

FREE NATURE CENTER PROGRAMS

JUNE 19-25, 2017

CACAPON STATE PARK



On behalf of the West Virginia State Parks System, we WELCOME you to Cacapon State Park! Our Nature Center and trails are perfect for families and nature lovers! Below you'll find a list of activities scheduled for this month. We hope you enjoy your visit and take advantage of everything the park has to offer. If you have any questions or need any assistance, please feel free to contact a Naturalist at the Nature Center. We look forward to exploring nature with you! Thanks for visiting!

Your Park Naturalists,

Renee Fincham and Logan Rothstein

Wednesday, June 21

Nature Center Open: 10:00AM-2:00PM

Monday, June 19

Nature Center Open: 10:30AM--3:45PM

10:00am Tai Chi

Meet at the Lodge to take part in this ancient practice proven to reduce pain and improve your mental and physical well-being. This class will help participants reduce stress, increase balance and flexibility, feel relaxed and improve overall mind, body, and spirit! Tai Chi will be offered every Monday, throughout the summer. (1 hour)

1:00pm A Glimpse of the Past The CCC boys left a legacy that can still be enjoyed all over WV in the forests they planted and parks they helped to build. Meet the Naturalist at the Nature Center to watch a movie into this WV legacy. **YPP** (30 min.)

4:00-5:00pm Meet and Greet Cacapon

Meet the Naturalist at the Lodge to ask any questions you have and become more familiar with Cacapon. The Naturalist will also be bringing a special critter or activity along for your enjoyment.



5:30-6:30pm Sand Volleyball Set, Spike, Score! Meet at the Sand Volleyball court to play this awesome sport.



Young People for Parks

YPP is an environmental education program for children ages 6-16. To complete the program, participants attend three specified activities during their stay. These programs are indicated on the weekly program by the **YPP** logo. Participants will also complete the information on a special **YPP** brochure. After turning it into the park's naturalist, each participant will receive a state park incentive for participating in three specified programs.



Happy WV Day!

Tuesday, June 20

Nature Center Open: 10:30AM--3:30PM

10:30am Scavenger Hunt

Meet at the Nature Center to search for items on our special scavenger hunt list. All you need are quick hands and a keen eye! Scavenger hunts are available for different ages. **YPP** (30 minutes)

3:30pm Summer Science Session Enjoy our fun nature experiments! Meet Naturalist Logan at the Nature Center for an hour of amazing science experiments! (1 hour)

6:30pm Summer Solstice Walk Celebrate West Virginia Day and the first day of Summer by joining us for an evening walk through the forest on the longest day of the year! Meet at the Nature Center at to begin this walk up and over the Laurel Trail. (1 hour & 15 min)

8:30pm Cacapon Campfire

What a great way to end your day in the park! Meet at the campfire circle beside the Nature Center for a marshmallow roasting good time by the fire. You bring the marshmallows and we'll provide the sticks. (1 hour)

Wednesday, June 21

Nature Center Open: 10:00AM-2:00PM



9:30am Art with Ari

Meet Ari Gejevski in the main lobby of the Lodge to take part in this magnificent opportunity! Each class will offer a different theme which can include painting flowers and trees, making crafts, creating poems and other nature oriented themes. After today, Art classes will be offered on the third Wednesday of each month. (1 hour)

11:00-12:00pm Summer Coats

Although we may not need them, critters still have theirs! Meet at the Nature Center between the hour listed to "self-discover" some of the furbearers of West Virginia! You will experience a variety of animal fur up close, including a red fox, coyote, and beaver. **YPP**

2:00-2:45pm Orienteering

Orienteering is the skill of using a map and compass to find your way through unfamiliar terrain and to locate landmarks without getting lost. Meet at the Nature Center to learn how to use a compass and even test your skills on a short Orienteering course. **YPP** (1 hour)

Thursday, June 22

Nature Center Open: 10:00AM-3:00PM

9:00am History Stroll

CCC Camp Morgan helped to construct many of the structures at Cacapon. Meet the Naturalist at the Nature Center to learn more about the Civilian Conservation Corp and their impact on this area. This will be an easy one mile walk through the park. **YPP** (45 minutes)

11:00am Irish Road Bowling

Bring the whole family to play with a cannonball in the road! Meet at the Nature Center to learn how to play the game- Cacapon Style! **YPP** (45 minutes)

1:00pm Look for the "BEAR"

Necessities Join the Naturalist in the Nature Center to learn the necessities of a bear's life. We will view a thirty minute eyewitness video on all different species of bears and their necessities of life! **YPP** (30 minutes)

2:00pm Craft Time: Meet at the Nature Center to create a one of a kind beaded bracelet. (20 min.)



June 2017

NATURE & RECREATION PROGRAM

Cacapon State Park



Save the Dates

July 4: Community Band Patriotic Celebration

July 8: Cacapon 12 hour Challenge

July 15: Irish Road Bowling

July 20-21: Geology Rocks!

July 22: Elk in WV!

August 2: Winds of Wonder with Three River Avian Center

Friday, June 23

Nature Center Open: 9:00AM-3:15PM

9:00pm Morning on the Laurel Trail

Meet at the Nature Center to begin this two mile guided walk up over the Piney Ridge. This hike has a few hills, but is a great trail of Cacapon State Park. **YPP** (1 hour & 15 minutes)



1:00pm Slithering Snakes!

Let's shed those misconceptions we all have about snakes. Meet at the Nature Center to get an up-close look at Cacapon's Corn Snake. **YPP** (20 minutes)

1:30pm Snake Smart craft

Join the Naturalist in the Nature Center to make your own paper snake. After making this craft, you will be able to tell the difference between WV's venomous and non-venomous snakes. (30 minutes)

3:30-4:30pm Meet and Greet Cacapon

Meet the Naturalist at the Lodge between 3:30 and 4:30 to touch a Mountain Lion Pelt and learn a few facts about these big cats that were once fairly common in the Mountain State. Feel free to bring other questions you have about Cacapon or critters at the park.

7:30pm Ham Radio

Meet in the Morgan Room to learn about Ham Radio. Local Amateur Radio operators Harry Weiss and Rich Petrushun will be giving an explanation on shortwave/ham radio, what it is and how it works. Afterwards you will have the opportunity to communicate with other people around the world.



The program is open to anyone without charge and participants do not have to be enrolled in the existing WV State Park Hiking Program.

Each person accepting the Chief's Challenge is asked to enroll individually at http://www.wvstateparks.com/Hikes_Walks.html

Get outside and walk or hike at a State Park or Forest in 2017!

Saturday, June 24

Nature Center Open: 9:00AM-4:00PM

9:15am The Story of the Landscape

Join us on this walk to hear the marvels of the Ridge Trail. Meet at the Nature Center as we will begin our walk up and over the historic landscape of this 1 1/2 mile trail. **YPP** (1 hour)

1:00pm WV Wildlife Tracks & Signs

Who left that track behind? It is often what we leave behind that defines who we are. Join the Naturalist at the Nature Center for a family friendly event to make your very own track plaster to keep. We'll also go explore the picnic area for signs of wildlife! **YPP** (45 minutes)

2:30pm Woodpecker Wow!

Meet at the Nature Center to make a pileated woodpecker, one of the most frequently seen majestic woodpeckers at Cacapon. We'll briefly talk about their special adaptations including their tongues, toes, and tails, oh my! **YPP** (30 minutes)

4:00pm Kickball

Cacapon loves Kickball as an outdoor activity! Meet at the Nature Center to play this popular game! (1 hour)

PVAS EXPLORER PACKS

Your Child's Guide to the Outdoors! — while exploring and having fun outdoors. The Potomac Valley Audubon Society explorer packs are available for a day or two use, free of charge, from the Nature Center. Pack's are filled with field guides and activities to entertain!

Amateur Radio "Field Day" June 24 – 25 Demonstrates Science, Skill, and Service June 24-25 2017

Three local Amateur Radio operators will be participating in the national Amateur Radio Field Day exercise, June 24 – 25 at the Cacapon Resort State Park lodge. Since 1933, ham radio operators across North America have established temporary ham radio stations in public locations during Field Day to showcase the science and skill of Amateur Radio. This event is open to the public and all are encouraged to attend.

Sunday, June 25


Nature Center Open: 9:30AM-4:00PM



8:30am Beginner Bird Walk Meet at the Nature Center to enjoy a stroll on the Cabin Loop Trail in search of our feathered friends. Binoculars will be available for you to use. **YPP** (1 hour)

11:30am Look for the "BEAR" Necessities Join the Naturalist in the Nature Center to learn the necessities of a bear's life. We will view an eyewitness video on all different species of bears and their necessities of life! **YPP** (30 minutes)

2:00pm Treasured Stones...are fun way to express your creativity and your own personal style. Whether it's a cute animal or a creepy creature, this is sure to be a rocking craft! (30 minutes)



Tips from Wise Ole Owl ...

- Be sure to dress for the weather, bring plenty of water, and wear sturdy shoes on your walk.
- Please accompany children on activities.
- Cancellations may happen, please call the Front Desk at (304) 258-1022 for cancellations.

Please note...The activity lengths are based on averages, please allow extra time for unusual circumstances.

Statement of Policy Regarding the Equal Opportunity to use Facilities and Participate in Programs

"It is the policy of the West Virginia Division of Natural Resources to provide its facilities, accommodations, services and programs to all persons without regard to gender, race, age, religion, national origin, or handicap. Proper licenses, registration and compliance with official rules and regulations are the only sources of restrictions for facility use or program participation." The Division of Natural Resources is an equal opportunity employer.