



March 2023

Taking Wing

Klamath Wingwatchers, Inc. Newsletter, Klamath Falls, OR

Is NDD a Thing? By Phil Dussel, new Wingwatcher Board member

Perhaps you've heard about a condition called **Nature Deficit Disorder**, or **NDD**, for short. Researcher Richard Louv was credited with first identifying this malady in 2005, and since then more than 1000 studies indicate that—yes, NDD is a thing.

NDD has been framed in real terms and defined as a penalty people pay when cut off from nature. If you think about it, from recent memory, there are a few reasons magnifying the dilemma, like initial isolation and lingering aftereffects from Covid, the proliferation of electronic means of communication, and as more and more open space is swallowed up by “advances of civilization”, according to Louv, “the human costs of alienation from nature” become more telling and detrimental to mind, body and spirit.

I'm sure no one likes to see a problem get worse, but there is hope. When you stay comfortable in your bubble at home, you might ask yourself, do I feel a little dulling of the senses, or some interruption of sleep rhythms, or having a touch of attention/cognitive impairment, or worse yet, am I morphing into a couch potato?? Well, you might say no big deal, but data mining proves otherwise.

So if you are, God forbid, wearing out your couch, have the jitters, feel antsy, you may have Nature Deficit Disorder coming on, without even realizing it, even if you are somewhat acclimated to being surrounded by nature already.

Yet, those that scoff at this notion of NDD, the naysayers, would no doubt say to those who know better—go on, there's no such thing, get outta here, **take a hike!** Ironically, that's what some would say to you! The answer lies somewhere along the Wingwatcher's Trail—it awaits you. So if you get out there and hike, all your senses will be refreshed and recharged!



Howard West photo of Green Heron on trail

Volunteers Care for Local, Popular Wingwatchers Trail – JOIN US By Dave Potter, Board member and Volunteer Coordinator

With over two miles of trail for walks, runners, dog exercise, birders, and people seeking peace and quiet, the Klamath Wingwatchers Trail just west of downtown Klamath Falls serves many people every day. Indeed, many people use it, but few people support it. So come help.

One of the two trailheads (the one along Link River) is closed due to highway construction. So, all trails are accessible from the tourism information building parking lot at 205 Riverside Drive – just down the street from the Favell Museum.

Serving people for over 30 years, the trails were built, were and still are maintained totally by volunteer workers and contributions. Gas for the mowers and spare parts take considerable money every year, all dollars donated. Other than occasional grants, no tax dollars go into keeping the trail litter free, mowed, and brushed back.

Starting this March, the once each month Saturday morning volunteer work parties begin again. Litter pickup [never ending], painting, weeding new shrub plantings and spreading wood chips are some of the jobs requiring volunteer efforts. Help is always needed. Assemble at the tourism building [205 Riverside Drive] parking lot at 9:30 a.m. on March 25, April 29 and/or May 27. And continuing on the fourth Saturday each month until bad weather. Work winds up about 11:30 a.m. or whenever people need to take off. Bring gloves and water.

For more info email Dave Potter at kpottermom@yahoo.com.

To recognize national Earth Day on Saturday April 22, Klamath Wingwatchers is joining with an Oregon-wide clean-up effort organized and operated by the environmental non-profit SOLVE. Everyone across our state is encouraged to get out, pick up litter and or paint over graffiti. Since the Wingwatchers Trail runs along both sides of busy Highway 97 there is a never-ending supply of litter on and near the trail and roadside. In cooperation with the Oregon Department of Transportation, volunteers will pick up this winter's accumulation. Everyone is invited ... and certainly needed. Meet at 9:30 at the tourism parking lot south of Favell Museum, 205 Riverside Drive. Bring gloves and water. Litter bags provided.

**Klamath Wingwatchers Board meetings are held at the Healthy Klamath Office in the Herald and News building at 2701 Foothills Blvd at 4:30 pm on the 4th Thursday of each month. They are OPEN to everyone! Come and join us. Call 541-882-6509 for more info.
PLEASE GET INVOLVED AND SUPPORT THE TRAIL YOU ENJOY**

Klamath Wingwatchers Trail Celebrates 30 Years!

Walk it ~ Talk it up
BBQ 4:30, AUGUST 26

We hosted 60 + people at our Barbecue at Discover Klamath. We had tribute letters from Kelley Minty Morris, Klamath County Commissioner read by Kelsey Mueller Wendt, Wingwatcher Board Member, and Carol Westfall, Mayor of Klamath Falls read by Dr. Glenn Gailis, Wingwatcher Volunteer and new Board member as of December 2022. Bill Wood, Wingwatcher Board Member and Trail Co-Coordinator for almost 30 years, shared important trail information. Leslie Lowe, Wingwatcher president, shared some Wingwatcher history and honored 2 of our founders, Ralph and Charlotte Opp, with a special Wingwatcher patch for new rain jackets to help with their move to the Seattle/Tacoma area. Then Ralph Opp, Wingwatcher Board Member, shared lots of history, especially the very dramatic placing of our snag tree into its moorings on the Wingwatcher trail. B. J. Matzen, one of the founders of Wingwatchers, gave more history of our organization. We introduced the rest of our Wingwatcher board, Mark Casebier, Ashton Greer, and Publicity Chair Jessie Wilkie. The winners of the Photo contest were announced by Stefan Savides, judge of landscape photos, and Jack Noller, judge of wildlife photos. Bonnie Hay, wife of Ken Hay, for whom our westside trail is named, sang very special songs. 8 people walked the new 400' wetland interpretation trail with Leslie and saw the new sign that US Fish and Wildlife Refuge Visitor Center donated to the trail to teach about seasonal wetlands.

IT WAS A PERFECT CELEBRATION!!!!



Patch design for Ralph /Charlotte jackets

We were supported in this celebration by the following donors: Discover Klamath Visitor Center, Klamath County Chamber of Commerce, Klamath Falls Downtown Association, Mennen Foundation, City of Klamath Falls Parks Dept., Healthy Klamath/Blue Zones, Integral Youth Services (IYS), Tom Ford and Shasta View Tree Care, Clo Cone, and over 700 Wingwatcher volunteer hours from our Wingwatcher Board and our amazing volunteers.



Ralph/ Charlotte Opp getting an award

PHOTO CONTEST WINNERS



1st Place – Paul Hansen

LANDSCAPE



2nd Place – Sarah Gray



1st Place – Howard West

WILDLIFE



2nd Place – Paul Hansen



Already shop at Fred Meyers?
 Help KWW painlessly by
 allowing a portion of the
 grocery \$\$ to go to KWW. Sign
 up on-line at
[fredmeyer.com/i/community/
 community-rewards.](https://fredmeyer.com/i/community/community-rewards)

Klamath Wingwatchers, Inc.
 8880 Tingley Lane
 Klamath Falls, OR 97603

I wish to join the Klamath Wingwatchers. All memberships are tax deductible. I would like to begin receiving the Taking Wing Newsletter. My email is _____
 I don't have email, so please send to:

MY MEMBERSHIP PLEDGE:

___ Student/Senior...\$10 ___ Individual...\$15 ___ Family...\$25 ___ Business...\$35

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip Code: _____

NOTE: This edition was compiled by Leslie Lowe using a word document and inserts. We really need someone who can put this together with a better program. If anyone is willing to help, our group can supply all the content. The original format was designed by Jessie Wilkie, who now has 2 jobs and no longer has time to create this. All help is welcome. We put out 4 issues per year. Contact Leslie at inharmony46@charter.net or call 541-882-6509

Want to contribute to our next issue? Send it to inharmony46@charter.net.

Watch for more from Howard West in the July edition.

KLAMATH WINGWATCHERS ANNUAL DINNER PARTY AT KLAMATH MUSEUM Catered by Renae Snow and family on December 14, 2022



Tri tip dinner



Chicken Parmesan dinner



Cheesecake dessert – THE BEST!!!
Kathy Larson took these pictures and said “I really liked the CHEESECAKE!!! And the APPETIZERS WERE SUCH A SURPRISE and so tasty TOO!”



Phil

Attended by 24 people, this was **THE LARGEST ATTENDANCE AT AN ANNUAL MEETING ever!** People had the opportunity to share stories, catch up on Wingwatcher news, and vote in 2 new Board members, Phil Dussel and Glenn Gailis. Watch for bios in next edition.



Glenn