

In the Glen

NEWS AND ACTIVITIES OF THE
GLEN HELEN ASSOCIATION

FALL 2023

– 1856 YELLOW SPRINGS –

MARY GOVE NICHOLS: Water-Cure, and the Glen

COVER: Pioneering women's health advocate Mary Gove Nichols brought her philosophy of water as a cure-all to the Glen. *Photo by Ryan L. Taylor*





From the Director

Position yourself just inside the entrance of the Vernet Ecological Center, and it won't be long before someone comes in, looks around the circular atrium with its high ceiling, tall vertical windows, and slate floor, and says something like "what a building!" The building turns fifty years old this year.

It was a team effort to make the building a reality. The project was funded by the Vernay Foundation, thanks to support from the estate of Sergius Vernet. Renderings from Read Viemeister were turned into blueprints by Jack Kline. Bill Hooper led the construction. There are multiple other buildings in Yellow Springs designed or built by Viemeister, Kline, or Hooper, and while the shared DNA is evident, the Vernet Ecological Center is clearly one of a kind. It features three non-identical rounded pods, connected by linear hallways. The exterior walls are clad with local rough-hewn limestone. Vertical windows framed by southern yellow pine beams echo the vibe of the surrounding forest. Read Viemeister described wanting the building to be inward-facing, rather than outward facing, which helps explain the narrow windows and low profile of the building, which hides it from Corry Street when trees are leafed out.

As it sometimes goes with architecturally striking buildings, we've had to work to make the building work for us. One challenge is that it wasn't designed to be a visitor's center for Glen Helen, so much as an academic and research-oriented building for college students. Alas, between the time the structure was conceived and

when it was completed, Antioch College went through a highly disruptive student strike and did not end up needing additional laboratory space. The Nature Shop was previously a darkroom and a print shop. The lower level, which was designed to be labs and a library, has become our main administrative office.

The concrete ring in the center of the atrium initially housed turtles in a pond, but after persistent leaks, the turtles were replaced by flowering plants lovingly tended by Toshiko Asakawa. Because the narrow windows didn't let in enough light for the plants to thrive, Tosh would rotate plants from her home, to ensure that there were always vibrant flowers in the Glen.

The building design took advantage of cheap gas and electricity. Insulation was minimal, and the interior spaces included a vast number of recessed and indirect lights. In 2010, with support of a U.S. Department of Energy grant, we upgraded the efficiency of the building, adding insulation, installing high performance LED lights, and constructing a closed-loop ground-source heat exchange system.

It's fair to say that the Vernet Ecological Center has become a vital resource, both for Glen Helen and the surrounding community, hosting many public lectures, weddings, memorials, birthday parties, business meetings, craft shows, high school proms, slide shows, plant sales, plays, concerts, film showings, webinars, author readings, fine art shows, and more. Here's to the decades ahead!

Nick Boutis
Executive Director, Glen Helen Association

In the Glen is published for Glen Helen Association members and friends.

Contributors

Editor: Laurie Freeman; Contributors: Nick Boutis, Christine Avery, Sarah Cline, Laurie Freeman, Rebecca Jaramillo, Ashley Lackovich-Van Gorp, Joe Penry, Design: Jennifer Perry

Glen Helen Nature Preserve

Trails are open daily, sunrise to sunset. All wildlife, vegetation, and natural features are protected. For general information: 937-769-1902

Administrative Offices

405 Corry Street, Yellow Springs, OH 45387
937-769-1902

Vernet Ecological Center

405 Corry Street, Yellow Springs, OH 45387
Daily 10am-4pm (except Holidays)

Nature Shop

Located in the Vernet Ecological Center
405 Corry Street, Yellow Springs, OH 45387
Thurs.- Sun., 10am-4pm

Trailside Museum

505 Corry Street, Yellow Springs, OH 45387
Currently closed.

Outdoor Education Center

Residential environmental education center for school groups and summer Ecocamps.
1075 State Route 343, Yellow Springs, OH 45387
937-767-7648

Raptor Center

Raptor education and rehabilitation. Visitors are welcome to visit and see the resident birds.
Fall hours: 9am-6pm
1075 State Route 343, Yellow Springs, OH 45387
937-767-6656

Mission

The mission of the Glen Helen Association is to steward and strengthen Glen Helen nature preserve for present and future generations, safeguard the ecological, historical, and geological resources within its bounds, and utilize the preserve to offer life-shaping environmental learning to our students and visitors.

Glen Helen Association Board of Trustees

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www.glenhelen.org

— Mary Gove Nichols —

The Water-Cure

“She is rather below the medium height, somewhat thin, with dark hair and keen, intelligent black eyes. She converses well and with enthusiasm. In many respects a very interesting woman.”

—Edgar Allan Poe, writing of Mary Gove Nichols in “The Literati of New York City. No. III” in *Godey’s Lady’s Book* magazine, 1846.

Very interesting indeed. You may wonder: who was Mary Gove Nichols, and what is her connection to Glen Helen? Read on, dear reader. Read on.

Nichols lived a life informed by her surroundings and experiences, but she was brilliant, and radical, and hungry to determine a different and better path for humanity.

She was born in 1810 in New Hampshire. At age 20, she married Hiram Gove, who was abusive, deeply in debt, demanding of her obedience, and, as was his right, kept whatever money she earned for himself. Her relationship with Gove informed a lifetime of her questioning marriage as an institution.

A note of context: In the first half of the 19th century, the practice of medicine was in upheaval. Formal medicine was practiced by men, without apparent focus or interest in the health needs of women. The vectors for infectious diseases weren’t yet understood, and as a result, it was common for people to die young. Nichols lost four children through miscarriage or death in infancy, and both her sister and brother died from what would likely now be routine illnesses.

At the same time, the United States was growing and rapidly industrializing, and also moving west. By the time Nichols relocated to Cincinnati in the 1850s, it was the nation’s sixth largest city. Cities, alas, were not healthy or hygienic places.

There was a broad societal quest for healthier ways of living, but scant knowledge of how to accomplish this.

Decades before Nichols arrived in Cincinnati, there was already awareness in the burgeoning metropolis that there were natural flowing, iron-rich spring waters in a small town sixty miles to the north. It was an easy stagecoach trip up the Little Miami River that could be made in just a few days.

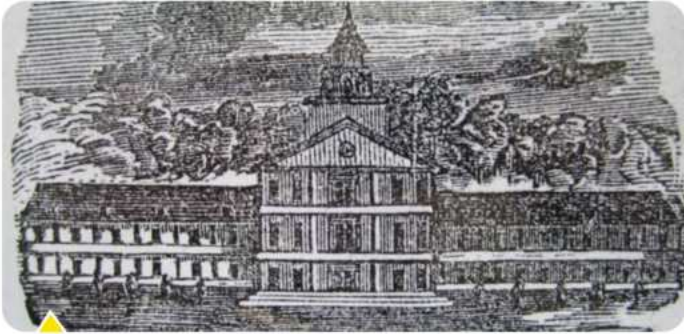


Back in the Northeast, Nichols had become a prominent writer and speaker on wellness, with a focus on the health and spiritual needs of women, which included liberation as well as natural healing. Says encyclopedia.com, “Nichols became the first and one of the most important advocates of healthy habits for women.”

What had started as a questioning of marriage led her down a slippery slope into a belief in the merits of free love. What do I mean by “free love?” Consider as Exhibit A, this excerpt from her 1848 wedding vows to Thomas Nichols, her second husband: “In a marriage with you, I resign no right of my soul. I enter into no compact to be faithful to you.” She would eventually go explicitly beyond this sort of statement, but we won’t follow that arc of her story here. Suffice to say that society was not ready to accept these views in the mid-1800s. Her radicalism on social structures left her shunned within the hydrotherapy community, perhaps one reason she is not more of a household name today.

Nichols built water cure practices in and around New York City, but moved to Cincinnati in 1855, perhaps to escape controversies that had built up around her, but also with a goal of establishing a center for physical and spiritual renewal. That led Nichols and her husband, one year later, to a location deep within

what is now Glen Helen, on the east side of the Yellow Springs Creek. There, in a three-story structure, they established the Memnonia Institute, a name that harkens to both Egyptian and Greek mythology. Nichols and her husband envisioned it as “a School of Health; a School of Progress; A School of Life.” They attracted water cure patients, plus 20 students who practiced hydrotherapy, fasting, and “spiritual penance.” Their source of water would have likely been the Yellow Springs Creek, not its namesake spring.



Memnonia Institute

Nichols wrote in detail about her practice and her philosophy. Her 1849 publication, “Experiences in Water-Cure, a Familiar Exposition of the Principles and Results of Water Treatment in the Cure of Acute and Chronic Diseases” describes her methods, as well as the breadth of ailments that her water-cure had, in her estimation, successfully treated, including “chronic, nervous, and female diseases.”

She believed that the ways in which people went about their lives were causing or contributing to disease. What was more, medicine as it was practiced at the time, including blood-letting and mercury treatments, were part of a “war on nature.” Her prescription: “a simple, nourishing diet, pure air, exercise, cleanliness, and the regulation of the passions.”

Nichols saw clean water as a cure-all, a process for working with nature, rather than against it; and recommended multiple methods of bathing and showering. One that she described as a “very exciting application” featured a stream of water poured on the patient from up to 20 feet above. The core of her medical practice centered around “wet-sheet packing.” A patient would be wrapped quickly and tightly in a cold, wet, wrung-out sheet, and then wrapped like a mummy in two or more woolen blankets. Then, once their skin was aglow, out of the blankets and into a cold plunge bath. I’ll admit that this sounds like a

downright sadistic human burrito torture. However, Nichols noted that, “far from being disagreeable, it is a most delightful application.”

Horace Mann, who presided over Antioch College across the street from Memnonia, was livid at the thought that free love was being espoused (or practiced!) in the community. He worked to rally the village against Nichols, who fought back in the pages of her periodical, *Nichols’ Monthly*, “if any die who might have come to us and lived, he (Mann) is their murderer.” Nichols won this battle, but closed Memnonia within a year. Perhaps because of what the school demanded of its attendees, she and her husband had been unsuccessful in recruiting and retaining students. With their remaining students, the Nichols’ packed up and left the Glen in March of 1857.

An aside: Hugh Taylor Birch, who later created the preserve in memory of his daughter Helen, moved to Yellow Springs in 1857 as a nine-year-old. What are the chances that he got to meet or interact with Nichols? We will likely never know.

It’s easy, but perhaps lazy, to dismiss Nichols’ practice as quackery. Certainly, some of her bold pronouncements haven’t stood the test of time. Treat diabetes or cancer with a wet sheet? No thank you. Her declaration that “water cure is destined to be the greatest blessing ever to be bestowed upon a diseased and suffering race” in retrospect sounds more than a little grandiose.

Still, our collective modern wisdom has come around to being accepting of many of her recommendations. Our practices of basic hygiene all center around clean water. Birthing centers have Jacuzzis for moms in delivery. Her tenets of healthful living, from eating a healthy diet, to getting plenty of exercise and fresh air, are accepted now as facts of life.

Here’s an assessment that she made in 1849 that now sounds like mainstream thinking:

“The great trouble with Americans is, they are in too great a hurry. They are in a hurry to eat and drink and to get rich. They get sick as fast as they can, and they want a short cut to health.”

The next time you hear an exhortation to wash your hands, think of Mary Gove Nichols in the Glen.

Looking Towards the Stars

On a clear Thursday evening last March, the students and staff of the Outdoor Education Center were setting out onto the darkening trails of the Glen for their Night Hike. As is often the case, the most important learning moment these students would experience wasn't written in their naturalist's lesson plan.

As a trail group emerges from the forest into a meadow for a game of Bat-Moth Tag, their naturalist hears a gasp of surprise. "Miss Kelsey?" a small voice calls from the back of the group, "Are those the real stars? Where's the Drinking Gourd we learned about at school?" "Yes! That's the Big Dipper there!" she replies. Kelsey learns her students studied the Underground Railroad at school. They struggled to understand how the conductors were able to navigate at night, couldn't envision this 'Drinking Gourd', because at 9 years old, they had never seen stars in the night sky themselves.

How can that be? Maybe they live surrounded by light pollution. Maybe they spend more time on screens than outside playing. Maybe they don't have a safe place to play outside. There are many reasons why youth today miss out on important developmental experiences—that's what makes Outdoor School so important.

One of our core values is our commitment to equitable access to nature and to creating a sense of belonging for all who attend our programs. While they're with us, students are exposed to new aspects of the world. They get the chance to play freely as all young people should. They leave feeling like successful students, some of them for the first time. This learning is possible because of the commitment of our compassionate naturalists who are willing to go to great lengths to adjust lesson plans and hike routes to meet the diverse needs of their students.

A significant barrier to student access is often funding; this reality disproportionately affects students who would most benefit from learning at Glen Helen. With this in mind, our team works hard to raise money for student scholarships.

In 2007, we modeled our scholarship program on a similar effort by former Glen naturalist Dave Irvine, at Cuyahoga Valley Conservancy. In 15 years, this fund has provided hundreds of thousands of dollars of support for Outdoor School for thousands of students from Dayton and Springfield schools.

Those students who had the chance to see stars for the first time? They attended Outdoor School with support from these funds! We're committed to continuing to ensure that every school or student who wishes to attend our programming is able to do so. Want to help us share the night sky with students who've never seen it? Consider a gift to the Outdoor Education Center Scholarship Fund! Gifts can be made online or by check, please designate "OEC Scholarship Fund".



Sarah Cline, Director of the Outdoor Education Center
sccline@glenhelenassociation.org

"There is no way (Outdoor School) can be that great—but it is!"

- 1st year Piqua Central Intermediate Teacher's first Glen visit



This experience "let's them be kids and have fun—technology free, outdoor, and socializing"

- Talawanda Middle School 6th grade teacher



"On the bus back home, a homesick student who made it through the week said 'everything looks different now.' That's the real impact:

long term growth by being independent and letting them figure out how to do great things"

- McGuffey 4th-8th teacher



"I didn't even miss my phone!"

- Graham Elementary 5th grade student

— Changes in the Glen —

Looking Back and Focusing Forward

As we start to think about Labor Day and the end of summer, the Glen Helen staff has been reflecting on the changes at the Glen. These changes are not a result of transitioning seasons; instead, they are a gift from our friends who are securing the future of our nature preserve by making investments in the Glen today.

At a time when humans are transforming natural landscapes so dramatically that one million species of plants and animals are at risk, our supporters are ensuring that Glen Helen remains a stronghold for nature. Thanks to these Glen friends, we have created transformations to support thriving ecosystems while enhancing environmental education for our visitors.



Resident beavers handiwork.

Here are a few recent investments:

- 🍁 In fall 2022, we removed the derelict Antioch College coal-fired power plant, which sat atop a spring-fed wetland. With the plant removed, the spring once again flows and is attracting new wildlife, such as swallows and sandpipers.
- 🍁 In November 2022, the Raptor Center welcomed Corva, our first corvid. Corva is an ambassador crow who will teach about her species and environmental conservation.
- 🍁 In spring 2023, the Outdoor Education Center welcomed 1,396 school children to Outdoor School, and 293 individual campers to Ecocamp. Thanks to our Outdoor Education Center Scholarship Fund, we offered equitable access to these life-shaping residential experiences.
- 🍁 We are two years into our plans to accommodate our resident beavers. The beaver dam is a hub of environmental learning, as visitors catch a glimpse into the habitat and habits of an animal that often struggles to find a welcoming home.

As this summer becomes a moment in history, investments into the Glen today allow us to glimpse a future where native plants sprout, streams protect threatened species such as the Tongue-tied minnow, and generations learn to value the environment.

Join us in protecting the Glen and promoting environmental education.

Gifts to the Glen Helen Association can be made online at www.glenhelen.org or by check.

Please reach out to Ashley Lackovich-Van Gorp, Development Director, for other ways to give, including planned giving, at 937-319-0271 or alackovich@glenhelen.org 🍁

Rent The Glen

Did you know that Glen Helen has many unique rental facilities for hosting a variety of functions such as weddings, graduation parties, reunions, celebrations of life and business retreats?



Vernet Ecological Center

Amenities: Spacious auditorium, stage with stage lighting, projector and large screen, PA system with speakers and wireless microphones, restrooms, atrium, two-tiered natural stone patio, parking.

Capacity: 140 seated theatre-style or 80 seated at tables

Rental Season: Year-round



Camp Greene

Amenities: Lodge with screened in porch, two lofts, two fireplaces, heating, and air conditioning, premier restroom trailer, private meeting/prep area in the bunk house, two pavilions with picnic tables and fireplaces, open-air overlook of the Little Miami River, parking.

Capacity: 200

Rental Season: April 1 - November 14



Birch Manor

Amenities: 1930s mansion with three rooms downstairs (great room, dining room, library) and four bedrooms upstairs, restrooms, prep area for caterers, large brick patio, flat lawn area for outdoor tent, lawn space for wedding ceremonies under the natural arch of a large tree, and ample parking

Capacity: 110 indoors or 150 outdoors
Rental Season: Year-round

Please visit glenhelen.org/rentals for photos and information. For rates, questions, or to schedule a tour of any of our facilities, contact Ashley Mason at rentals@glenhelenassociation.org or 937-769-1902 ext. 1101.



Pull Out Program
Calendar >



SEPTEMBER-NOVEMBER 2023 Glen Helen Fall Program Calendar

SEPTEMBER

(AUG) 24 THUR **Stiltgrass Removal**
9am-12pm
Volunteer with other Land Stewardship volunteers in hand-pulling and removing the invasive plant Japanese Stiltgrass. Work gloves will be provided. All ages welcome. Meet at Vernet Ecological Center, 405 Corry Street. Canceled in case of inclement weather. Thursdays: August 31, September 7, 14.

2 SAT **Guardians of the Glen**
1-3pm
Meet our ranger to assist with litter collection, trail maintenance, and invasive plant removal. Great service opportunity. All ages welcome. Youth under 16 must be accompanied by an adult. Trailside Museum, 505 Corry Street. Repeats Saturdays: September 9, 16, 23, 30.

7 THUR **Golden Morning Walkers Club**
10-11am
Gather in the Glen for a slow-paced walk on an easy wooded trail and portion of the bike path to make a pleasant loop. Enjoy the Glen and each other's company while getting mild morning exercise. Approx. 1/2 mile. Geared toward older adults, but all ages and abilities are welcome. Meet outside the Vernet Center at the north end of the parking lot. 405 Corry Street, Yellow Springs. Registration suggested, walk-ins welcome. Weather permitting. Cost: Free. Parking: Free for program participants. Repeats Thursdays: September 14, 21, 28.

Co-sponsored by the Yellow Springs Senior Center. For registration, visit MyActiveCenter.com. Questions to Maggie Dean at info@ysseniors.org, 937-767-5751.

10 SUN **Fall Migration Birding**
8-10am
Join Glen Helen director Nick Boutis for a two-hour walk in search of southbound migratory birds. Registration required. \$5, members free. Contact programs@glenhelenassociation.org for member code. Grinnell Mill, 3536 Bryan Park Rd.



11 MON **Yoga in the Glen**
6-7pm (Monday Evening Series)
Join yoga instructor, Jen Ater, for this Monday yoga series in September. Enjoy the relaxing, balancing, strengthening, and restorative qualities of yoga outside, among the evening sights and sounds of nature. A 60 minute all levels flow based yoga at the entrance of Glen Helen at 405 Corry Street. Bring a yoga mat or towel and water bottle. Registration required and space is limited. In case of inclement weather, class may be rescheduled to 10/2. Cost: \$35 members/\$45 non-members. Repeats Mondays: September 18, 25.

12 TUES **Winecap Mushroom Cultivation Workshop**
5:30-7pm
Learn how to cultivate edible winecap mushrooms with Central State University Extension Educator, Marc Amante. Create an on-ground mulch bed to "plant" with mushroom spores and learn the basic grow techniques. Registration required. Space limited. Program Cost: Free. Parking: Members Free/Non-members \$10.

29 FRI **Harvest Full Moon Hike**
8-10pm
Join Tom Sabin, Pan Reich and Paul Sampson for a 3-mile hike to the Pine Forest. Registration required. \$5, members free. Contact programs@glenhelenassociation.org for member code. Trailside Museum. Meet at 405 Corry Street parking lot.

OCTOBER

3 TUES **From Beaver Pond to Stream bed: Aquatic Life in the Glen**
5:30-7pm
Take a hike with Ohio State University's Eugene Braig, Program Director in Aquatic Ecosystems, to learn more about aquatic life in the Glen. All ages welcome. Registration required. Space limited. Meet outside the Trailside Museum, 405 Corry Street. Program Cost: Free. Parking: Members Free/Non-members \$10.

5 THUR **Golden Morning Walkers Club**
10-11am
See September 7
Repeats Thursdays: October 5, 12, 19.



7 SAT **Guardians of the Glen**
1-3pm
Meet our ranger to assist with litter collection, trail maintenance, and invasive plant removal. Great service opportunity. All ages welcome. Youth under 16 must be accompanied by an adult. Trailside Museum, 505 Corry Street. Repeats Saturdays: October 14, 21, 28.

10 TUES **Mushroom Log Workshop**
5:30-7pm
Learn how to cultivate edible shiitake and oyster mushrooms with Central State University Extension Educator, Marc Amante. Participants will use drills to prepare a pre-cut log, insert mushroom spore plugs and cap the holes with wax. Take home a log ready to grow mushrooms! All materials provided. Registration required. Space limited. Program Cost: Free. Parking: Members free/Non-members \$10.

14 SAT **Yellow Springs Street Fair**
9am-5pm
The famous Yellow Springs Street Fair is back! Come visit the Glen Helen booth, browse a selection of items from our nature shop, and learn about our programs and membership opportunities. Xenia Ave, downtown Yellow Springs.

15 SUN **Fall Migration Birding**
8-10am
Join Glen Helen director Nick Boutis for a two-hour walk in search of southbound migratory birds. Registration required. \$5, members free. Contact programs@glenhelenassociation.org for member code. Trailside Museum. Meet at 405 Corry Street parking lot.

15 SUN **Raptor Center Photography Program**
9-10:30am
Photograph live birds of prey at the Glen Helen Raptor Center. Learn about each bird's unique adaptations, natural history facts, and the story behind these non-releasable educational ambassadors. No non-ticketed observers please. \$35 per ticket (\$25 for members). 15 ticket maximum. Registration required. Contact programs@glenhelenassociation.org for member code. Raptor Center: 1075 State Route 343.

15 SUN **Glen Helen History Hike**
1-3pm
Explore Glen Helen's history with a moderate one-mile hike on the Inman Trail led by naturalist Patrick Dwyer. Learn about the natural features, including Pompey's Pillar, The Cascades, Hopewell Indian Mound, and the actual Yellow Spring. Registration required. \$5, members free. Contact programs@glenhelenassociation.org for member code. Outdoor Education Center, 1075 State Route 343.

21 SAT **Honeysuckle Removal**
9am-12pm
Join us in the physically demanding but ecologically vital work of clearing invasive Honeysuckle. Please bring your own loppers or hand saws, if possible. Limited hand tools will be available. RSVP to jpenry@glenhelenassociation.org. Meet at 405 Corry Street parking lot.

28 SAT **Full Moon Haunted Hike**
8-9:30pm
Hear about the legends and stories of the unexplained as we walk the Inman Trail. A one mile hike. Registration required. \$5, members free. All participants must register. Contact programs@glenhelenassociation.org for member code. Trailside Museum. Meet at 405 Corry Street parking lot.

NOVEMBER

12 SUN **Reading with Raptors**
11am-12pm
Listen to books about birds while enjoying time to visit up close with live raptors. \$5/child, accompanying adults free. One free child per member household! All participants must register. Contact programs@glenhelenassociation.org for member code. Raptor Center: 1075 State Route 343.

12 SUN **Glen Helen History Hike**
1-3pm
See October 15. Registration required. \$5, members free. Contact programs@glenhelenassociation.org for member code. Outdoor Education Center, 1075 State Route 343.

18 SAT **Honeysuckle Removal**
9am-12pm
See October 21.

19 SUN **Late Fall Migration Birding**
8-10am
Join Glen Helen director Nick Boutis for a two-hour walk in search of southbound migratory birds. Registration required. \$5, members free. Contact programs@glenhelenassociation.org for member code. Trailside Museum. Meet at 405 Corry Street parking lot.

25 SAT **Beaver Full Moon Hike**
7-8:30 pm
A moderate 1- mile hike. Registration required. \$5, members free. Contact programs@glenhelenassociation.org for member code. Trailside Museum. Meet at 405 Corry Street parking lot.

Group sizes are limited. Register early to ensure your participation at www.glenhelen.org. Many programs are free or discounted for Glen Helen members. Contact: programs@glenhelenassociation.org for member code.





— Glen Helen —

Announcements

Bird Seed Sale and Local Delivery

Did you know you can purchase bird seed at the Nature Shop? We stock locally-grown high quality black oil sunflower seed, plus hot pepper suet and other suet cakes. Yellow Springs residents (45387) may order seed or suet and have it delivered for just \$3. Hot Pepper Suet-\$4, Reg. Suet Cake: \$3 Black Oil Sunflower Seed (25 lbs.): \$20

GHA members receive a 25% discount. Products are only available for delivery to persons within the 45387 zip code. GHA volunteers will deliver within 48-72 hours. Order online at glenhelen.org/birdseedsale or purchase at the Nature Shop.

Donate to the Raptor Center Wishlist

The daily work of caring for live hawks and owls requires a continuous supply of items for feeding and cleaning. Any time we're able to receive donations of these items, it means that more of our operating funds can go directly to our rehabilitation and education work. See our current wish list by clicking the Raptor Center tab at glenhelen.org.



Support the Glen with a License Plate

Plus, as a bonus, it comes with a Charley Harper sapsucker. Any Ohio car owner can acquire the tag, either from your local Bureau of Motor Vehicles office, or by visiting oplates.com.

Through your purchase, the Glen Helen Association receives \$15/year.



GO GREEN with Glen Helen

We want to stay in touch with you. We also want to save trees, and save costs that can support our mission. Will you help us decrease our paper usage?

By opting in for digital mail, you'll receive an average of four email messages monthly, including In the Glen magazine, our quarterly calendars, and current news, events, and invitations. To receive these mailings in a digital format, simply send an email to: lfreeman@glenhelenassociation.org. Put "Go Green" in the subject field, and put your name in the message body.



Invasive Species Removal Volunteers Needed!

If you are interested in helping the Glen Helen Land Stewardship Team with invasive species removal, please consider volunteering. Species such as garlic mustard, wintercreeper, honeysuckle and stiltgrass need to be eradicated at different times of the year. Volunteers will be trained to identify and use proper techniques for removal. Also, volunteer team leaders are needed.

For more information, email lfreeman@glenhelenassociation.org

— Updates in the Glen —

Bridges, Boardwalks, and Trails

If you have hiked in the Glen lately you may have noticed temporary trail closures due to repair. These repairs are part of our commitment to supporting the health of the preserve and the experience of our visitors. Our campaign to update and improve the bridges, boardwalks, and trails of the 15-mile system is well underway. The Land Stewardship staff with the help of independent contractors and volunteers are working to complete improvements to nearly 60 different sites across Glen Helen. The size of these projects varies greatly from simple trail hardening and erosion control to constructing a new bridge over the Cascades. Over the next few months, you will see additional temporary trail closures, so please check for updates and information about closures and alternate routes on our website, social media, at the Vernet Building, and parking lot trailhead.



 Joe Penry, Land Manager
jpenry@glenhelenassociation.org

Eileen, the Red-shouldered Hawk



Last photo taken of Eileen.

In the last several months, a common question asked at the Raptor Center has been, “What happened to Eileen?” Fear not! The answer is joyful, if unplanned. Eileen the Red-shouldered Hawk came to the Raptor Center in the late summer of 2017 suffering from West Nile Virus. West Nile is a serious condition for raptors. It is typically spread by mosquitoes and causes brain swelling, loss of coordination, head tilt, tremors and lethargy. Most birds that contract it die without treatment in 3 weeks or less.

Eileen’s was a typical case, and while she survived, she had lasting neurological symptoms that resulted in a head tilt and an inability to land accurately. This distinctive head tilt earned her the name Eileen because, quite literally, she “leaned.” With her handicaps she could not survive in the wild, so she joined the Ambassador team as a display bird in the spring of 2018.

By late 2020, staff noticed that Eileen no longer lived up to her name. In fact, she had not leaned in quite some time. She could also easily navigate the perches in her enclosure without missing. Questions were suddenly raised: Having had more time to heal, could she now hunt? Was Eileen releasable?

While the Raptor Center enjoys having a variety of native species on display for visitors to meet, wild birds are never kept in captivity just to fill that need. If she could survive on her own, it was important to allow her to do so. But answering those questions posed a risk. We could not just release Eileen. She might starve to death. We had to find out if Eileen could hunt.

“It is more difficult to train a mature bird than a juvenile, but is not impossible.”

To accomplish this, Eileen was transferred to a falconer for six months in 2021 for training. Eileen proved amenable to training and learned relatively quickly to take food from the glove, hop to the glove and fly from the glove. The falconer learned that while her hunting and landing aim had improved significantly, she still only hit her target seventy percent of the time. Seventy percent MIGHT allow her to survive, but it was not the clear-cut answer everyone had hoped for. Considering all the other challenges for survival in the wild, we decided that those starting odds just weren’t good enough to feel comfortable releasing Eileen.

Her training proved beneficial for her, however. She was comfortable on a glove and settled well into her new role as an education ambassador. She often taught small groups on the Raptor Center lawn and even made an appearance at the 2022 Whoop Cooks for You event! Knowing how to fly from the glove opened new enrichment opportunities for her as well, and her aim began to improve. By autumn of 2022 the questions started humming among the Raptor Center team again: Could Eileen survive NOW? It was decided that the experiment would be conducted again in the spring, but unbeknownst to all, Eileen had her own plans.

During an informal educational session in October 2022, Eileen was startled when an intern came around the corner with another of the educational

ambassadors, a redtail named Will. Eileen bated (jumped into flight) and an equipment failure occurred, allowing her to fly off into a nearby tree. Because of her flight training, the equipment she was wearing at the time was “releasable,” meaning that if she was not attached to a leash, she could remove all the leather on its own, significantly reducing the risk of injury from tangled equipment. As a result, there was nothing dangerous about her sudden freedom since everyone had already been wondering if she could survive on her own. It was decided that the team would keep an eye on her to see if she was succeeding. There was a plan to provide food to her as she adjusted, if she seemed to need it, but it ended up not being necessary. Eileen was doing just fine on her own.



Within a few days she removed the two leather straps and anklets and was seen in John Bryan State Park, but returned to Glen Helen a week later. She had lived there for four years and she considered it her home. She engaged in some territorial warfare with two other resident red-shouldered hawks, but having never known a day of hunger, she was heavier and stronger than both and successfully chased them off. The team saw her regularly throughout the winter and she seemed healthy and happy. She made appearances to a few other staff in different areas of the Glen, but mostly she has stayed in the area near the Raptor Center, calling occasionally and zipping through the trees. This April she left a parting gift on the Raptor Center Lawn: her last piece of equipment, a leather anklet, lay in the grass beneath a tree in front of her old enclosure. Rebecca, the Raptor Center Director, collected it with joy.

So, if you ever visit the Raptor Center and wonder where she is, look up! You may see a flash of a black and white striped tail through the branches, and if you do, wish her happy hunting.

 Christine Avery, Raptor Center Assistant Director
cavery@glenhelenassociation.org

— Our Feathered Friends —

Funding Needs

“What does it take to operate the rehabilitation and education programs at the Raptor Center? How does the Ohio Division of Wildlife or US. Fish and Wildlife Service support the efforts at the Raptor Center? Doesn’t my tax money pay for you to come pick up this injured hawk?”

Much of our medical needs are donated by the wonderful vets at Suburban Vet Clinic, but that still leaves us with monumental costs for food and ongoing care. Did you know that it takes about \$24,00 a year to feed our twenty six education ambassadors? This doesn’t account for the over 200 injured birds that come into the clinic in need of care. While the Ohio Division of Wildlife and the US. Fish and Wildlife agencies provide permits, and guidelines, they do not fund our rehabilitation or education programming.

So where does the funding come from to provide medical care, housing, food, and materials for the center? It comes from you! Membership in the Glen Helen Association not only supports the trails and trees, it also helps fund the fight for freedom of our feathered guests. In addition to membership, many people make direct donations to the Raptor Center. Perhaps you are already one of the 282 individual donors who made lifesaving gifts to the center in 2022. Many of these gifts were in the form of an individual sponsorship for one of our educational ambassadors. Sponsorships come in various levels, large and small, but every donation has the power to make a difference for a bird in need.

Educational programs are another avenue for the Raptor Center to spread its mission and off-set some of our costs. In 2022, we conducted 129 programs to almost 8,000 participants across Southwest Ohio. Programs cover many topics and are customizable for any age group. Thousands of scouts have worked on badges while meeting our incredible ambassadors face to face. The Raptor Center has a huge team of supporters who collectively, dollar by dollar, keep everything moving forward...thank you!

 Rebecca Jaramillo, Raptor Center Director
rjaramillo@glenhelenassociation.org

— Glen Helen's — New Staff Members



Glen Helen recently welcomed our new Deputy Director, **Kat Christen**.

When did you begin at Glen Helen and what was your prior experience at the Glen?

For ten years, I was staff of both the Glen and Antioch College as the Antioch College Farm Manager. During this time, I stewarded the land adjacent to the Glen as a regenerative farm, sharing a watershed and wildlife with the Preserve. Leaving for just 3 years to work with a local nonprofit, I returned to Glen Helen in May as the Deputy Director. Growing up near Dayton, I used to hike in the Glen, now I visit the Glen with my spouse and our two kids in our free time. Our family enjoys hikes to the Yellow Spring, visits to the Raptor Center, and Ecocamp at the Outdoor Education Center.

What is your favorite place in the Glen?

The spring at the old power plant removal site is my favorite place in the Glen. I love transitional spaces, from debris to wetland; watching wildlife and plants return is such a pleasure. This May new life flourished here, reclaiming the land, including migrating birds, hundreds of tiny hopping toads, and a heron regularly hunting for lunch.

What animal, insect, bird, amphibian, etc. do you identify with or absolutely LOVE?

I love the native plants of the Glen, so much biodiversity in such a small footprint. My favorite this week: wild ginger. Slugs can pollinate this plant!

Do you have a favorite vacation or adventure?

My family and I enjoy kayaking the local rivers in the summer. We have a favorite stretch we do repeatedly on the Little Miami, where we always see something new.

What is the best part of your job?

The best part of my job is being connected to and immersed in the beauty of the Glen and helping to provide that opportunity for others.

Tastiest meal or treat?

Foraged berries are my favorite food- mulberries, serviceberries, raspberries, blackberries. I spend a lot of June with mulberry stained purple fingertips.

Do you have a favorite motto or quote?

If you stay on the path you are on, you'll end up where you are going.



A big hello to our new Land Manager, **Joe Penry**

When did you begin at Glen Helen and what was your prior experience at the Glen?

I was hired in mid-June of this year. Prior to starting my position as land manager, I worked as an independent contractor on brush management within Glen Helen. I have also frequented as an avid hiker.

What is your favorite place in the Glen?

It is hard to narrow it down to one, but I would have to say the Oak Triangle is one of my favorite places to visit. This area offers some of the oldest trees in the Glen.

What animal, insect, bird, amphibian, etc. do you identify with or absolutely LOVE?

Another tough decision but I do enjoy observing the American Woodcock (aka the Timberdoodle). A very interesting and funky bird!

Do you have a favorite vacation or adventure?

I enjoy traveling in my free time and have been fortunate to have visited many incredible places. On a recent trip I spent a couple weeks camping and fly fishing in Wisconsin's Driftless Region. This area is rich with public access, long time land conservation, and natural history. There I visited the Coon Valley which is the nation's first large scale watershed protection project (1933).

What is the best part of your job?

The best part of my job is spending my days outside and being able to make a positive impact on the ecological health of the Glen.

Tell us your tastiest meal or treat?

Wild spring turkey with morels.

Do you have a favorite motto or quote?

"What more delightful avocation than to take a piece of land and by cautious experimentation to prove how it works. What more substantial service to conservation than to practice it on one's own land?" –Aldo Leopold

— Volunteers Needed —

Re-Envisioning Trailside Museum

Recently, staff gathered to re-envision the historic Trailside Museum and create a plan to reopen the educational space closed in 2020. Before it can reopen, the museum, beloved by many past visitors, is in need of building renovations and fresh exhibits. Our plans include re-enlivening the bird viewing area, moving in live native animals such as a snake, turtle, and fish, as well as a series of new exhibits and signage that feature the diverse life in the Glen. We

ambitiously hope to install the new features this fall and winter and open to the public in the spring 2024. Volunteers are invited to help with new exhibit renovation, as well as staffing the open hours in the spring. To volunteer, contact Laurie at lfreeman@glenhelenassociation.org.

 Kat Christen, Deputy Director
kchristen@glenhelenassociation.org

— Your Fall Supplies —

The Nature Shop

Whether you need hiking supplies, Glen Helen apparel, a nature guide or a present for someone, you are sure to find something good at the Nature Shop. Start your holiday shopping early! New cool merchandise is arriving regularly. Hundreds of nature related items are available for friends and family including Charley Harper items, hiking supplies, new T-shirts, fun mugs, wind chimes, children's books and nature toys, and field guides. The shop even features items paying homage to our resident beaver dam. Can't decide? Gift cards are also available. The Nature Shop is in the Vernet Ecological Center, 405 Corry St. We've stocked the store with exciting new merchandise including surprises. All store proceeds help support the preservation of Glen Helen. Remember as a perk of your membership, members receive a 10% discount on items. The Nature Shop is open Thursdays through Sundays, from 10am-4pm.

Interested in volunteering at the Nature Shop?
Contact Laurie Freeman at 937-769-1905. 





Glen Helen

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937-769-1902
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RETURN SERVICE REQUESTED



50 YEARS AGO: The Vernet Ecological Center under construction

George Asakawa, who chaired the Vernay Foundation, snapped this image of the Vernet Ecological Center under construction in 1973. Standing near what is now the front entrance to the building, his photo shows the recently completed walls of the office pod in the

background. The atrium pod, in the lower left of the frame, had not yet been built. The area where you see a sheet of plywood is now the slate apron in front of the building, leading to steps that take visitors to the trail system. 