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## West Virginia NRCS News and Views

USDA Natural Resources Conservation Service  
August 2009

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### [Mason County Quilt Trail Promotes Tourism and Business](#)



The Great Kanawha Resource Conservation and Development (RC&D) is promoting the Mason County Quilt Trail, an agritourism program that promotes business development, highlights points of historical interest and cultural importance, and is a way to bring the community together.

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### [WVDOF Foresters Located in NRCS Offices](#)



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### [Chesapeake Bay Watershed Initiative](#)



The Chesapeake Bay watershed is home to nearly 17 million residents and covers more than 64,000 square miles. Parts of six states and the District of Columbia lie within the watershed. The Chesapeake Bay is the largest estuary in the United States and is critical to the region's economy, culture, and outdoors recreation.

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### [Soil Survey Field Week](#)



Approximately 20 soil scientists participated in the 2009 West Virginia Soil Survey Field Week for the National Park Service mapping of Federal lands in the New River Gorge National River area and the Gauley River National Recreation Area.

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Emma Pemberton, Tom Wilsoncroft, and Tyler Putzulu

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To submit news items for the November *News and Views*, please send an e-mail message to [Carol Lagodich](#).

The Natural Resources Conservation Service provides leadership in a partnership effort to help people conserve, maintain and improve our natural resources and environment.

NRCS West Virginia State Office  
75 High Street Room 301, Morgantown, WV 26505  
304-284-7540 | fax 304-284-4839

<http://www.wv.nrcs.usda.gov/>

Kevin Wickey, West Virginia State Conservationist

NRCS field offices are located throughout West Virginia  
Visit <http://www.wv.nrcs.usda.gov/contact/> for addresses and phone numbers.

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## Message from Kevin Wickey

About nine busy weeks are left in the fiscal year. We've known for 6 months or better that a time crunch was coming at this point in the fiscal year and sadly, we were right! We have program dollars to obligate well, practices to implement, payments to make, acres to map, goals to report, a new program (Conservation Stewardship Program, CSP) to take applications, hazardous materials reviews, some technical training; and the list goes on. I talked to each of the AC's yesterday to get a sense of how this is playing in field offices. I know some of you are near meltdown, but I sensed a positive attitude from all three AC's and a confidence that "we'll make it". Part of the reason for that confidence was the assistance you're providing to each other. When one office is done on whatever is priority, they may go help their neighbor out. It's a theme I expressed at our recent Management Team Meeting-we are all depending on each other. None of us can operate completely by ourselves. I want you to know that your efforts are appreciated -but I especially want to say thank you to those of you who are helping in a different field office, area, or task than is typically yours.

I want to highlight two additional activities that take us beyond our normal level: First, our response to the Mother's Day flooding in southern West Virginia has made me (once again) very proud to be part of this agency. It has provided an opportunity to show the capabilities of our agency to a different set of customers. In addition, it could not have happened without the partnership of the West Virginia Conservation Agency and Conservation District partners. We will be telling more of this story in the future.

Secondly, in the midst of everything that is going on, the state office is moving in a couple of weeks. We've been located at 75 High Street for 29 years. While I personally thought another 29 years was in order at the current location, it will be a very nice, new location for us-once we are there. But if we seem a little disorganized in the next month, please remember the mess we are in.

Finally, I want to remind us of why we are so busy. We do important work that Congress and the public want and value. We're not willing to let resources go to somewhere else rather than using them to address the resource concerns we have here. Voluntary, conservation on private lands is great mission to have. Thanks for making a difference here in West Virginia.

Kevin Wickey  
 State Conservationist  
 West Virginia

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## From the Field



### Local Growers Test Fresh-cut Flower Market

The Great Kanawha Resource Conservation and Development Council, in partnership with West Virginia State University Extension, has selected five local farmers and gardeners to test the market for locally grown fresh-cut flowers in the state.

The program allows five producers within the RC&D area to receive money and technical advice in raising a 50' X 150' plot of flowers, shrubs, and trees to sell to local florists, wholesalers, chefs, or others for the cut flower industry.

The overall goal of the program is to provide a diversity of income for small farmers, provide an alternative crop to former tobacco producers, and make buying fresh cut flowers a local industry for many of the existing markets in the state.

Ellen Goff, of Highland Greenery in Mason County, is one of the five chosen for the program. She describes her experience in a Charleston Gazette news article at <http://wvgazette.com/News/200905010488>

For more information, contact [Jackie Byars](#).



### Sandy Creek Expedition

Native American and historical enthusiasts lead by Mountain RC&D Board member Doug Wood have been working tirelessly on the Sandy Creek Expedition driving trail located in McDowell and Mingo Counties. The Mtn RC&D provided funding support in the form of a \$1,600 grant to match local expenses on the production of this drive tour brochure. This touring experience will take you back in time to the mid 1700s when WV was the frontier of a young nation and the French and Indian War was underway. Trail developmental projects will continue for the next few years.



### Crumpler Wastewater Project

Mountain RC&D as a member of the McDowell Coalition recruited NRCS South Area Soil Scientist Rob Pate to assist with a soils investigation and evaluation of a potential wastewater disposal site in the community of Crumpler, WV. This information will help WVU Engineer Without Borders to complete a feasibility study to propose possible corrections to this water quality issue. The community of Crumpler consists of 130 homes and 1 business all of whom have inadequate wastewater management.

### Ashland Wastewater Project

Ashland Wastewater Project is now over 70% completed with only the designed wetlands,

subsurface distribution tanks, and home hookups remaining. Construction is expected to be completed in mid August.

## Watershed Education

Mountain RC&D was successful in obtaining a \$5,000 WV DEP grant to develop and install watershed interpretive signage along the White Oak Rail Trail. Project participants include WV DEP, USDA–NRCS, White Oak RT Development Committee, City of Oak Hill, Arbuckle Creek Watershed Association, and the Mountain RC&D Council. The objects of the project are to provide outreach to the general population and serve as an educational tool for adjacent area schools. The first phase of this pilot project will highlight what watersheds are and their benefits. Three Additional phases of interpretive signage will follow to complete the project.

For more information contact [Mike Gasper](#)

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## Mason County Quilt Trail Promotes Tourism and Business

The Great Kanawha Resource Conservation and Development (RC&D) is promoting the Mason County Quilt Trail, an agritourism program that promotes business development, highlights points of historical interest and cultural importance, and is a way to bring the community together. The Quilt Trail program is not a new idea; it actually began several years ago in Adams County, Ohio. That simple idea has spearheaded a movement that is taking over the rural countryside, barns, corn cribs, and sheds.

The trail's steering committee has put up eight squares. They are scheduled to have a new square each month until October. The squares are made out of a special wood product called MDO (medium density overlay) board. The boards are mounted on a treated frame and attached to a barn, free standing structures, or on any variety of buildings.

Before a quilt square is hung, the desired site must apply and have a review by the site committee for visual interest and potential location of the square. Because of grant monies, there is no charge for the material for the squares to the landowner. Volunteers design and create the squares. Once a site is approved, the landowner must sign an agreement to maintain the square for 10 years, allow pictures to be taken, and allow the location's inclusion in promotional brochures for the trail.

The approach taken by the Mason County Quilt Trail Steering Committee was to divide the county up into four different driving trails and one walking trail in Point Pleasant, WV. Each driving trail has its own theme. Each theme has a different style of quilt pattern. The theme routes are called: Freedom Way, which focuses on quilts used during times of slavery for safe passage to the north; the Agricultural Route, which focuses on quilts with emphasis on crops and farming; WV Ladies Route highlighting the importance of women and home life in rural communities; and the Northern Bend focuses on quilts that display directions or have a connection to the nearby Ohio River. The overall goal is to have a total of 100 squares in Mason County.

The Mason County WV Trail follows the roots of the Quilt Trail's primary purpose, to highlight points of historical interest and cultural importance, but the focus is to make this Trail a business development opportunity for individuals that want to start or enhance their own home based business. Point Pleasant is the center of Mason County's tourist industry, and the trail is a way to draw some of those visitors out to the rest of the county.

**Contact:**

Jackie Byars  
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 304-776-5256

Great Kanawha RC&D  
 418 Goff Mountain Road  
 Suite 102  
 Cross Lanes, WV 25313  
 Fax: 304-776-5326

The squares are made out of a special wood product called MDO (medium density overlay) board. The boards are mounted on a treated frame and attached to a barn, free standing structures, or on any variety of buildings.



Each driving trail has its own theme. Each theme has a different style of quilt pattern.

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## WVDOF Foresters located in NRCS Offices

The 2008 Farm Bill increased the emphasis on providing both technical and financial assistance to forest related issues. Practices that had been completed in the past through the West Virginia Division of Forestry's (WVDOF) Forest Land Enhancement Program (FLEP) will now be funded through the Environmental Quality Incentives Program (EQIP) which is administered by the Natural Resources Conservation Service (NRCS). These demands will create a need for increased forestry technical expertise in NRCS field offices. In an attempt to address this need, a contribution agreement between WV-NRCS and West Virginia Division of Forestry (WVDOF) was developed.

The contribution agreement has enabled the WVDOF to hire three foresters that are located in NRCS offices. The WVDOF foresters began work in January 2009 in the following West Virginia NRCS Field Offices:

Petersburg Field Office – [Emma Pemberton](#)  
 Mount Clare Field Office – [Tom Wilsoncroft](#)  
 Gassaway Field Office – [Tyler Putzulu](#)

NRCS District Conservationists and field office staff oversee the day-to-day activities of these WVDOF employees while both the NRCS and WVDOF are providing training to these individuals.

The work location of each new forester is playing a big part in their daily activities thus far. Tyler is assisting in completing needs determinations, planning and forest stand improvement marking associated with the EQIP Forest Management Pilot Project which was started in the Elk Conservation District in 2008. Tom is working more on woodland planning and trying to build a client base for future EQIP forestry financial assistance. Emma has been working more with Conservation Reserve Enhancement Program (CREP) tree planting projects.

*Having a forester on staff at the field office level will increase the emphasis on woodland planning which will result in an increased demand for EQIP financial assistance on forestland. Having a forester on staff is a benefit to our cooperators, conservation partners and field office staff. Approximately seventy five percent of the land in West Fork Conservation District is forested, so we have many forestry related issues and resource concerns that need addressed. Prior to Tom's arrival, the existing field office staff was not highly trained or skilled in forestry related issues. This addition has broadened the technical expertise at our field office. It will take some time to get a forestry program up and running, but I am seeing benefits already. Financial assistance for forest related resource concerns are critical. The results of forest stand improvement are not immediately seen, so a financial incentive is often necessary for the management practices to be installed by cooperators. Tom is able to plan the woodland acreage on farm tracts enabling our field office to offer cooperators conservation plans that cover the entire farm.*

Jeff Griffith, NRCS District Conservationist, Mount Clare FO  
 – Supervisor of Tom Wilsoncroft, WVDOF Forester

*The WVDOF-NRCS Forester position is starting to successfully bridge the gap between the two agencies. I am able to provide the technical assistance NRCS requires directly from their office. It seems to smooth the whole process out and helps to improve inter-agency cooperation.*

Emma Pemberton, NRCS Petersburg FO  
 Forester - West Virginia Division of Forestry

**For more information Contact:**

Barbara A. McWhorter, NRCS Staff Forester  
304-284-7576  
[Barbara.McWhorter@wv.usda.gov](mailto:Barbara.McWhorter@wv.usda.gov)

WV State Office  
75 High Street, Room 301  
Morgantown, WV 26505  
Fax: 304-284-4839



Emma Pemberton is working with DC Steve Ritz on a mortality assessment on a CREP tree planting project in Hampshire County.

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## Chesapeake Bay Watershed Initiative

Prepared by Mike Permenter & Rob McAfee, 7/7/2009

The Chesapeake Bay watershed is home to nearly 17 million residents and covers more than 64,000 square miles. Parts of six states and the District of Columbia lie within the watershed. The Chesapeake Bay is the largest estuary in the United States and is critical to the region's economy, culture, and out-door recreation. Twenty-five percent of lands within the Bay Watershed are used by agriculture for crops and pasture. Major environmental challenges include changing landscapes, toxic chemical contaminants, air pollution, sediment, and excess nutrients—primarily nitrogen and phosphorous. Since 2002, EQIP alone has provided nearly \$140 million for installation of conservation practices. The Food, Conservation, and Energy Act of 2008 (the 2008 Farm Bill), established the Chesapeake Bay Watershed Initiative. The new Chesapeake Bay Watershed Initiative (CBWI) will strengthen coordination and cooperation to help agricultural producers improve the environment in the Chesapeake Bay Watershed. The Chesapeake Bay Watershed Initiative is designed to complement State and Federal conservation efforts that improve water quality and quantity; and restore, enhance, and preserve soil, air, and related resources. Specifically, the initiative will help producers enhance land and water resources by:

- controlling erosion and reducing sediment and nutrient levels in ground and surface water; and
- planning, designing, implementing, and evaluating habitat conservation, restoration, and enhancement measures where there is significant ecological value for either retaining the land in its current use or restoring the land to its natural condition.

Based largely upon strong feedback from stakeholders at a listening session that was held after the passing of the 2008 Farm Bill, NRCS undertook a prioritized approach to carry out the CBWI. Through coordination with Federal and State partners, NRCS identified priority watersheds at the 12 digit Hydrologic Unit Code (HUC) based upon the following criteria: high concentration of agricultural land use, local stream impairments, level of conservation partner activity, and existence of monitoring locations. In addition, NRCS choose to focus on a shortened list of core conservation practices that are well accepted for providing efficient nutrient and sediment reductions. These priority practices include: Nutrient Management, Cover Crop, Residue Management, and Stream Buffers.

For more information, go to <http://www.wv.nrcs.usda.gov/news/release/2009/09jan15CBWI.html>

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## Soil Survey Field Week

Submitted by Debbie Chase, GIS Specialist (Publications)

Approximately 20 soil scientists participated in the 2009 West Virginia Soil Survey Field Week for the National Park Service mapping of Federal lands in the New River Gorge National River area and the Gauley River National Recreation Area. The group included NRCS-WV soil scientists as well as Sue Southard, NRCS-CA; Darrell Kautz, NRCS-National Geospatial Development Center; Maxine Levy, NRCS-Soil Survey Division; Stephanie Connolly, U.S. Forest Service; and Dr. Jim Thompson, WVU.

Working as teams out of Camp Washington-Carver near Clifftop, West Virginia during the week of June 1, the crew completed 14 transects (140 observations) and 14 pedon descriptions, and collected vegetation data on alluvial soils along the New River. The staff also calibrated new field laboratory equipment to actual field measurements with excellent results. Training was provided to the staff on the new laboratory equipment, NASIS 6.0 (soil databases), soil carbon calculations using NASIS, and updating soils data in the service centers.

The group was pleased to work with Heather Hinson, NRCS-WV Toolkit Coordinator, to discuss the refresh rate for soil data in the service centers. A tentative time table to ensure that service centers have the latest data available via the Soil Data Mart was developed.

Due to rain on Thursday, a second field week with four to six volunteers will be held the week of August 10 to complete data collection along the Bluestone National Scenic River.



The crew: Seated on step—Mike Jones, Stephanie Connolly, Steve Carpenter. Middle row—Charlie Delp, Skip Bell, Tim Prescott, Tim Dilliplane, Rob Pate, Wendy Noll, Steve Baker, Darrell Kautz, Sue Southard. Back row—Eileen O'Neill, Debby Cunningham, Jim Thompson, Aron Sattler, and Dave Kingsbury.



Charlie Delp determining color with the Munsell soil color charts.



Drying samples.



Heading out—Day 2 in the field.



Monolith extraction—Tim Prescott, Aron Sattler, and Steve Baker.



Dekalb soil monolith site. Depth is marked in centimeters.



Steve Baker completing lab work.



Sandstone Falls on the New River.

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## "Before and After" Photo Tips

Summarized from the OWEB Guide to Photo Point Monitoring

Photo taken before a project is started then afterwards, or photo point monitoring, can be a useful and inexpensive tool for qualitatively documenting events and changes at a restoration site or project over time. It is more effective if the photos is taken from the same location. Thorough documentation of photo point locations at the time of initial setup makes them easy to find upon returning to the project site to take repeat photos. Headquarters requests for "before and after" photos of our projects.

To capture your before and after photo point locations, consider the following steps:

- After choosing the locations of your permanent photo points, carefully record the locations. Do not assume that the person who takes the first photo will be available to take photos in the future.
- Record detailed directions for locating the photo points from a witness point such as a bridge or a road intersection.

### Riparian Habitat Improvement Projects

Restoration Action	Photo Type	What to Photograph
Livestock fencing	Feature	Pre-project photos should capture representative streambank profiles prior to fencing. Post-project photos should show fencing, changes in vegetation, and streambank erosion.
Riparian planting	Feature	Pre-project photos should capture future planting location before site preparation. After planting, take photos showing changes in vegetation structure.
Non-native plant management	Landscape	Pre-project, photograph area to be treated. Make sure to capture enough in the photos so that you will be able to detect changes in the vegetation in the post-project photos.

### Upland Habitat Improvement Projects

Restoration Action	Photo Type	What to Photograph
Non-native plant management	Landscape	Pre-project, photograph area to be treated. Make sure to capture enough in the pre-project photos so that you will be able to detect changes in the postproject photos.
Grazing management	Landscape	Photograph area prior to change in use and implementation of grazing management, and photograph again in following years.

### Instream Habitat Projects

Restoration Action	Photo Type	What to Photograph
Bank stabilization	Feature	Take pre- and post-project photos from the opposite bank and from mid-channel, looking across stream to future treatment location.
Boulder/LWD placement	Feature	Take pre- and post-project photos from midchannel looking upstream and downstream from each structure location. Take more photos from either bank looking down on structure.
Weirs/grade control	Feature	Take pre- and post-project photos from midchannel looking upstream and downstream from each structure location. Take more photos from either bank

looking down on structure.

For more information go to

[http://www.oregon.gov/OWEB/docs/pubs/PhotoPoint\\_Monitoring\\_Doc\\_July2007.pdf](http://www.oregon.gov/OWEB/docs/pubs/PhotoPoint_Monitoring_Doc_July2007.pdf)

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## Bits and Pieces

### WV State Office Moves

The WV state office is scheduled to move on August 10, 2009. The new address is 1550 Earl L. Core Road, Morgantown, WV 26505.



The Harley Orrin Staggers Federal Building was dedicated in 1972.



The new office is a green, or sustainable, building that uses healthier and more resource-efficient construction, operation, and maintenance methods. The office will use less energy and takes advantage of passive natural light. There is ample parking for visitors and employees and is conveniently located near Interstate 68.

The building is certified by the Leadership in Energy and Environmental Design (LEED) Green Building Rating System. LEED certified buildings typically use resources more efficiently when compared to conventional buildings.

### LANDCARE Offerings

Submitted by Alan Bengé

It's fair and festival time again and LANDCARE has many publications for your events. A few examples of this:

*Backyard Conservation* book is a 28-page color booklet that highlights 10 conservation practices used on the farm that can also be used in your own backyard. The practices include mulching, composting, terracing, nutrient management, etc.

*Helping You Help Your Land* is a 12-page brochure that describes the USDA Natural Resources Conservation Service vision, who we are and what we do, and the role of partners and programs.

*Inch of Soil Poster* provides historical events that have occurred between 1507 and 2006 which is the time it takes the Earth to form one inch of soil.

*Pollinator Equation Poster* depicts an equation of how pollinators help produce food, flowers and plants.

*Challenging Careers in the Natural Resources Conservation Service* is a brochure that describes the opportunities available at NRCS.

To order, please visit our web site at <http://landcare.nrcs.usda.gov/>, call 1-888-LANDCARE or e-mail at [landcare@usda.gov](mailto:landcare@usda.gov).

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**Useful Links****National Geographic Special Report**

Submitted by Rob Pate

**The Global Food Crisis**  
**The End of Plenty**

The challenge today is not to deal with a short-term rise in grain prices, but to find ways to avoid a perpetual food crisis.

<http://ngm.nationalgeographic.com/2009/06/cheap-food/bourne-text/1>

**RECOVERY.GOV**

**NRCS West Virginia Information Related To the American Recovery and Reinvestment Act of 2009 (Recovery Act)**

The Recovery Act was signed into law by President Obama on February 17th, 2009. It is an unprecedented effort to jumpstart our economy, create or save millions of jobs, and put a down payment on addressing long-neglected challenges so our country can thrive in the 21st century. The Act is an extraordinary response to a crisis unlike any since the Great Depression, and includes measures to modernize our nation's infrastructure, enhance energy independence, expand educational opportunities, preserve and improve affordable health care, provide tax relief, and protect those in greatest need. [Learn more on recovery.gov.](#)

[NRCS West Virginia Recovery Projects and Progress Reports](#)

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## West Virginia's Civil Rights

### Poverty Awareness

Submitted by: Crystle Buchanan  
CRAC Committee, DEPM

In our work as NRCS employees with landowners around the country, we often use the phrases "underserved" and "limited resource farmer". But how much do we know and understand the lifestyles and especially the financial burdens of this group of people? According to the 2000 Census data, 14.8 percent of WV citizens are living in poverty, and as we come closer to the 2010 Census gathering these numbers are most certainly expected to be much higher.

At an NRCS West Area staff meeting held on June 23, 2009 employees hosted a Poverty Simulation, led by Gina Taylor, Jackson County extension agent with WVU Extension Service. The purpose of the simulation was to educate our employees in a very real way about some of the problems and pitfalls of living in poverty. It was attended by 32 of our West Area NRCS and District staff. The ROWEL Poverty Simulation was originally created by the Reform Organization of Welfare Education Association of Missouri. It is designed to help participants begin to understand what it might be like to be a part of a typical low-income family trying to survive from month to month. In a simulation, participants are put in the position of role-playing a low-income family member with various resources and barriers scripted for them. The simulation families move through various stations in a condensed "month" of poverty consisting of four, 15-minute weeks. For example, a participant may play a single mother with two children, no cash and very few assets, who must find a job, keep her children in school, keep food on the table, and make sure her bills are paid on time to avoid shut off of services or being put out on the street. Other outside volunteers play the parts of the DHHR social worker, the school teacher, the dishonest pawnbroker, the job service coordinator, the utility company, the store clerk, the cash & currency teller, the policeman, and others. The simulation for us, turned out to be as much fun as it was educational for all.

As NRCS employees, we are given the awesome responsibility of representing our federal government each and every time we step outside our door. As our new administration focuses more on diversity we must keep in mind that this definition cannot be limited to racial, ethnic, gender or physical characteristics, but must look beyond outward appearances to other not-so-obvious differences that create needs and prejudices in our communities. Diversity awareness as well as outreach to those in need should be every employee's concern and duty.

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## 2009 Money Conferences

### Improve your personal finance skills

Money Conferences are informative, free presentations designed to help people better handle their personal finances. Included are planning for retirement, getting out of debt, saving for college, building a household budget and more.

### 2009 Schedule

September 18 - Wheeling, WV

October 9 - Charleston, WV

For more information, go to

<http://www.wvsto.com/Financial+Education/2009+Money+Conferences.htm>

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Submitted by Debbie Chase, CRAC, State Office Member-at-large

***From the NRCS-New Jersey Civil Rights website:***

## The Power of Words

By: Sr. Helen Kline, SSJ, Director, Office of Persons with Disabilities, Diocese of Trenton, NJ. Used with permission.

Words, whether spoken or signed, are the basic means by which people communicate. Words are a powerful tool which can affirm and empower. At the same time, the misuse of words can belittle and demean. Language used to describe people with disabilities often focuses on lack of ability rather than competency. Age-old terms such as "deaf and dumb," "invalid," or "idiot" continue to be used despite their disrespectful tone and the inaccurate message they portray.

When writing or speaking about people with disabilities, words should be chosen with care in order to promote dignity and a positive image. The following suggestions, adapted from guidelines developed by Paraquad, Inc. and The Research and Training Center on Independent Living, may assist in this process.

Make reference to the person first, then the disability. Say "a person with a disability," rather than "a disabled person." However, the latter is acceptable in the interest of conserving print space or saving announcing time.

- If the disability isn't germane to the story or conversation, don't mention it.
- A person is not a condition, therefore, avoid describing a person in such a manner. Don't present someone as an "epileptic." Rather, say "a person with epilepsy."
- Do not portray successful people with disabilities as superhuman, as this raises false expectations that all disabled people should reach this level.
- Do not sensationalize a disability by use of such terms as "afflicted with," "victim of," "suffer from."
- Do not use generic labels for disability groups such as "the retarded."

Words with Dignity	Words to Avoid
Person with a disability, disabled	Crippled, handicapped, invalid (literally, invalid means "not valid")
Person who has ..., person who experienced..., person with...	Victim, afflicted by or with...
Non-disabled	Normal (referring to non-disabled people as "Normal" insinuates that people with disabilities are abnormal)
Uses a wheelchair	Restricted, confined to a wheelchair, wheelchair bound (the chair enables mobility), wheelchair person
Deaf, nonverbal	Deaf mute, deaf and dumb, dummy
Disabled since birth, born with ...	Birth defect
Emotional disorder, mental illness	Crazy, insane, mental case, psycho
Seizures	Fits
Developmental delay	Slow
Has a physical disability or spinal curvature	Deformed, misshapen, hunchback



### Women's Equality Day - August 26

Women suffragists marching on Pennsylvania Avenue; Capitol in background, March 3, 1913.

August 26 is designated as Women's Equality Day. The date commemorates the passage of the 19th Amendment, the Woman Suffrage Amendment, to the U.S. Constitution, which gave U.S. women full voting rights in 1920.

It took women a very long time to win voting rights; when Abigail Adams wrote her husband John in 1776, asking that the Continental Congress grant suffrage to women, she was ridiculed (<http://womenshistory.about.com/library/news/pr/blpr0008.htm>). The first major women's rights

conference assembled in Seneca Falls, New York in 1848 issued a Declaration of Sentiments ([http://womenshistory.about.com/od/suffrage1848/a/seneca\\_declaratn.htm](http://womenshistory.about.com/od/suffrage1848/a/seneca_declaratn.htm)) patterned after the Declaration of Independence. The passionate statement (which spoke of "this entire disfranchisement of one-half the people of this country, their social and religious degradation"), was overshadowed by the American Civil War. It was not until August 26th, 1920 that women could finally vote in national elections.

One Hundred Years toward Suffrage: An Overview  
<http://rs6.loc.gov/ammem/vfwhtml/vfwtl.html>

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**Meet . . .**

**Emma Pemberton,  
 Petersburg FO  
 Forester - West Virginia Division of Forestry**

I was raised on a commercial dairy farm just north of Richmond, VA. I am one of the few people I have encountered who can boast being raised in the same house as her father. I grew up surrounded by family and developed an acute appreciation for our unique closeness. Alas, I met my fiancé, Theron, to whom I will marry in Oct., while studying forestry at Virginia Tech. His family is originally from Hurricane, WV. So, I packed up my things and moved to "the other side of the border." We are currently living just outside of Moorefield, WV. It is just the two of us and our dog Cricket.

Working for the WV Division of Forestry and the NRCS is my first career job after college. I graduated with two degrees - one in Dairy Science and one in Forestry from Virginia Tech in 2008. It has been an exciting endeavor taking on not only a new job, but an entirely new position within both agencies. I am enjoying carving a niche for myself and look forward to improving forest management here in WV.



**Tom Wilsoncroft  
 Mount Clare FO  
 Forester - West Virginia Division of Forestry**

I was born and raised in Harrison County, WV living in the Salem area on the western side of the county. Although my family lives in the town of Salem, most of my youth was spent on my grandparent's small farm in Jarvisville, about 10 miles South East of Salem where I have resided since 2003. My hobbies include hunting, trapping, fishing, and woodworking.

I graduated from Liberty High School in 2004. I was a member of the FFA while in high school, holding the office of chapter president and was a state vice-president from 2004-2005. Through the various activities of the FFA, I became interested in forestry. With the help of several scholarships, I was able to attend Glenville State College and graduated in 2008 with a Bachelor of Science degree in Natural Resources Management and an Associate of Science degree in Forest Technology. After graduating, I went to work for a company as an oil and gas pipeline laborer and worked there through the end of December 2008. On January 5, 2009, I started my current position as an NRCS Forester, which is a partnership between the NRCS and the WV Division of Forestry.

I am excited to be here and look forward to the experiences of working with the NRCS.

**Tyler Putzulu  
 Gassaway FO**



## Forester - West Virginia Division of Forestry

My Name is Tyler Putzulu, and I am one of three new Foresters for the West Virginia Division of Forestry in partnership with the NRCS working out of the Gassaway Field Office. I have lived in West Virginia all 24 years of my life and wouldn't have it any other way!

I was attended Glenville State College, where I was able to earn a Bachelors of Science in Natural Resource Management while completing an Associates of Science in Forestry Technology. Having this degree has made my job with the EQIP program go by smother each day and being mainly focused on the TSI (Timber Stand Improvement) practices has been a big help with landowners and co-workers that do not have as much experience.

Prior to receiving the job in January with the WVDof and NRCS, I have had several jobs ranging from the state employment to Federal work. It's safe to say that I have never had a desk job. I started work for the State of West Virginia back in high school at Audra State Park as a park attendant, then during the college years I worked for the Federal government. For two summers, I was able to work for the Fernow Experimental Forest in Parsons WV. This involved measuring regeneration plots, herbicide tree removal, and tree marking.

I am very excited for getting the opportunity to work for two different employers, the Division of Forestry and the NRCS. I'm happy for getting to work with landowners that want to work with us and want to make things better for the future. Thank you all!

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## Personnel Updates

(Submitted by Karen Fitchett as of July 27, 2009)

**Temporaries – Emergency Watershed**

5/10/2009	Hire	Jordan Adkins, Huntington FO	Admv Clerk
5/10/2009	Hire	Lori Redden, Beckley AO	Admv Clerk
5/10/2009	Hire	Carol Durham, Princeton FO	Admv Clerk

**Temporary Rehires**

5/3/2009	Rehire	Abbey Dilley (STEP), Lewisburg	Student
5/19/2009	Rehire	Erin O'Leary (STEP), State Office	Student
6/3/2009	Rehire	Ritchie Thompson, Spencer	Soil Con Aid
6/29/2009	Rehire	Nikki Ruttan, McMechen	Soil Con Aid
6/29/2009	Rehire	David Gardner, Buckeye	Soil Con Aid
6/29/2009	Rehire	Colin Farrell, State Office	Admv Clerk

**Temporary Hires**

7/5/2009	Hire	Lee Yost, State Office	Admv Clerk
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**Reassignments:**

6/29/2009 Alan Kerns, CET, From Elkins FO to Philippi

**Retirements:**

7/31/2009 Ron Bricker, Budget Officer, State Office

**HR Minute**

Submitted by Diana Bokoch

It is important to remind employees what to do if you are injured or suffer an occupational illness at work. You must notify your supervisor immediately and request that an "Injury Packet" be sent to you "next-day" delivery.

Upon receipt of the Injury Packet, immediately complete either:

- CA-1, "Federal Employee's Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation"
- CA-2 "Notice of Occupational Disease and Claim for Compensation"

Fax or hand-deliver the appropriate form to your supervisor within two days of the date of injury.

A traumatic injury is one that can be pinpointed to have occurred during one particular work shift – falling down the steps for example.

If the injury or medical condition developed over two or more work shifts, it's an occupational disease claim.

If you require medical treatment, you must take Form CA-16 (Authorization for Examination and/or Treatment) with you during your initial doctor's visit and advise that the visit be billed to the

Department of Labor's Office of Workers Compensation Program. Your supervisor should provide you with the CA-16 with Part A completed; it authorizes treatment and is good for up to one week after the date of injury.

*In the event of an emergency, you should seek medical attention and not wait for any forms, but request that your supervisor send Form CA-16 and other relevant forms directly to your physician via fax.*

**What To Do...** *In Case of Injury*, obtain first aid or medical treatment even if the injury is minor. While many minor injuries heal without treatment, a few result in serious prolonged disability that could have been prevented had the employee received treatment when the injury occurred. Report every injury to your supervisor and complete the CA-1 or CA-2 form.

Take Form CA-16 when you go to the doctor, along with Form OWCP-1500, which the doctor must use to submit bills to OWCP. Your employer may authorize medical treatment for occupational disease ONLY if OWCP gives prior approval.

Submit bills promptly, as bills for medical treatment may not be paid if submitted to OWCP more than one year after the calendar year in which you received the treatment or in which the condition was accepted as compensable.

*Return To Work As Soon As your Doctor Allows You To Do So.* If your supervisor gives you a written description of a light duty job, you must provide a copy to your doctor and ask if and when you can perform the duties described. If your supervisor is willing to provide light work, you must ask your doctor to specify your work restrictions. In either case, you must advise your supervisor immediately of your doctor's instructions concerning return to work, and arrange for your supervisor to receive written verification of this information. COP or compensation may be terminated if you refuse work which is within your medical restrictions without good cause, or if you do not respond within specified time limits to a job offer from your supervisor or Human Resources Office.

NRCS is processing Worker's Compensation claims through a contractor, T & T Management, Inc., at the following site: <http://www.tandtmanagement.com/OWCP/owcp.asp>

The website provides OWCP Claims Processing Procedures for Injured Employees and for Supervisors, along with the required forms, "frequently asked questions", and other useful information.

Favorite Quotes:

*The more I want to get something done, the less I call it work.*

*It's not the hours you put in your work that counts, it's the work you put in the hours.*

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## Phone Directory

An updated phone directory is available at <http://offices.sc.egov.usda.gov/employeeDirectory/app?agency=nracs&state=wy>

Contact information may be found by searching on the employee name, city, all employees in the state, or by Service Center.

If your phone number or contact information is missing or incorrect, go to <https://icams.usda.gov/> (password required) and update your personal information.

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