

NATURALISTS

Maryland Master Naturalists of Frederick County Newsletter

In this issue:

- Save The Dates
- Volunteering
- Cunningham Falls Events
- Advanced Training
- List of Approved Sites
- Frederick County Nature Council Meeting

Save the Dates!

1/11/2020

Volunteer Appreciation Dinner and 2018 Fountain Rock MMN "Graduation"

1/15/2020

Ceresville Mansion Advanced Training

1/18/2020

Nocturnal Animals Advanced Training at Fountain Rock Park

1/23/2020

Master Naturalists Quarterly Meeting

2/19/2020

Ceresville Mansion Advanced Training

3/25/2020

Ceresville Mansion Advanced Training

Happy November, Naturalists!

Elderberry syrup is a must have for cold and flu season. It helps break up mucous and calms congestion and coughing. It can bring relief from sinus pressure, helps you sleep when you have a fever, and can soothe earaches and upset stomachs. This wonderful plant does it all! Plus, it tastes a LOT better than most medicines, so you won't mind taking it. A nifty tip though—the shelf life of the syrup kept in the fridge is about 6 weeks, but I like to freeze half my batch into ice cubes so that it lasts even longer. When you feel a cold coming on, pop one in a glass of water or tea and get your little shot of immune boosting syrup!

Elderberry Syrup

- 3.5 C. water
- 2/3 C. dried elderberries (1 1/3 cup if using fresh)
- 2 TBSP fresh grated ginger
- 1 tsp cinnamon
- 1/2 tsp cloves
- 1 C. raw honey

-Pour water in sauce pan with the berries, cinnamon, ginger, and cloves.

-Bring to a boil, and reduce to simmer about 45 minutes to an hour until the liquid reduces by almost half.

-Remove from heat and let cool until it's just warm.

-Press the berries against the side of pan to make sure they release all their juices, and then strain out mixture. Whisk in raw honey, and store in the fridge.

Recipe from: The Bearded Bee Homestead



Volunteering

Friday, November 8th—We are looking for help to “man” the Nature Center and Kaufman House from 10am – 4pm to assist with crafts, animal encounters, etc. for our Open Days. Contact DCollingwood@frederickcountymd.gov if you are interested.

Sunday, December 8th—Dear Santa Event, 1-4pm at Fountain Rock Park. Looking for Nature Center hosts, Cookie, Cocoa and Craft Cabin Helpers, and Nature Hike Leaders. If you are interested contact DCollingwood@frederickcountymd.gov.

Wednesday, November 20th— 6-8pm, Firefly Watch Citizen Science Planning Meeting at Fountain Rock Park. RSVP to Angela Moxley: armoxley@gmail.com. Learn more here: <https://www.massaudubon.org/get-involved/citizen-science/firefly-watch>

Cunningham Falls State Park

Events

Nov. 16: Suet Feeder Fun!

2-4 p.m. at [Manor Area Visitor Center](#)

Come get ready for colder weather and create your own take-home suet feeder! Stop in to learn more about the birds you may see in your own backyard!

Nov. 17: Habitat Hike

2 p.m. at [Manor Area Playground](#)

Join us for a ranger-led hike and learn about animal habitats while getting active! Hike will be moderate to hard. Please wear sturdy shoes and bring water.

Nov. 29: Yoga in the Park!

10 a.m. at [Manor Area Visitor Center](#)

Join Ranger Padilla for an hour of beginner yoga in the Visitor Center. All ages and experience levels welcome. Bring a towel, mat and water. RSVP required to claudia.padilla@maryland.gov.

Think about joining a committee for 2020! The CAMO and Garden Committees are seeking new members.

For the [Garden Committee](#), contact Linda Hagan: cedarcrk@qis.net

For [CAMO](#), please contact: DCollingwood@frederickcountymd.gov

Do you enjoy nature, but worry about ticks?



HEALTH HAZARDS & BENEFITS OF WOODLANDS: NEW APPROACHES TO OLD THREATS Informational Workshop

FRIDAY, NOVEMBER 8TH

*Presented by the Frederick & Washington
County Forestry Boards at
Fox Haven Farm & Learning Center
3630 Poffenberger Rd, Jefferson, MD 21755*

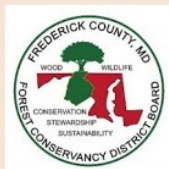
8 – 12 PM ~ Light refreshments provided
Knowledgeable speakers including Entomologists &
Physicians

[Click here to register online](#)

or use the following link:
<https://forms.gle/xRJ67YKKK4eTxFUS7>

Call 301.791.4733

Or email aaron.cook@maryland.gov
For details



TOPICS INCLUDE

Ticks &
Tick-Borne Illnesses
Prevention &
Treatments

Latest News On The
Asian Longhorned Tick

Take a Hike & Call
Me In the Morning,
How Nature Can
Increase Your
Happiness & Health!

Tailored For
Forest Landowners,
Outdoor Enthusiasts,
Tree & Plant Health
Care Industry,
Agricultural Producers

CEU's available!

Registration Required
\$25 Early Bird
Registration Fee
until Oct. 18th
\$35 afterwards
Space is limited!


Register for this workshop here: <https://www.fcfcdb.org/educationprograms/health-hazards-benefits-of-woodlands-new-approaches-to-old-threats>

Bird Walks

-with Wild Birds Unlimited



December 15th, 10am-12pm

 FountainRockPark



Don't forget to *set your clocks back one hour* due to the end of daylight saving time on Sunday, November 3!

List of Approved Sites for Advanced Training and Volunteer Hours for Frederick County Maryland Master Naturalists

If you volunteer for, or go to an event at any of these sites, you will not need facilitator approval for your hours, but you must show proof of attendance or volunteer hours for verification.

- Catoctin Creek Park
- Fountain Rock Park
- Cunningham Falls State Park: <https://dnr.maryland.gov/publiclands/Pages/western/cunningham.aspx>
- Catoctin Mountain Park: <https://www.nps.gov/cato/index.htm>
- Irvine Nature Center: www.explorenature.com
- Robinson Nature Center: www.howardcountymd.gov/Robinson
- The Natural History Society of Maryland: <https://marylandnature.org/>
- Audubon Naturalist Society: <https://anshome.org/>
- Maryland Native Plant Society: <https://mdflora.org/>
- Montgomery County Parks: <https://apm.activecommunities.com/montgomerycounty/Home>
- Oregon Ridge Nature Center: <https://oregonridgenaturecenter.org/>
- MAEOE Conference: <https://maeoe.org/>
- Fox Haven Farm: <http://foxhavenfarm.org/>
- Frederick County Forestry Board: <https://www.fcfcdb.org/home>
- Frederick County Nature Council: <https://www.naturecouncilfc.org/>
- Streamlink Tree Planting: <https://www.streamlinededucation.org/plantings>
- Chesapeake Bay Foundation: <https://www.cbf.org/>

If you have a location you think should be on this list, please let DCollingwood@frederickcountymd.gov know.

Save the Date!

What: Volunteer Appreciation Dinner &
2018 Master Naturalist Graduation

When: Saturday, January 11th, 2020

Where: Catoctin Creek Nature Center, 2929 Sumantown
Rd, Middletown, MD 21769

RSVP: mary.k.bellamy@gmail.com

If you are interested in joining a **Nature Book Club** that meets every other month—please contact Lynne Marquess lynne@marq3.net

They are hoping to read Silent Sparks: The Wondrous World of Fireflies by Sara Lewis in early 2020.

Frederick County Nature Council

Frederick County Nature Council – meetings are on the 3rd Monday of each month from 7-9pm. January – May meetings are held at Catoctin Creek Nature Center. June – October meetings are held at Fountain Rock Nature Center. No meetings November & December. **Meeting attendance counts toward Master Naturalist volunteer hours.** Council is a member of the Frederick County Association of Recreation Councils and works on/ supports: Volunteer Recognition Event in January, Nature Fest/Silent Auction in April/May, Frederick County Fair in September, Park After Dark/ Silent Auction in October, Dear Santa in December, volunteering, funding and facilitating projects to benefit Catoctin Creek Park & Nature Center and Fountain Rock Park & Nature Center. Just show up to the next meeting!

<https://www.naturecouncilfc.org/>

Join these Facebook pages for more information about local Events, Resources, and Advanced Training Opportunities.

<https://www.facebook.com/groups/358589201604780/>

Frederick County Maryland Master Naturalists

<https://www.facebook.com/groups/161447094719398/>

Maryland Master Naturalist Graduates: Cunningham Falls State Park

Submit Your Volunteer Hours!

Master Naturalist Volunteer hours are **due by Mid-December!** Please get your hours into your Host Site by then! If you have questions or concerns, please contact your site facilitators.

Newsletter Submissions

If you have a club or group that meets regularly, or if you are working on a project and need volunteers - let Katy More know and she can add that information to the newsletter! kmore@frederickcountymd.gov