
The Sourland Conservancy is pleased to announce the publication of the second edition of its award-winning stewardship guide, *Living in the Sourlands*. The first edition was created in 2010 to help residents of the Sourlands appreciate the natural wonders around us and to become better stewards of the land. This second edition contains updated stewardship recommendations, lots of new content and an even stronger emphasis on how human beings can reconnect with nature, work together to practice good stewardship and impact the Sourland landscape in positive ways. This new edition is also meant to support and enhance Sourland Stewards, our stewardship program for residents (www.sourland.org/stewardship).

The Sourland Conservancy would like to thank Jared Rosenbaum, the Naturalist Advisor to Sourland Stewards and proprietor of Wild Ridge Plants, for conceptualizing this second edition and for writing most of the content. We also appreciate the writing, layout and design work done by Cliff Wilson, Sourland Conservancy past president and emeritus trustee. The Conservancy would also like to gratefully acknowledge the generous support of this project’s sponsors, without whom this publication would not have been possible: Bristol-Myers Squibb, New Jersey Conservation Foundation, NJDEP Division of Fish & Wildlife, The Watershed Institute, Capitol Copy Service and the members of the Sourland Conservancy.

*Living in the Sourlands*, the second edition, has been mailed to residents who have moved to the Sourlands since 2010, the year we mailed out the first edition. Current Sourland Conservancy members will also receive copies in the mail soon. If you would like to purchase either edition of *Living in the Sourlands*, please visit our website, www.sourland.org, or contact us at director@sourland.org.

“Some of the stewardship recommendations in *Living in the Sourlands* are easy to fulfill, while others require more commitment. It is our hope that, through these efforts, every reader will find something to act upon, resulting in thousands upon thousands of ecological good deeds.”

The Sourland Conservancy is the only nonprofit organization working solely to protect, promote and preserve the unique character of the Sourland Mountain region.
It is a pleasure and a privilege to be serving this great organization. Our momentum continues after our 30th anniversary and into 2017. Some key projects are to:

• Continue development of the Sourland Stewards program to include a volunteer and training initiative;

• Pursue partnership opportunities with like-minded organizations to enhance our breadth and effectiveness;

• Continue support of and participation in the Stoutsburg Sourland African American Museum (SSAAM) project;

• Proactively provide a voice to challenges to the Sourlands, such as the PennEast Pipeline, Gibraltar Quarry activities and the destructive deer over-population;

• Work to make our two signature events (the Sourland Music Fest on June 17th and the Sourland Spectacular on September 9th) to be even more successful than last year;

• And, mount a fund development plan that will ensure a sustainable, financial future.

In March, we participated in the 21st Annual New Jersey Land Conservation Rally. Attendance was the highest ever with a number of organizations and experts participating. At one breakout session, Caroline joined with Jared Rosenbaum and Mike Van Clef to share our stewardship projects and activities. Laurie coordinated a roundtable discussion on the use of social media and the changing world of communications. Because of their activities, Andrea Bonette and I met many new and interested people at our Sourland Table. On it we displayed photographs, brochures, maps and activity schedules.

Thanks to the generous donors celebrated in this Newsletter! Your support helps us fulfill our mission to protect, promote and preserve the unique character of the Sourland Mountain region.

Welcome to our New Trustees in 2017

Joel Coyne worked as an Environmental Health Specialist for over 30 years and served as Sustainability Coordinator for Bernards Township for 8 years. Joel is a member of the West Amwell Environmental Commission and is also a GIS Consultant.

Beverly B. Mills is the former Executive Director of the Drumthwacket Foundation in Princeton, NJ and former Administrator for the Trent House Association in Trenton, NJ. Beverly is currently Office Manager for the Presbyterian Church in Lawrenceville.

Our Spring 2017 Interns!

The Conservancy is fortunate to have the assistance of three interns so far this year. Hillsborough High School REACH students, Megan Moore and Madeline Vailhe are already working hard on office projects, helping with events and research, and photography on our beautiful Sourland trails.

Our newest intern, Gregory Ucles, is a senior at Rowan University and is looking forward to visiting many Sourland trails to take photos and help with social media posts.
Executive Director’s Report: Caroline Katmann

Stoutsburg Sourland African American Museum – Gospel Brunch Fundraiser

Voices and spirits soared at the second annual Gospel Brunch at the Hopewell Presbyterian Church to support the Stoutsburg Sourland African American Museum (SSAAM)! This event was sponsored by the Board of Trustees of SSAAM, the Sourland Conservancy and the Stoutsburg Cemetery Association. Following a scrumptious brunch provided by local businesses and volunteers from the sponsoring organizations, the glorious voices of the Trenton Children’s Chorus filled the sanctuary and the hearts of everyone in attendance. Gospel singer extraordinaire, Bertha Morgan, brought the house down with her powerful and gifted voice to close out the show.

Also featured at the brunch, was a plaster model of the future “Family at Worship” sculpture that will grace the interior of SSAAM and represent the many African American families who worshipped, socialized and found refuge at the site of the museum - the Mt. Zion AME Church on Hollow Road in the Sourlands. Local sculptor, Charles McCollough, spoke about his inspiration for the sculpture and outlined the process involved in completing the project, which will eventually be an almost life-sized sculpture cast in resin bonded bronze.

Back by popular demand, E & B Church Lady Aprons were for sale at the Gospel Brunch. These beautiful and whimsical aprons were designed by Elaine Buck of Hopewell and Beverly Mills of Pennington as a tribute to the African American church ladies who made aprons in the 1930's in Pennington, NJ.

Currently, the future site of SSAAM is being renovated with grant funds from the Somerset County Historic Preservation Office and exhibits are being designed with grant funds from the New Jersey Council for the Humanities.

Donations to fund a variety of other expenses associated with the creation of a museum are gratefully accepted. Please visit www.facebook.com/stoutsburgsourlandafricanamericanmuseum to learn more and to support this wonderful project!

SOURLAND MUSIC FESTIVAL
SATURDAY, JUNE 17, 3 – 10 p.m.
Polo Field of the Hillsborough Golf and Country Club

Central Jersey’s “can’t-miss-outdoor-music-event-of-the-summer” has everything a music lover could want: Blues, Jazz, Folk and Rock, local food and drink, activities and a spectacular view from The Polo Field at the Hillsborough Golf and Country Club.

THE “CAN’T MISS” LINEUP OF ARTISTS:
• The John Ginty Band  https://www.johngintymusic.com/ w/ Astor Pheonyx
• Russell Norkevitch - https://www.reverbnation.com/russellnorkevich
• JD Malone & The Experts - https://jdmalone.com/
• Lisa Bouchelle - http://lisabouchelle.com/
• And more!

TO MAKE THE DAY EVEN BETTER: There will be food, snack and dessert trucks, local artisans and businesses, free water all day for your refillable container. Flounder Brewery is returning with the signature beer that they brewed just for the Sourland Music Festival and Unionville Winery is returning with a wonderful selection of wines.

NEW THIS YEAR:
• The Ryland Inn VIP Service, offering a superb buffet from locally-sourced, sustainably-grown food, a unique Sourland Punch, and a $25 Ryland Inn gift certificate with each ticket. All in the VIP tent close to the stage.
• Exciting field activities: a Rock Climbing Wall for all ages, a new trail bicycle to test, provided and supervised by Sourland Cycles, and an environmental education area called Cool Critters.

Volunteers needed, sign-up online! Purchase tickets online, get a discount! Rain date is Sunday, June 18. Go to: www.sourlandmusicfest.org
Seeing the Sourlands: Woodpeckers  
by Jim Amon

How do they do it? How can woodpeckers bang their heads against trees hundreds of times with no apparent bad effect? Scientists all over the globe have asked this same question and they have concluded that there are a number of reasons why woodpeckers can do what humans could never do.

First, they have found that woodpecker heads are different from human heads in a number of structural ways. Human brains fit loosely inside human skulls but woodpecker brains fit tightly inside a woodpecker skull so there is no room for the brain to move around and knock against the inside of the skull the way a human brain would. Further, while a human brain is roundish, woodpecker brains are long and thin, spreading the force of each peck over a wider area.

Further, both woodpeckers and humans have a bone that is called hyoid, but they are quite different. The human hyoid bone is located just above the Adam’s apple and serves as a rigid platform to support the tongue. The woodpecker hyoid bone, in contrast, loops around the whole skull. It starts at the underside of the bird’s beak, splits into two pieces and makes a full loop through the nostrils, proceeds under and around the back of its skull, then goes over the top of the head where the two pieces meet at the forehead. The woodpecker hyoid bone acts like a safety harness for the head. Woodpeckers also have plate-like bones with a spongy structure located in different parts of their skulls, helping to distribute the incoming force. A further structural explanation is that a woodpecker’s upper beak is slightly longer than the lower beak. This asymmetry causes the force to be transferred from the upper to the lower beak and that somewhat lowers the force before it gets to the head.

Slow motion studies of woodpeckers pecking show that the woodpeckers are continuously moving their heads so that each peck is at a slightly different angle to the tree. This movement minimizes the number of times in a row that the force is reaching the woodpecker head in exactly the same way. Studies have also shown that as it pecks a woodpecker’s brain gets warmer. They periodically stop to allow their brains to cool.

The other question that I brought to my research on woodpeckers is, why do they peck? I got three answers. First, they peck to uncover insects, insect eggs and larvae, and other invertebrates, which they eat. Second, they make cavities that can serve as their nesting sites and as winter roosting sites. (When abandoned, these cavities often become homes for cavity-nesting birds that cannot make their own cavities. Nuthatches, wrens, bluebirds and flycatchers take up residence when the woodpecker leaves.) Third, they peck to establish territory or to attract a mate. So when a woodpecker starts banging away on your house’s downspout it is not crazy, it has found a very resonant place from which to tell other woodpeckers that this area is his.

The following excerpts are from New Jersey’s Sourland Mountain by TJ Luce (2001, Sourland Planning Council).

“In the altar window of the Zion Methodist Church in the Sourlands, a small panel of stained glass reads: ‘In Memory of Edgar and Cora Higgins.’ Edgar and Cora grew up at a time when subsistence farming was becoming ever more precarious and when many were abandoning the mountain, Cora born in 1881, Edgar in 1883. Yet despite worsening conditions and pressure to change or to leave, they remained fixed in place and in their ways, cleaving to the kind of life their parents and grandparents had lived. And, although they were together in the same house as husband and wife for well over fifty years (they had no children), each acted separately from the other in almost everything they did…She was Mrs. Higgins, he was Edgar, and that was usually how they referred to one another. Each kept his own purse and had his own spending money. Edgar had a cow of his own and Cora one of hers, which each milked for himself. From the mid-1930s on she was the first to walk up every Sunday morning to the Zion church, which she opened, lighting the stove in winter and getting things ready for the service. Edgar came afterward, but even if he were late, the service did not begin without him; furthermore, he adhered to one clock setting throughout the year, paying no attention to daylight savings time.”

At eighteen, Edgar wrote these lines:

To Cora

A little while together
We tread life’s onward way,
And gather up its roses,
Frail blossoms of a day.
And then a place is vacant,
A step is heard no more,
And one and then another
We cross to yonder shore.
Your friend,
Edgar W. Higgins
Zion, New Jersey

Edgar added along the outer margin:
Not like roses may our friendship wither
But like the evergreen live forever.

In 1968, Edgar and Cora moved together to a nursing home in PA. “Their ramshackle house soon crumbled, leaving only the land that they had farmed for so many years. Edgar did not long survive the move, but Cora lingered for another three years. Whenever her friend visited her, Cora always greeted her in the same way: ‘Edgar is out doing his barn work, but I expect him at any minute, sit awhile.’”

Read more about Edgar and Mrs. Higgins, including their diaries, in New Jersey’s Sourland Mountain, available at www.sourland.org.
It was Jack Koeppel’s extensive knowledge of the history of this area and his enthusiasm for sharing it that brought him to the attention of the Sourland Conservancy. Jack has always been interested in preserving documents and artifacts. As a young man he worked at the New Jersey State Museum preparing artifacts for their exhibits. Following that for many years he owned an art gallery and frame shop in Pennington, while continuing doing special jobs for the State Museum as well as the Old Barracks Museum in Trenton. Jack says it was the museum work which led him to his passionate interest in history. Additionally, he has amassed a huge collection of family items that now amount to twenty-two photograph albums and thirty cartons of material that goes back to the eighteenth century!

The first Koeppel to come to America was John Koppl (later changed to Koeppel) arriving from Bavaria in 1842 to live in a tenement on the Lower East Side of New York City. One of Koppl’s nine children, George C. Koeppel started a construction business on Long Island. After many years he pulled up stakes and began a whole new life in Skillman running a peach farm in the Sourlands. One of his sons, George Koeppel II, was Jack’s grandfather. He married Hopewell resident Avis Black and they moved into the house on the corner of Princeton Avenue which locals know as the “purple house.” George was an insurance salesman and Avis was a teacher at the Hopewell School on Model Avenue. Their son George Koeppel III grew up in Hopewell, NJ. and like his father and grandfather, George grew up to be an entrepreneur with his own business. Jack’s mother was Mary Jean Mahan, whose family had been here so long that one of her ancestors, David Brearley of Maidenhead (now Lawrenceville), signed the U.S. Constitution as the representative from New Jersey. One of their family treasures, a wooden Chipendale chair which had been in the family since 1790, was recently loaned to the Brearley House Museum in Lawrenceville. Jack remembers his mother recounting how in the 1930s her family often packed a picnic lunch into the car and drove up to the Sourlands. One of his sons, George Koeppel II, was Jack’s one of Jack’s long time interests has been the Howell Living History Farm on the edge of the Sourlands in Hopewell Township. A farm has existed on that site for at least 200 years, but the mission of this living museum is to preserve farm life at the turn of the 20th century. This was a period of dramatic transition from horses and oxen to mechanized tractors and other twentieth-century inventions.

During the 1990’s Jack became increasingly aware of the accelerating development and other changes coming to the Hopewell Valley and the Sourlands. One particularly egregious threat came from a developer who wanted to subdivide Baldpate Mountain into large residential lots with McMansions on them. During this time many people were convinced that development was inevitable and that resistance to it was a waste of time. One of Jack’s heroes in the effort to preserve such important tracts was the late Ted Stiles, president of the Friends of Hopewell Valley Open Space and a leader in the battle to save Baldpate Mountain. His work was so effective that all of Baldpate is now officially classified as an Important Bird Area and a treasured venue for hikers. Jack joined FoHVOS (Friends of Hopewell Valley Open Space) with whom he worked for over ten years to convince local landowners and taxpayers that preservation was actually a net benefit to their community. In 2005, Executive Director Linda Mead of D&R Greenway Land Trust, another important land preservation group, knowing Jack’s interest in history and his skills in organizing art exhibitions consulted him about putting together art shows related to D&R’s mission at the soon to be opened Johnson Education Center in Princeton. He agreed to serve as curator of exhibitions with the goal of educating and inspiring people to protect the environment. His strategy was to select art for each exhibit tied to a specific theme such as protecting water, supporting farming, and experiencing nature first hand. Jack is currently serving on the board to create the new Stoutzburg Sourland African History Museum on Hollow Road in Skillman. He has offered to help curate the development of the museum’s exhibits. Jack’s most difficult and heart wrenching volunteer service took place in 2005. In the aftermath of Hurricane Katrina he joined the American Red Cross and was sent to ground zero in New Orleans where he helped with disaster relief for nearly one month.

Jack Koeppel is still sharing his knowledge and enthusiasm for local history and environmental protection by giving public presentations on all sorts of topics. He believes that the only way to make a difference in the community is for people to work together towards a common goal. He has in his own lifetime demonstrated the many ways that community effort can change things for the better.

Jack inherited the family predilection for owning his own business, and at the same time following two previous generations who served actively as community volunteers. Jack joined the Board of Trustees of the Hopewell Historical Society in 1986 and created an archive that now includes over 10,000 artifacts relating to the history of Hopewell Township. He served as that organization’s president for five years. Believing that interest in history is best started early, Jack gives presentations to Pennington and Hopewell elementary students about local history and also at the Hopewell Public Library. Recently he gave a talk about St. Michael’s Orphanage, a large, grim Victorian building, that operated just outside of Hopewell from 1898 – 1973. The property was recently preserved by the D&R Greenway Land Trust and is now a wonderful community resource.
Fall allergies? Don’t blame Goldenrod!

If your eyes are watery and itchy and you can’t stop sneezing, you may be looking around for something to blame. You see vast fields of bright yellow goldenrods, and you think, “Aha! They must be the culprits!”

If that’s what you think, you would be wrong.

The perpetrators are something you could walk right past without even noticing, with inconspicuous greenish flowers. They’re ragweeds (Ambrosia spp.), plants that have evolved to have very light, tiny pollen grains that can be carried readily by the wind to another ragweed plant, or alternatively, up your nose or in your eyes. There is no need for showy flowers to entice pollinators, just an aerodynamic pollen design, and easy access to a breeze. (Note: Even ragweeds are native plants, and many birds eat their seeds!)

Goldenrods offer a profusion of yellow flowers to attract pollinators. Plants that have evolved to produce bright showy flowers depend on third party intermediaries to accomplish pollination. Their flowers have colors and food (nectar and pollen) that entice visitors. Their pollen is heavy and waxy, and readily sticks to the body of the visiting insect, bird, bat or other critter who has been attracted to the flower in the hope of finding a meal. This pollen is highly unlikely to be picked up by the wind and find its way up your nose.

Goldenrod flowers provide food for beneficial insects from mid-summer through late fall. Visitors to the banquet include beneficial insects like bees, wasps, flies, butterflies, and moths.

Goldenrod fruits, foliage and stems offer food and shelter to hundreds of species of insects, some of which may spend the winter inside goldenrod stems or rolled up in leaves. Both the seeds and the over-wintering insects are a source of winter food for birds. Watch while hungry sparrows, Chickadees, Goldfinches and Downy Woodpeckers forage for a meal.

Many goldenrods are found in meadows, but several species are also garden-worthy. Goldenrods for sunny gardens include Showy Goldenrod (Solidago speciosa) and Stiff Goldenrod (Solidago rigida), both with neat, upright spikes of flowers; Grass-leaved Goldenrod (Euthamia graminifolia), an early blooming species with flat-topped flower clusters; and a variety of Wrinkle-leaved Goldenrod (Solidago rugosa) called ‘Fireworks’.

Woodland goldenrods will light up a shade garden. Often seen along wooded paths, Wreath Goldenrod (Solidago caesia) has a flower-dotted, gracefully arching stem. True to its name, Zigzag Goldenrod (Solidago flexicaulis) has a zigzagging stem with flower clusters at its top and tucked next to the leaves.

‘Solidago’ means ‘to make whole’, a reference to some goldenrods’ effectiveness in treating diseases including urinary tract problems, diabetes, and tuberculosis.

Mary Anne Borge is a naturalist and instructor at Bowman’s Hill Wildflower Preserve. Enjoy Mary Anne’s blog, the-natural-web.org.
**Sourland Cuisine: Venison Terrine**

Serves 16-24 (make it and freeze it!)

Thanks to Will Mooney of The Brothers Moon, 7 W. Broad Street, Hopewell, NJ
www.brothersmoon.com
Will prepared this wonderful terrine for our Holiday Party.

(2 lbs. ground venison) 3 tsp juniper berries
1 ½ cup cream 2 tsp salt
3 eggs 2 tsp black pepper
12 pieces garlic – ground
5 pieces bacon – ground
1 cup bread crumbs
1 cup caramelized onion
2 tsp red vinegar
11 tsp dark brown sugar

1. Combine all ingredients
2. Place in terrine mold or pan
3. Bake 300 degrees for 1 ½ hrs
4. Chill overnight, serve with a fruit sauce
   (wild blueberries, wineberries)

Send your favorite venison recipe to lcleveland@sourland.org!