

SPRUCE KNOB NEWS

Volume 9

Issue 2

Fall 2010

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Upcoming Events

at

SK Mountain Center

Old-Time Music Festival
September 24, 25, & 26

West Virginia Mountain
Trilogy Races
October 8, 9, & 10

Run for the Hills!
5k & Half Marathon
October 10

"It is because they have so much to give and give it so lavishly...that men love the mountains and go back to them again and again." -Sir Francis Younghusband, 19th century British Apinist

Former TMI Instructors to Cycle across the U.S.

I am sitting in San Francisco waiting for the arrival of Bret Bjorkman, former TMI employee. His appearance signals the start of our great adventure. What comes ahead will be a challenge, but to understand how we got here we have to go back a few weeks.

After finishing the spring season at the Spruce Knob Mountain Center, I needed a new challenge to fill the coming months. I had a lengthy discussion with a very good friend who was, at the time, somewhere between Birmingham (England) and Barcelona (Spain) on his bike trying to raise money and awareness for a local hospice. The idea of cycling across the country to raise money for charity appealed to me and a plan was born. I would cycle from the Pacific to the Atlantic and raise money for The Cancer

Research Institute. Simple. All I would need to do would be to (a) buy a bike and (b) pedal lots.

Whilst telling people of my next great adventure Bret became interested and it became 'our' great adventure. We added in the charity "Families etc," a former employer of Bret's. We decided to start in San Francisco and end in

Washington D.C. whilst visiting friends along the way. Unfortunately this will lead us over many mountain ranges in entirely the wrong places, but that just adds to the fun.

So, we come back to the present and here I am waiting for Bret so we can get our

Cycling, Continued on Page 10



Adam Sewell

Adam Sewell during a bicycle ride from Stratford, England, to Leysin, Switzerland.

Eastern Hemlocks' Last Stands

In the early 1960s, a fire broke out in a frame house near the small town of Cherry Grove, West Virginia. Within a few hours, the house and all of its contents were destroyed. Fanny Bennett, the house's owner, was never seen by her family again. A small square of human flesh was purportedly found among the ashes, leading to speculation that she

burned with the house. Shortly after the fire, a news story came out that a woman's body had been found in Wheeling Creek. The photo that circulated in the papers and on TV looked like Bennett, but it was never confirmed. Yet another theory holds that she ended up in Weston, where she also owned land. A headstone in

Franklin bears her name, but no one seems to be sure whether or not her body lies beneath it.

A boy came forward not long after the fire, claiming to have seen two cars outside Bennett's house the night it burned down. One of the cars he described matched a car owned by the lawyer who

Hemlocks, Continued on Page 5

Director's Column



Mountain Successes

Economic uncertainty has shaken folks around the world, and that shaking has rattled the world of non-profits. TMI's Appalachia Program is not immune to the downturn's effect on contributions... but like mountain people everywhere, we plan to weather the storm.

It's not just that support from individuals, agencies, and foundations is tight. Some school systems have canceled funding of field trips, limiting kids' opportunities for enhanced learning such as outdoor education and hands-on science at TMI's Spruce Knob Mountain Center. Volunteers and retirees who represent a low-cost work force for non-profits have gone back to work. New initiatives are put on hold, because simply "holding the line" seems like the new bar for success.

Our successes are often subtle... and it's worth reminding ourselves about them, and sharing them on those days when the global view is gloomy. I wish that more of our supporters could have seen the busload of 35 kids from The East Harlem School showing up on West Virginia's highest peak for an 8-day, eye-opening view of what mountains, forests, and dark skies really are... other than a scarce commodity in New York City (read more in this issue).

Closer to home, a somewhat similarly urban-oriented group from Morgantown's Boys and Girls Club – with support from the local Audubon Society – explored canoeing, climbing, camping, and the full outdoor experience with our team of field instructors. "Some of them have never been out of Morgantown before," their program coordinator told me.

A summer camper who could barely stay awake after a week of our Mountain Adventures program said to me, "I used to be afraid of heights. I didn't want to climb. But they showed me how, and it was really fun. I conquered my fear!"

In each case, put a check beside "pivotal mountain experience;" that's one of the things we love to provide, and we've been proud to make it happen multiple times this summer.

Another success is implicit in "Adam and Bret's Excellent Adventure," featured on the front page of this newsletter. Simply put, TMI staff are talented, committed individuals who love the outdoors and have a strong social conscience. Adam and Bret are having fun while helping others. That's what our staff does daily at work... and it's what our staff alumni continue to do after they've moved on toward new horizons. We are proud to claim them as part of our family, and hope you'll

follow their progress, and support their causes if you can. Their success is our success, too!

We're pleased to share one final success, about mountain gifts that many people overlook: We're nearing completion of a new water supply at our Spruce Knob Mountain Center.

The mountain spring that has supplied water to our Spruce Knob facility has been problematic for several years. "Trickle down" was a generous description of its flow, at most 3 gallons per minute. During programs with large groups, and more frequent use, we've increasingly had turn to our own "stimulus," to extend the economic metaphor, hauling water from other sources. Increasing our storage capacity, using the spring water, and treating it with filtration were going to be expensive.

Our low-tech impulses pushed us toward drilling a well. Groundwater on the state's highest slopes? Not likely, we were told... and possibly expensive, if the search for water ran deep.

But the TMI staff persevered, first consulting geologic maps, reading up on strata of the mountain, which layers are most likely to contain water, and their various depths. They consulted with a hydrogeologist at WVU, and a well driller, and a "dowser" with a divining rod who was recommended by a local County Commissioner. All three pointed to the same location on our site, a saddle between two ridges known as "Rocky Hollow." "You should find water there," they all said.

By a depth of 112 feet, the driller had found plenty of water. The flow rushes at about 24 gallons per minute, more than adequate for our peak needs. We still have to run electric power to the site, install a pump, and trench and place some new lines. But we feel as though we've struck gold. Pristine groundwater... one of the treasures of our mountain.

A few years ago, one of TMI's legendary characters, Jim Underwood, was diagnosed with a terminal illness. Long an employee, and then a Board member of TMI, Jim had lived through many phases of the organization's evolution. When a group of us visited with him, we talked about our Spruce Knob preserve and its importance for so many people. In particular, he mentioned Rocky Hollow as a place that he thought was special, perhaps sacred. Finding water in Rocky Hollow seemed to fit right in with Jim's sense of magic in that place. We have a sense that Jim is saying "I told you so."

Despite the economic climate, we do have a lot to celebrate: great programs, a beautiful mountain site, strong impacts, and a host of events that you're invited to join us for (also see our web site, www.mountain.org). We hope you'll meet us on the mountain sometime soon... and enjoy a glass of water, one of our mountain's greatest gifts.

*Brent Bailey
Appalachia Program Director*

Running for the Hills

Last October on a cool, misty Spruce Mountain morning, runners lined up for the first "Run For The Hills!" races. There is magic hidden in these hills and I wondered . . . so is this a "run for the hills" like you need to reach the safety of these high country places, or is it a "run for the hills" because these places need us there? I feel that it's a little bit of both. Running these hills demands toil, energy and pain, but it rewards one with the solace and renewal only sacred places can impart. Maybe too the hills need us there to protect and pass on their energy.

Most runners arrived Friday evening for a comforting pre-race meal and time to visit with old friends and make new ones. Race Director Kat Weyland and the TMI crew had the half marathon and 5k courses marked and everything was set for the morning start. Overnight rain on tent roofs did not dampen spirits as it

had mostly passed by dawn. Come race time gusty winds and misty air kept runners cool and moving along. A post race lunch, awards, and door prizes wrapped up a perfect day.

The inaugural "Run For The Hills!" half marathon and 5k races started something special for The Mountain Institute; an



end of the season gathering, another new trail running event, and a partnership with the West Virginia Mountain Trail Runners (WVMTR). This year, WVMTR will host the WV Trilogy. This three day stage race will start with a 50k on October 8th, follow with a 50 mile on the 9th, and conclude on with the "Run For The Hills!" half marathon and 5k on the 10th. Runners may sign up for the 3 race series or individual races. For more details, visit: <http://www.mountain.org/race>.

Brent Bailey

The finish line on the High Plains awaits runners on a cold and blustery October day during last year's "Run for the Hills!" races.

Hope to see you there, running for the hills. •Dan Lehmann

RUN FOR THE HILLS!

5k & 1/2 Marathon

Saturday, October 10
Spruce Knob Mountain Center
Circleville, WV

\$30 entry fee if postmarked before 9/27
(meals included)

To sign up, volunteer, or for more info visit:
www.mountain.org/event/runforthehills/2010/index.cfm

West Virginia Trilogy

50k, 50 mile, & 1/2 Marathon

October 8, 9, 10
Spruce Knob Mountain Center
Circleville, WV

Participants can sign up for individual races
or the entire trilogy

To sign up, or for more info visit:
<http://www.wvmtr.org/events/west-virginia-trilogy-table-of-contents/>

A Look Back at 5 Years on Spruce Knob

How does a seasonal job become a career path, a workplace become a home, and a landscape a comfort zone? How does all of this pile up and come to mold parts of your personality, ideals, desires, and aspirations? I find it fascinating how a specific place settles into your psyche and becomes part of who you are. Spruce Knob has been watching over me for the last five years, sometimes physically, sometimes psychologically. Throughout life's changes and travels, it has waited patiently in the back of my mind, always ready to reappear and draw me back to life in the highest mountain forests of West Virginia.

In April of 2005, a hasty, last minute decision prompted me to quickly pack my life's possessions and drive 2,000 miles back to my home state to work for an organization I didn't even know existed just days before. This journey back to West Virginia was the first of many I would make through the years, as each winter's adventure would come to an end and the call from Spruce Knob would again draw me home. This yearly migration from Appalachia to the Rockies and back suited me well for quite some time, until finally Spruce Knob, frozen and blanketed in snow, con-

vinced me that I had been missing the best months it has to offer. During the last two winters, I have watched for the mountain out of the kitchen window. It briefly shows itself between snowstorms, opening its jacket of gray winter clouds to reveal a brilliant sky of deep blues and land of bright whites.

The pull of Spruce Knob on the direction of my life has not come solely from the land, but also from the organization that has made its home there. Through the years I have been provided the opportunity to employ my best time and energy to an assortment of tasks at the Spruce Knob Mountain Center and from it I have learned a variety of useful skills. Each day presented a fresh set of objectives, from repairing camp stoves and shingling a roof to teaching forest ecology and managing staff and programs, ultimately working towards our goal of helping young people understand the impacts they can have in the world. I was helping The Mountain Institute create a positive shift in the attitudes of people,

Look Back, Continued on Page 6

Mountain Adventures Summer Camp 2010



Katrina Weyland

Summer campers pose around a milking standing after an evening of milking goats — one of the many varied activities they participated in this year.

The Mountain Institute held two weeks of its annual Mountain Adventures Summer Camp this year. This year's camp saw many new faces as well as a few returning campers. The camp had two amazing weeks filled with fun and adventure. The weather cooperated and we were able to do every outdoor activity we planned. During the first week, campers mountain biked 25 miles of the Greenbrier River Trail over the course of two days. It was an epic journey that ended with a visit to the National Radio Astronomy Observatory in Greenbank, WV. The overnight excursion for our second week of camp took campers through "The Trough," a deep canyon through which the South Branch of the Potomac River flows. Their days in the canoes and nights at camp were permeated with all of the natural beauty that the valley has to offer.

Throughout the course of the two weeks campers participated in day - long adventures as well. They scaled the cliffs at Seneca Rocks, whitewater rafted down the Cheat River, climbing high above the trees at a ropes course in the Greenbrier Valley, dressed up for the annual murder mystery dinner, milked goats, and made birdhouses and flowerboxes which now adorn the garden at the Spruce Knob Mountain Center. All in all, our campers experienced the trip of a lifetime. Many new memories were made this summer that will stay with these campers for the rest of their lives. We also sent home a DVD capturing their time at The Mountain Institute. To view this year's video or to learn more about our summer camp for 2011 please visit www.tmisummerncamp.org. Our summer camp grows a little bit every year and we hope to see a lot more new faces next year! •*Katrina Weyland*

Hemlocks, Continued

recently drew up Bennett's will and the other matched a car owned by the man to whom most of her belongings were willed to. The unknown boy was greeted with suspicion and he disappeared shortly after, along with nearly all hope of solving the mystery of Fanny Bennett's final days.

Among the possessions Bennett left behind was a 65 acre tract of land where a nameless creek flows into Sawmill Run, a few miles down the hill from where Spruce Knob Mountain Center now sits. It is a unique parcel of land because it contains some of the oldest and largest Eastern Hemlock trees in the state. Bennett is reported to have been a mean and territorial woman, guarding her property closely with guns, dogs, and threats to call the police on anyone who trespassed. Though this behavior didn't earn her many friends, it did succeed in preserving the small remnant of old growth forest, now known as the Fanny Bennett Hemlock Grove. After Bennett's disappearance, the grove fell into the hands of her lawyer. In 1966 it was acquired by The Nature Conservancy, who transferred it to the U.S. Forest Service in 1969.

Today, a small wooden sign along Sawmill Run Road marks the location of the grove. I must have driven past the sign a hundred times before I finally wandered into the woods behind it one brisk afternoon in late November. Three other instructors and I had remained holed up in the yurts after the last school groups of the season had left. After two or three days of huddling around the woodstove, wearing nearly all of the clothes that we owned, we needed to get out and walk around. The hemlocks in the Fanny Bennett Grove are by far the largest evergreens in the area. The biggest trees line the creeks with a few more behemoths climbing the hill. What appeared to be the biggest has a circumference of 2.8 meters and a diameter at breast height of .9 meters. Another measured 2.5 meters around and has a diameter of .8 meters. I tried to take a core sample but the longest tree corer I could find didn't reach the center of the tree. What stands out about these trees, aside

from their immensity, is the fact that nearly all of them are dead.

The Eastern Hemlocks of the Fanny Bennett Grove are being wiped out by the Hemlock Woolly Adelgid (HWA). This insect, originally from Asia, is doing to the hemlocks what the chainsaw never did. According to the National Park Service, the HWA preys on both Eastern and Carolina Hemlocks. An infested tree has what looks like miniature cotton balls at the bases of its needles. The parasite disrupts the nutrient flow by feeding on the sap and starves a tree to death within 3 to 5 years.

From Asia, the HWA migrated to the Pacific Northwest in the 1920s and reached the eastern woodlands in the early 1950s. Since then it has spread through much of the Eastern U.S., including 49 counties in Pennsylvania, 29 counties in West Virginia, and the entire Great Smoky Mountains National Park. Cathedral State Park, home to the best known stand of old growth Eastern Hemlocks in West Virginia, has seen many of its 200-300 year old trees die off in recent years.

The HWA has no natural predators in the east save the cold – according to the Pennsylvania Department of Conservation and Natural Resources (DCNR), the insects' population is reduced by low winter temperatures and short cold snaps. Winter temperatures in this region have shown a warming trend in recent years, which doesn't bode well for the hemlocks. The PA DCNR uses beetles and chemical injections to kill the HWA. Their website notes that "eradication is not the objective, because hemlock woolly adelgid is already firmly established in our

state." According to the group "Save Our Hemlocks," HWA spreads at a rate of about 20 miles per year.

I didn't see any of the telltale "cotton balls" on a recent walk through the Fanny Bennett Hemlock Grove but the trees didn't look good. Most of the larger trees had lost all of their needles and needles on many of the younger trees had turned to a deep rust color. An email exchange with The Nature Conservancy confirmed my suspicions – the grove has been nearly destroyed by the HWA. If something doesn't change soon, the old hemlocks on Sawmill Run will disappear as suddenly as Fanny Bennett herself. Other stands throughout the eastern U.S. will not be long in following. • *Jeff De Bellis*



Jeff De Bellis

Many of the old growth hemlock trees in the Fanny Bennett Hemlock Grove have been killed by the invasive Hemlock Woolly Adelgid.

www.spruceknob.blogspot.com

Stay up-to-date with what's happening on the Knob

One Hero's Journey

The Mountain Institute hosts the Hero's Journey Foundation three or four times a year. Twice during the summer TMI staff hits the road, leaving them to their own devices, and then wondering, surmising, and recounting past glimpses of what in fact goes on those weeks. The Hero's Journey intensive programs began 16 years ago with the vision of Michael Mervosh, and for nearly 10 of those years he and a team of others experienced in group facilitation, and familiar with the process of the Journey itself, have come to the Spruce Knob Mountain Center to work, play, and take advantage of the beauty and isolation it offers. Here they form an ephemeral community of people who are committed to growth through living as deeply and intentionally as possible in what life has presented them with.

The Hero's Journey is a concept based on the mythological work of Joseph Campbell and informed and inspired by many others. Pursuits include poetry, ceremonies, a series of high-adventure pursuits, talking circles, a practice of intentional group interaction, and a host of other dynamic and creative elements designed to bring each participant to an edge where they may confront what is most present in their lives. It is, in every sense, a rite of passage; an intense experience designed to initiate the transition from one stage of life to another - from an old way of being into a new one. Participants who have been coming for years join those who have come for the first time in a practice that evolves to accommodate each one's own constantly changing life.

My own journey down the path of deeper self-knowledge began when I was about 20. The discovery of the Hero's Journey community has become very central to my own journey in recent years. Since coming to The Mountain Institute in 2006 I have watched the Heroes from afar, participated peripherally while on-call, journeyed alongside, and been embraced by something that is far more than it appears on the surface.

Look Back, Continued

young and old, and influencing change for the better.

What is a place, an organization, and a set of ideals without a group of like-minded individuals with which to make this concerted effort? There is a special group of people here who believe they can make a difference in the world. The Spruce Knob Mountain Center seems to constantly lure these people in. From my supervisor and friend who asked me early on what I wanted my job to look like, to the woman I met here years ago and have loved ever since, the friends I have made at SKMC are the most unique, exciting, and passionate people in the world.

It is difficult for me to articulate exactly what I learned from my time at The Mountain Institute, but it has undoubtedly contributed to the person I am today. I hope that I too have contributed my best to it. To separate myself completely

Two summers ago I doffed my TMI staff cap to undertake the summer week as a full participant. As a part of the practice, we were encouraged to leave behind our daily lives (no small feat for me, since I was still surrounded by it) in favor of dwelling in the moment and paying attention to the less mundane aspects of our existence. Among a group of about 30 men, ages ranging from 21 to 70, I was part of a small group of 10 who spent most of our waking hours together supporting one another through 7 days that sometimes seemed like 4 and sometimes like a month.

I purposely refrain from the mentioning too many specifics about what we did, partly because one of the primary elements is a bit of mystery in the interest of keeping one's attention focused toward what is actually going on in the moment (I'd hate to spoil that for anyone since I do think this is an experience that most everyone would benefit from), but also because the external elements themselves are secondary to the actual business of deepening connections in and among oneself, others, and the natural world. Suffice to say that while the activities themselves may vary, the journey ultimately becomes one that carries you deeper into the unknown recesses of the self, toward a relationship with the soul that is so neglected in our modern culture. It makes possible what some refer to as a "peak experience" - one that brings to the forefront what is most real and true, that opens us to the influences of others and of nature and places us outside of time, and which we cannot help but be changed by.

Taking part in the Hero's Journey has filled a hole in my life that I literally didn't know was there, and pointed me in a direction that excites me beyond description. This past July I went along for the ride again in an apprenticeship role and, if all goes well, next year I will begin to facilitate this experience for a group of younger men. For more information about the Hero's Journey, visit www.herosjourneyfoundation.org. •*Chris Royer*

from TMI seems unlikely, but other needs and desires have been calling for some time. A new opportunity came to light this spring and provided a chance for me to answer some of these calls.

I am continuing my efforts in educating youth, passing on factual information about the natural world and our relationship to it, much of which is left out of textbooks and the traditional classroom. Some of it is history, some is science, and all of it is becoming ever more important in our changing world. With Trout Unlimited, I am now combining this education with 'on the ground' stream and watershed repair, restoration, and mitigation projects. All we can hope is that these efforts will empower today's youth to develop informed opinions and attitudes for living responsibly on this planet and foster within them the belief that they too can make a positive and lasting change in the world. •*Joshua Nease*

Woodlands Heritage Festival

September 24th – 26th, 2010

“I pine, yew pine, we all pine for old time.”

WHF is an old time music and land use festival -- a fundraiser for The Mountain Institute, showcasing the love affair between mountains and music.

Spruce Knob Mountain Center

Pendleton County, WV

Featuring:

- Forums and workshops by local residents, homesteaders, scholars and musicians, including: West Virginia Tune Origin by County, by Andy Fitzgibbon; Percussive Dance in Old-Time Music, by Matt Kupstas; Appalachian Ballads & Literature, by Doug Van Gundy; The Rise of Neo-traditional Music, by Abram Racin; Befriending Land through Map-Making, by David Young; Homesteads and Ginseng on Spruce Mountain, by Annie Bennett Kisamore
- Concerts by West Virginia musicians
- A Cakewalk played by The Fox Hunt
- Foraging and herb walks
- Documentary film screenings, including: “The Mountain Music Project” and Gerry Milnes’ “That Old-Time Sound,” with a discussion following

Price

Camping: \$10/night

Sunday day pass: \$5

Meals: \$8/breakfast or lunch, \$10/dinner or \$50 total for 6 meals

For a complete schedule of events and directions visit: www.mountain.org/festival/

Contact Eva Gutierrez with questions: 304.567.2644 egutierrez@mountain.org

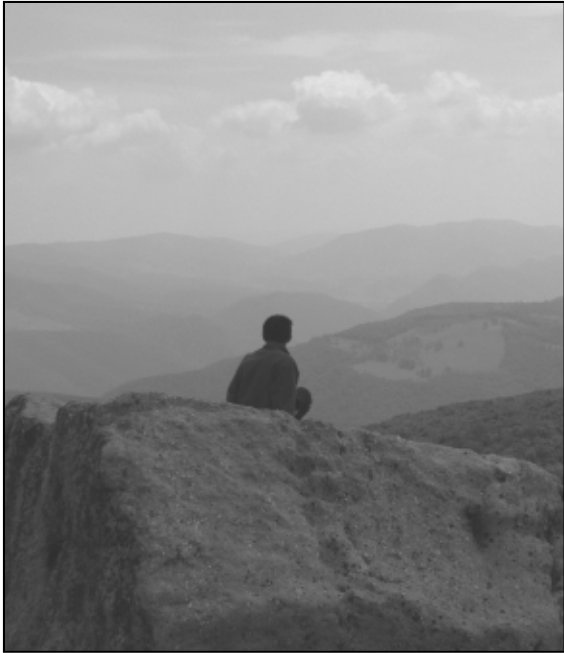


This past summer, our two garden interns worked tirelessly to make our garden grow. Anna Poaster (left) is a junior at Carleton College in Minnesota and Meg Trau is a junior at College of the Atlantic in Maine. They planted and harvested radishes, cucumbers, lettuce, kale, tomatoes, and squash. They also met with farmers throughout West Virginia and Western Virginia to explore local and organic food sources in the region, helped The Nature Conservancy with prairie restoration work in Smoke Hole Canyon, and drove countless slugs, groundhogs, and cucumber beetles back from the gates of the garden. Thanks to them we have more homegrown vegetables on the mountain than ever. To find out more about what they’ve been up to, check out their article on spruceknob.blogspot.com.

East Harlem School Visits TMI for 8 Day Field Course

Thirty-seven students and 3 teachers from the East Harlem School came to Spruce Knob Mountain Center this past August. The East Harlem School is an innovative year-round independent middle school in New York City that helps students “develop academic excellence, moral integrity, courtesy, and an unshakeable commitment to their future and the fate of their community.” The 8 day, 7 night trip included backpacking through the Seneca Creek Backcountry, bouldering, orienteering, a stream restoration project, survival skills, and other outdoor activities. “Our trip to TMI is really helpful and is showing us a lot of responsibility,” said 8th grade participant Brianna Phillips. “We have to act like leaders up here, everyone has to help each other out. It’s putting us in a new environment and showing us how to stay positive, even in the wild.” The following photos offer a brief glimpse into these students’ extended foray into the Appalachian woods. Photos by Kimmy Clements and Jeff De Bellis.





TMI VISTA Develops "Appalachian Watershed Curriculum Project"

On August 21, 2010, it will be one year since I swore the Oath of Service and became an Americorps VISTA volunteer. I have never experienced more profound personal development in one single year of my life, and cannot be grateful enough to everyone who has helped me accomplish the goals of this project.

The development of the Appalachian Watershed Curriculum Project (AWCP), from its start as an ambitious and experimental volunteer project to its transformation into a global contribution to environmental education is more than I could have ever asked from Americorps or TMI when I committed myself to this task. This project has become a cutting-edge development and I am very proud to be able to contribute it to The Mountain Institute, the Appalachian Coal Country Watershed Team, and the fine educators of this welcoming region.

The AWCP Group (<http://awcp.groups.curriki.org>) on www.curriki.org contains a growing, comprehensive array of lesson plans, activities, and multimedia resources that directly address, or may be customized to address, any subject relating to watersheds. The group is also the location of the project's participating Curriki members and their own education developments. Participation in the group is globally accessible and the catalog is protected from unauthorized modification. It is also completely free to all participants.

The other main component of the project is the "AWCP

Support Site." It provides central access to custom search engines and resources that search the hundreds of thousands of unique, open, and free educational materials for the pre-K through college levels. This site was developed on the www.mountain.org Google Apps domain, and uses only open and free resources that require little or no maintenance. Curriki.org and the AWCP Support Site are the two significant online tools used for the project. They can accommodate additional educational projects and do not require special skills or a demanding learning curve to use them.

My time here with TMI is limited to one year by the support of the American Revestment and Recovery Act, which is unlike typical Americorps projects that can extend up to two to three years in one location. In order to earn more experience, education award funds, and to contribute more of the potential of the Americorps volunteer program, I have to move on to another location to continue as a VISTA volunteer. The Friends of the Russell Fork watershed group, directed by Gene Counts in Haysi, Virginia, has accepted my application as a volunteer to help build their watershed development program which will begin September 2.

Thank you, TMI, for this amazing opportunity to make this contribution. •**Mark Huerkamp**

Cycling, Continued

final preparations underway. This of course involves buying a bike and a few other items. On Sunday we start pedaling east towards D.C. We will have to negotiate the Sierra Nevadas and The Great Salt Lake before we arrive in Salt Lake City for a few days of R &R. Then we head out towards the Rockies, taking the least suitable route from SLC to Boulder, CO. We will probably require another rest before cycling across the Great Plains to the Mississippi River and on to Illinois. After a break in Bret's home town of McHenry, IL we will head towards the Appalachians, and although we have yet to decide where we shall cross them, it will most likely bring us via Spruce Knob before we head on to our final destination of D.C.

Our travels will be documented on the Facebook page "Adam and Bret. Coast 2 coast." And you can sponsor either one of our charities by visiting The Cancer Research Institute: www.firstgiving.com/abc2c, or Families Etc: www.firstgiving.com/bac2c.

•**Adam Sewell**

Spruce Knob Photo Contest

If you took some great photos during a recent visit to our Spruce Knob Mountain Center for a school course, program, or just a visit, send us your favorite. We will choose one and publish it in the Spring 2011 issue of the Spruce Knob News. The winner will also receive a free TMI hat and t-shirt.

Send all entries to jdebellis@mountain.org
Entries must be received by December 31, 2010

Spruce Knob News Fall 2010

Compiled by: Jeff De Bellis

Contributors:

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Matt Bucceri	Josh Nease
Kimmy Clements	Chris Royer
Eva Gutierrez	Adam Sewell
Mark Huerkamp	Katrina Weyland
Will Kovalchik	

Get your TMI Hats and T-Shirts Today!

T-shirts are available in blue or white and feature the logo at right on the back and say "The Mountain Institute" on the front.



The Mountain Institute
www.mountain.org/appalachia

Baseball caps feature the logo at left on the front.

To order, send in the form to the right.

TMI 's Appalachia Program would like to extend a special thanks to all of our gracious donors from the past year. Each donation is extremely valuable to us and is helping the Appalachia Program to grow through these difficult economic times.

The Mountain Institute T-shirt & Hat Order Form

T-Shirts: \$15

Circle size: Youth L, Adult S M L XL 2XL

Circle color: Blue White

Quantity: _____

Hats: \$15

One size fits all

Quantity: _____

Include \$5 to cover shipping & handling charges

Grand Total: _____

Include cash or checks made payable to:

The Mountain Institute

Send to: The Mountain Institute

HC 75 Box 24

Circleville, WV 26804

Shipping Address

Name _____

Address _____

City, State, Zip _____

YES, I want to support The Mountain Institute's work in Appalachia!

Enclosed is my gift of:

- \$25 \$100 \$500
 \$50 \$250 Other \$_____

Mail your gift to:

The Mountain Institute
Appalachia Program Office
100 Campus Dr
Elkins, WV 26241

Name: _____

Street: _____

City: _____ State: _____

Zip: _____

I'd like to send a check payable to The Mountain Institute.

I'd like to charge my contribution to my credit card.

Mastercard Visa

Amount \$ _____

Cardholder _____

Card # _____ Exp. Date _____

Signature _____

Date _____

The Mountain Institute

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www.mountain.org/appalachia



The mission of TMI's Mountain Learning education programs is to help people become powerful, secure, knowledgeable individuals with a clear vision of their responsibilities and potential for improving the human condition and the natural world.

TMI's program season begins in April and continues into November. We work with public and private schools and groups from all over the Eastern United States.

The Mountain Institute is an equal opportunity provider and employer.
The Mountain Institute is a partner with the Monongahela National Forest.

Promoting mountain cultures, preserving mountain environments.

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