

Notes from Evergreen



6th grade students examine soils and erosion (left) and FSU students study soils with Carl Robinette from USDA (right).



Quarterly Update

- ACPS receives CBT grant to help fund environmental literacy program
- EHC Foundation receives ATFS grant to fund Woodland Workshops
- EHC Foundation partners with WMHS for Environmental Wellness

2012 Evergreen Heritage Center Programs

In 2012, the Evergreen Heritage Center (EHC) Foundation is offering five different programs that support schools, colleges, educators, outreach organizations, and the general public:

Environmental Education. In 2012, the EHC Foundation, funded in part by the Chesapeake Bay Trust (CBT), will be providing meaningful outdoor experiences for Allegany County Public Schools (ACPS) students as part of a partnership with Frostburg State University (FSU), Allegany College of Maryland (ACM), and the University of Maryland Center for Environmental Science to improve student environmental literacy. ACPS 7th graders will visit the EHC to investigate stormwater runoff and how to mitigate its impact on western watersheds and the Chesapeake Bay. Students will also help to plant a wet meadow to decrease erosion and improve water quality. In addition, 9th graders will participate in EHC programs studying water conservation.

Higher Education and Research. In 2012, the EHC will continue its support of experiential learning opportunities for college students with over 300 students in the sciences working with environmental professionals to collect EHC environmental data and create a new “green” site plan for the EHC (funded by the Appalachian Regional Commission, the EHC Foundation, FSU, ACM, and Maryland agencies such as the Department of Natural Resources). FSU and ACM student teachers will also gain field experience and science credentials by assisting with EHC environmental education activities.

Professional Development. In the summer of 2012, the EHC Foundation and the Chesapeake Bay Foundation will once again partner to provide professional development programs for area educators to help them learn about the environment and how to provide hands-on outdoor learning for their students. Five, three, and one day programs are available.

Environmental Wellness. This spring, the EHC Foundation, in partnership with the Kathleen Dailey Hill Foundation, the Western Maryland Health System, and the *Make Healthy Choices Initiative*, is planning to offer environmental wellness programs for its outreach partners (including the YMCA, HRDC Head Start, the Salvation Army, and the Maryland Department of Juvenile Services). This program will be previewed with the general public at a May 6th Open House at the EHC. (See page 2 for details.)

Woodland Workshops. This year the EHC Foundation will also be providing Woodland Workshops to teach landowners about woodland stewardship. These workshops, funded in part by the American Tree Farm System and offered April through September, are open to the public and are free of charge. (See page 3 for details.)

IN THIS ISSUE:	
2012 EHC PROGRAMS	1
MAY 6 TH OPEN HOUSE	2
WOODLAND WORKSHOPS	3
EVERGREEN ON FACEBOOK	3
MAKE A DIFFERENCE	4

Please consider making a donation (see p. 4)

Environmental Wellness Open House

On Sunday May 6th from 1-4pm, the Evergreen Heritage Center Foundation will conduct an afternoon Environmental Wellness program for adults and children of all ages. This program, provided in partnership with the Western Maryland Health System and the *Make Healthy Choices* initiative, include a variety of activities that can provide fun for the entire family:

- **Learn to Grow:** Learn how to plant a “kitchen” garden that can provide food for the family.
- **Water Wise:** Learn about the importance of water and how to conserve it.
- **What’s for Lunch:** Learn how to identify plants and insects in the garden.
- **Take it Outside:** Learn about outdoor activities that the whole family can enjoy.
- **Harvest Time:** Learn how to harvest vegetables and herbs from the garden and prepare food for the family table.

Seeds for planting, shower timers, bug boxes, and recipes will also be provided to attendees. Pre-register to reserve your space and your goodie bag!

Tours of the Evergreen Museum and Barn will also be available.

For more information and to register, please visit our website www.evergreenheritagecenter.org, call 301-687-0664, or email us at foundation@evergreenheritagecenter.org.

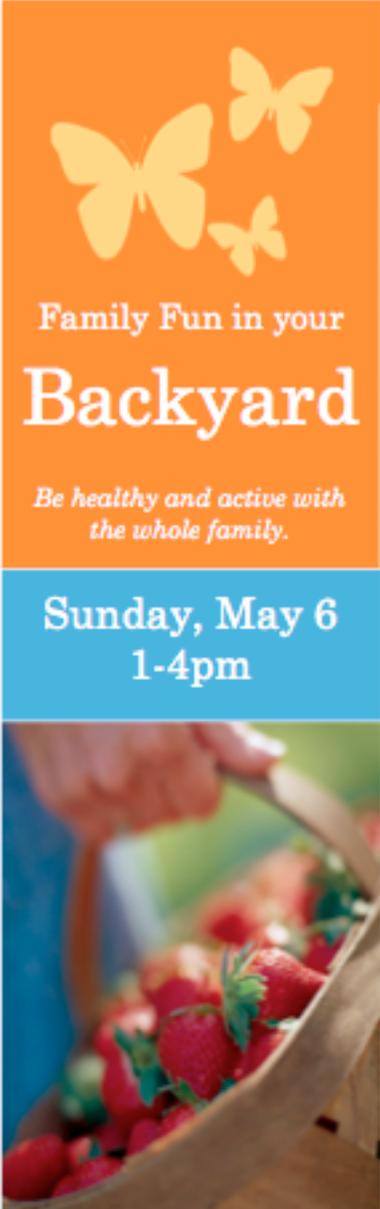
What is Environmental Wellness?

Environmental wellness is the intersection of your personal wellness and the natural environment. While definitions vary, environmental wellness is generally accepted to include understanding where one’s food comes from and seeking out fresh local food sources, spending time recreating in the outdoors, understanding where one’s water comes from and using water wisely, respect for the earth’s inhabitants and resources, and avoiding environmental hazards including air pollution and excess exposure to UV rays.

There are seven dimensions of wellness: social, emotional, spiritual, environmental, occupational, intellectual, and physical.

Evergreen is on Facebook!

The Evergreen Heritage Center is proud to announce that we are now on Facebook! If you are a Facebook user, please check out our page and click “like” to see occasional updates, news, and interesting links. You can also post on our wall! www.facebook.com/evergreenheritage



Family Fun in your
Backyard

*Be healthy and active with
the whole family.*

Sunday, May 6
1-4pm

Partners:
Western Maryland Health System
Make Healthy Choices Easy
www.makehealthychoices.org



Woodland Workshops

The Evergreen Heritage Center (EHC) Foundation is pleased to present a series of 2012 Woodland Workshops as part of the Maryland Stewardship Project, which has been developed to educate landowners and their families on the benefits of sustainable forestry and environmental stewardship. Guest speakers for the workshops, funded in part by the American Tree Farm System (ATFS), include environmental experts from the Maryland Department of Natural Resources, the Maryland Department of Agriculture, the University of Maryland, Frostburg State University, Allegany College of Maryland, and organizations such as the Chesapeake Bay Foundation, the Maryland Forests Association, the Allegany County Forestry Board, and the Nature Conservancy.

Each workshop will be held on the second Saturday of the month April through September, from 1-4pm. In addition, there will be a **logging demo on May 12th from 10am to noon**. Workshops topics are:

Woodland Stewardship: April 14, 2012, 1-4pm

What does it mean to be a woodland steward? This workshop will explore the purpose and benefits of Forest Stewardship and Tree Farm Forest Certification for landowners and their descendants and will discuss sustainable forestry at the EHC.

Woodland Income: May 12, 2012, 1-4pm

Can your forest yield more than timber? Attendees of this workshop will discover a variety of wood products, wood art, and alternative forest products (maple syrup, herbs, etc.) that can generate forest income. The benefits of ATFS Certification to family forest owners will also be discussed.

Woodland Water Quality: June 9, 2012, 1-4pm

How do trees and forests impact our water? This workshop will explore the Chesapeake Bay watershed, the impact of forests on water quality and fish populations, how to test for basic water quality parameters, how Stewardship and Tree Farm standards benefit water quality, and water conservation best practices.

Wildlife Management: July 14, 2012, 1-4pm

Many people manage their forestland due to a love of wildlife. In this workshop, participants will learn about the aspects and benefits of Wildlife Management as part of Stewardship and the Tree Farm system, using the new EHC Wildlife Management Plan as one example, as well as touring the EHC property to view wildlife habitat. Resources to learn more about local wildlife will also be available.

Woodland Recreation: August 11, 2012, 1-4pm

Your forest can provide a recreation retreat for visitors while also showcasing good stewardship. This workshop will explore how landowners may provide diverse opportunities for woodland recreation under Stewardship and Tree Farm status. A tour of the Evergreen Trail and EHC recreation plans will be shared with attendees. Insurance responsibilities and options will also be discussed.

Forest Ecosystems: September 8, 2012, 1-4pm

What is an ecosystem and how do we know if it is healthy? This workshop will help landowners understand how a forest ecosystem functions and changes. We will examine the interrelationships of the EHC Stewardship, Tree Farm, Soil and Water, and Wildlife Management Plans; and the benefits of using these plans for the environment and the landowner. Large-scale forest ecosystems and carbon footprints will be discussed.

To register, send the following information to foundation@evergreenheritagecenter.org or 301-687-0664: **Name, mailing address, email address, phone number, workshops of interest, and approximate acreage of your land.** The workshops are **free**, but attendance is limited, so **please register in advance**.

EVERGREEN HERITAGE CENTER FOUNDATION

ASKS FOR YOUR SUPPORT:
**HELP MAKE A DIFFERENCE IN THE
 LIFE OF A CHILD**

Please help support our outdoor education programs for the children of our region, where **20% of the County’s children live in poverty and the median household income is only 54% of the median State-wide.** Maryland has a shortage of graduates in the fields of science, technology, engineering, and math. Our environmental education programs allow children to discover the wonders of the outdoors while encouraging their interest in science and teaching them how to be good stewards of the environment. Help us make a difference in the lives of these children, so that they may learn how to sustain both themselves and the planet.



Students planting the rain garden.

*The Evergreen Heritage Center Foundation is a 501 (c) (3) public charity.
 100% of all donations support Foundation education programs and provide matching funds
 as required under our 2012 grants.*

Donation to the Evergreen Heritage Center Foundation

Yes, I would like to make a tax-deductible contribution of:

\$25 \$50 \$100 \$250 Other: _____

This Donation is made in Honor of / or in Memory of _____

My Name: _____ E-Mail Address: _____

Address: _____

I would like to receive the Evergreen Heritage Center Newsletter: Yes No

Please make your check payable to the **Evergreen Heritage Center Foundation**

Enclose this form with your check and mail to:

Evergreen Heritage Center Foundation, Inc., 101 Braddock Heights, Frostburg, MD 21532-2345

For more information, call the Foundation at 301-687-0664 or visit www.evergreenheritagecenter.org