star Promotional Advertising for the state-wide distribution of WVBG marketing materials.