



Serving Adams, Brown, Fayette, Gallia, Highland, Jackson, Lawrence,
Pike, Ross, and Scioto Counties

Founded 1995
Our Mission . . .

To encourage through education and demonstration the sound management and appreciation of woodlands, wildlife, soil and water resources. To provide information and technical assistance to members interested in the planning, management, and the use of forestry resources for economic and recreational purposes.

JUNE Outing with SOFA

A lot of people must be interested in chainsaw safety as we had nearly thirty people join us at Tim Shoemaker's property on Thursday afternoon! Brent Flaskerud cooked hotdogs and hamburgers on the grill and there were salads, sides, and some fabulous desserts - including the best bread pudding I've had in a looong time! Special shout out to Fred Hempstead for that! Personally, I think the recipe needs to be offered up at the winter auction. I think it'd bring a hefty price for the scholarship fund. It was THAT good!

Roger Yost gave a very informative presentation on the safe use of a chainsaw, how to keep your saw in good, clean working order, how and when to sharpen blades, and how to get the tree or limb to fall where and when you want it to fall. He discussed what type of fuel to use, how to clean the spark arrester, the judicious use of WD-40, and what that vertical line on the outside case of your saw does (it helps you line up the direction of the fall based on where you make the cut on the tree). Some helpful hints included, "this end bites," which way the chain actually moves when the saw is running, why it's not good to force the saw through the cut, and why you shouldn't allow the chain to cut into the ground. We also learned a lot about safety equipment such as chaps and a good face guard on your hard hat, and Roger 'fessed up about a near accident that resulted in torn pants and a hole in a sock (but no stitches or band aids were involved). We discussed the physics of kick backs and "taking a few licks" on the blade throughout the workday to shorten the time it takes to sharpen your chain.

After supper, we had a short business meeting to thank Kate Roy for organizing our trip to Camp Perry last month. Rick Wright was crowned this year's Top Shot and will eventually receive a fabulous prize. We needed a reminder for people (including me!) to make name tags for next month's meeting. The reminder will also be added on the Facebook page, so put your artist cap on and break out the crafting supplies...

Our 11 July meeting will be held at Bob and Jeri Fleischer's solar house. Details and directions will be available in this newsletter and on the Facebook page. As always, bring a dish to share, a beverage, and someplace to park yourself.

The 8 August meeting will be at Dana Schmidt's house to talk about flowers and pollinators. No need to bring food, we will be ordering Silo Station pizza, so just bring your wallet for the pizza fund. Details will be forthcoming, but note that we will meet at NOON for lunch!

Welcome to our newest member, Judith Moyo and her family! We are happy to have you!

After the business meeting concluded, Roger strapped on the chaps and hard hat and cut down a tree on the far side of the yard. He demonstrated all of the things he'd taught us and dropped the tree exactly where he wanted it to land. Overall, it was a gorgeous day for a get-together and a good time was had by all.

Cheers, Kelly

Southern Ohio Forestland Association

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Nature's Therapy

(So many things good for my soul)

Nature and all that is found in our great fields, forest and waters are not just an interest of mine but a deeper part of my being. It is deeply rooted in my soul and brings me peace, joy and good health. There are many aspects of outdoor activities that are beneficial to us beyond consumption of resources.

There's an old hymn that has always been a favorite of mine. It's In the Garden by Charles A. Miles. The lyrics speak to me in the deepest sense. The refrain is indicative of the feelings I find outdoors. It goes like this: *And He walks with me, and He talks with me, And He tells me I am His own; And the joy we share as we tarry there, None other has ever known.*

Being in the great outdoors is often a time of devotion and therapy for me and many hours of meditation and healing have come from my time in the woods, fields and along streams. In totality all the elements of nature are an elixir for wellness. Clinical studies support this. Here is a quote from an online article by the Cleveland Clinic:

Reduces anxiety and depression

Clear blue skies, flowers in bloom, squirrels frolicking among the trees — being in nature is such a great way to get a natural boost of happiness.

“There's a lot of [research](#) that shows the effects of being in nature,” says Dr. Kampert. “Our bodies find that certain colors can be stressful while some are calming. So, being out in nature with lots of green is a great therapeutic environment.”

He adds that green has a calming effect that regulates your parasympathetic activity and tones down your sympathetic activity or your [fight or flight response](#).

And when you get moving, your body release [endorphins](#), which are hormones that can reduce pain and increase pleasure. It also increases your sensitivity to serotonin and norepinephrine — hormones that can ease feelings of depression. (<https://health.clevelandclinic.org/9-benefits-of-hiking>) .

Let us visit some things that make up the ingredients of this soul food and elixir.

Last weekend Arch of Appalachia held their Little Smokies Firefly and Biodiversity weekend at Shawnee Forest. Our niece (Cassidy) works for A.O.A and called to see if she could get some Maple syrup for the staff breakfast. When she stopped by the house a conversation ensued around the weekend and their pursuit of viewing Synchronous Fireflies. The conversation stirred many memories of childhood nights with a mason jar chasing these marvels to make natural light shows. Mom and dad always made sure we released our captives after a short viewing. I never heard of synchronous Fireflies until I saw a National Geographic piece on them. I hadn't given them much thought until this conversation, but sure enough that night found me out on our porch watching the light show along our woods line below the house. I am still to determine if we have synchronous species here or not, but I am guessing yes. It is actually very calming to sit and watch them.

The second part of our Conversation with Cassidy led to the upcoming “Mothapooza” in July. During my career at Kincaid Fish Hatchery I had the opportunity to learn many of the indigenous moths of Southern Ohio. Our high water quality from the spring and forest habitat made for great insect viewing. Our security lights had just the right frequency to attract moths and bugs to the white sided building. Mid-summer mornings we'd arrive to a wall colored with patches of many different colored moths and bugs. It was like a patchwork quilt made by the hand of God. I learned to identify Hawk moths, Cercopia, imperial, luna, regal, Io and more. Sadly, the local birds learned breakfast was served early on those walls and by mid-morning all that remained of most were empty wings. We never intruded as it was the natural sequence of creation.

Venturing out into the fields we will find weeds that are actually very beneficial and key place holders for many species. For example, ironweeds bloom with brilliant colors. They are an important resource for many butterfly species of butterflies. Milkweed is an essential part of Monarch Butterfly life history. Not everything we classify as a weed is noxious.

Frustrations.

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Cont'd page 2

When you mix in the chorus of the birds and the many other sights and sounds of nature, they complete the balm that brings us this Joy of the soul. If for some reason you cannot find that connection, just the act of getting out and walking through our great outdoors is great exercise and that alone is worth a lot.

There's an old saying, "Stop and Smell the Roses". I am here to tell you there is a whole lot more to a simple outdoor experience than smelling a rose. I truly believe my time pursuing outdoor adventures keeps me alive and well both in mind and body. So next time someone tells you to "take a hike", do it. A good hike is a great way to find a place to leave your stress, anger and frustrations.

Dana Schmidt

Ohio Department of Agriculture issues quarantine in southwest Ohio for invasive Box tree moth

The Ohio Department of Agriculture (ODA) is issuing a quarantine for six counties in southwest Ohio to prevent the spread of an invasive insect – the box tree moth.

Beginning April 11, 2024, Butler, Clermont, Hamilton, Greene, Montgomery, and Warren counties will have regulations in place restricting the movement of boxwood shrubs out of the area. ODA is encouraging landscapers and residents in these counties to check the quarantine boundaries and not transport the plants outside of the quarantined area.

The box tree moth was detected in Ohio in June 2023, near the border of Hamilton and Clermont counties. More sightings have been confirmed in the quarantined counties listed above. Box tree moths are invasive pests from East Asia that pose a threat to boxwood plantings and the horticulture industry.

Federal and state officials are asking industry and the public to report suspected box tree moth sightings through ODA's reporting tool:

<https://survey123.arcgis.com/share/1b36dd2cf09e4be0a79776a6104ce1dc>.

Contact the Plant Pest Control Section if they have any questions about the new regulation at 614-728-6400.

A Note to all who read this newsletter:

You do not have to be a member to attend our monthly activities, come see what we are all about. No need to bring anything, just come enjoy! You will have an opportunity at that time to become a member if you want.

More info: Email tshoe140@horizonview.net

FACEBOOK

Check often, there is timely information, that cannot make it into the newsletter!

It is a private group, so you may want to register. After registering you will be able to post entries. This will enable us to put out immediate information, such as cancellations, or other plan changes. In order to register, open Facebook search for "S.O.F.A." There you will be able to join the group.

Tentative SOFA Meetings 2024

July	Bob and Jeri Fleischer's solar house
August	Yearly Planning Meeting (at Dana Schmidt's) / No regular Meeting
September	Lion's Building, Speaker TBA
October	Brent & Kelly's Spooky Hollow (Bats)
November	Auction / fund raiser
December	Annual Meeting / Christmas Party

A DAY in the WOODS

We are proud to announce the lineup of events for the 2024 edition – our 13th season!

July 12 – Native Grasslands and Pollinator Habitat

August 9 – Prescribed Fire: Ecology & Implementation (Smokey's Birthday!)

September 13 – Night Fliers (5pm)

October 11 – Critter Homes: Wildlife Habitat Improvements

November 8 – Forest Stand Improvement

You can find our 2024 brochure on our [Facebook Page](#) and [Website](#) for any updates.

We look forward to seeing you in 2024!

Jessica

Jessica Burns

Agriculture and Natural Resources Educator

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SOFA DUES

Please note! We don't want to loose anyone as a member, If your dues have been forgotten for the past few years, **NO WORRIES!** If you simply pay the current years dues, you will be completely caught up! We value your involvement, and would love to see you at the next meeting! Our Officers try hard to put on informative programs, as well as fun things that we “Outdoors People” like to do! See you soon!

The Old Man in the Forest, a Tale

Author unknown

On a hike in the forest one day coming between a couple of large boulders supporting tall, waving trees whose roots gripped like fingers to the rock, I saw an old man. The smoke from his small pipe drifted lazily upward as he sat on a rock. I noticed his clothing was somewhat unusual. The path led me to the man, as I approached I offered a friendly greeting and we began to talk. "My wife will be along soon," he said. "She's a wonderful woman. She loves dogs.

I asked how he had met his wife. "She saved me, she did."

I asked him, how? "From a dragon," he said and took a puff on his pipe, the smoke once more gently rising towards the branches drooping above us. "We lived in a small cottage in a small town where we told stories to small children. Sometimes when it rained in the summer, we would come here and we'd dance beneath the showering clouds and dripping trees. Too old for that now, I think."

"We grew together," he said. "Aged together, and joked about each other farting. Her's were sweeter than mine, and she always let me know! We always held hands, except when we were cooking together, or reading. Sometimes we'd write poems to each other and hide them so we'd find them later. It was more than once when I hid mine too well and would have to unhide them."

I couldn't help but laugh at this. I turned about to see between the branches. There was still no sign of the man's wife. I wondered at what type of person she was. They were obviously happy together. Geese flew overhead, and I looked up. Their cries filled the air.

He looked over his shoulder, then turning back opened a pocket watch that appeared in his hand. Gazing at the watch face, he shrugged. The watch looked old but well kept, the kind I wouldn't mind owning one day. He lifted his face and spoke. "We loved going to town market. It always seemed an adventure. The market sellers was always smiling at us. It was as if we were rich and they wanted us to spend all our money on them. But they knew we weren't. We had fun tasting the wares, though, especially if they had chocolates. It was rare they 'ad chocolates, though. If the old bookseller was at the market, we would sit and read bits of books and stories to each other, buying our favorite to read at home together later. "My favorite was when one of townspeople would visit and play the fiddle for us. I was getting on then.

"One o' me friends said our kisses could light the skies, that fireflies glowed more brightly when me and the missus kissed, the crickets would chirp louder, and birds sing more sweetly! At least that's what he said."

The old man looked about again. He sighed. "Seems she's not coming today. Maybe tomorrow." He sat gently tapping his pipe on the rock, watching the tobacco fall to the forest floor. Lifting a foot, he stamped the tobacco out in the damp earth. "Oh well. I hope I didn't bore ya. I don't get to meet too many folks who notice me out here in the woods. Folk are funny these days it seems. Won't even look ya in the eye."

"You didn't bother me at all. It's nice to meet you. A pleasure. I should get on though. Work and all that." I turned and when I looked back the old man had vanished. It was then I realized that the man had only talked in the past tense. I looked at where the burned tobacco had fallen, and sniffed the air, but could see no sign of it nor smell the tobacco. It then occurred to me that he had never told me his name, nor how his wife had rescued him from that dragon!

A man walks into a barber shop for a shave. The barber asks him to put a small wooden ball in his mouth so he can get a closer shave around his cheeks. The man asks: "But what if I swallow it?" The barber replies: "No problem, sir. You just bring it back tomorrow like everyone else."

Directions from Chillicothe:
State Rt 772, 10.7 miles, turn left on
Hartwood rd 1.6 miles.

Directions from Waverly:
US Rt 23 North 4.5 miles, turn left
on Blain Hwy 4.2 miles, turn left on
Arrowood Rd, 1.3 miles turn right
on Hartwood Rd, .5 miles.

THURSDAY JULY 11 th
Cook-Out at
Bob and Jeri Fleischer's solar house
712 Hartwood Rd Chillicothe
Bring a Covered dish
Remember your name badge, have a chance at going first
in the chow line!
Meet at 5:30, we will eat at 6:00
Tour to follow the meal

S.O.F.A.

3681 US Highway 23
Chillicothe Oh 45601



Visit us on the web at www.ohiosofa.org

Meeting locations will vary from month to month, watch for
announcements!

APPLICATION FOR MEMBERSHIP

NAME _____ PHONE _____
ADDRESS _____ STATE _____
EMAIL _____

If you own woodland, in which county? _____ Acres Owned? _____
New Member _____ Renewal _____ Scholarship Fund Donation \$ _____ Thank-You
Mail application / renewal & check to Jim Meacham, 4332 St Rt 776, Jackson Oh 45640
Make Check Payable to Southern Ohio Forestland Association (SOFA)
Individual \$15, Family \$25, Partnership, Association, or Corporation \$25