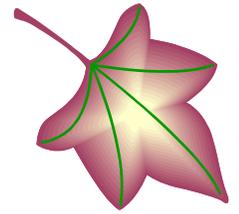


Wilderness Prints



COMNAVREG MIDLANT NORFOLK
Regional Environmental Group, Natural Resources
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What Indoor Cats Miss

Don't indoor cats miss out on a lot of outdoor action? You bet! Here's a list of what your cat is missing by staying indoors:

- Fights with cats
- Fights with dogs
- Fights with raccoons or skunks
- Infections from puncture wounds
- Gunshot wounds
- Thrown bottles or rocks
- Pesticide/rodenticide/antifreeze poisoning
- Fleas, ticks, worms
- Being stolen
- Being hit by a car
- Feline Leukemia virus
- Feline Immunodeficiency virus
- Steel-jaw traps

Children's Art Contest Don't Let Your Cat Go AWOL; Indoor Cats are Safe Cats

Natural Resources and the MWR's afterschool program are sponsoring a children's art contest on the concept of keeping cats safe indoors. Art will be judged for three age groups: 5-7, 8-10, 11-12. Art should be submitted with the artists name, age, and a contact number by November 15. The community centers Norfolk Crossing, Ben Morell and Willoughby will accept the art work between the hours of 4:30 – 6:00 pm.

Do you Know Where Your Cat is?



Low-Cost Spay/Neuter and
Vaccination Services Are
Available

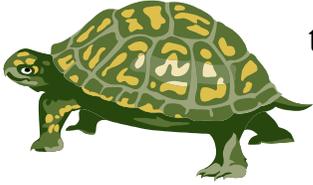
Norfolk SPCA, 622-3319
Virginia Beach SPCA, 427-0070
SNIP, 622-7382, ext. 1644
Tidewater Humane, 497-7729, ext. 14

30 Cats to Be Fixed FREE!

SNIP, the low-cost spay/neuter clinic will come to Ben Morell to provide 30 FREE cat spay/neuters on October 23rd. For an appointment call 622-7382 ext. 1644.

Natural History Is Abundant on Military Installations

Do you want to take a walk and observe local wildlife? Why not explore the many opportunities that are available on military installations?



Here are opportunities for nature photography, birdwatching and hiking!

The Environmental Center located at Naval Support Activity Norfolk Northwest Annex is a teaching tool for many local schools. It houses live animals: snapping, spotted, and painter turtles; and a variety of fish and snakes, including the state-endangered canebrake rattlesnake. All the animals are native to the region. The dismal swamp boardwalk passes through a forested wetland that is unique to the area. The half-mile boardwalk and observation tower are available for photography and birdwatching. For group access to the Environmental Center contact Don Marx, 757-421-8043.

The Natural Resources Center, on Oceana Blvd. at Naval Air Station Oceana exhibits migratory and predatory birds. Trails, starting at the center, wrap around Oceana pond, and are lined with nest boxes for bluebird, wood ducks and bats. Fishing is allowed at the pond with a station fishing permit. For more information contact: Lawrence McGrogan at: 757-433-2151.

Take the time to explore the natural world and learn how our actions affect it.

Words of Wisdom

"The Sages do not consider that making no mistakes is a blessing; they believe, rather, that the great virtue of man lies in his ability to correct his mistakes and continually make a new man of himself."

-Wang Yang-Ming

Attention Cat Owners! Did You Know ...

Military bases often struggle with how to manage domestic cat populations. Frequent transfers of personnel often means cats are left behind, abandoned to fend for themselves. Lucky cats find a new human, but most are not so fortunate. Abandoned cats face many dangers: being hit by cars, starving, freezing temperatures, disease and more. If not spayed or neutered, cat populations can explode. Feral cats are the “wild” offspring of cats that have been lost or abandoned, and were not spayed or neutered.

Free-roaming cats kill native wildlife, including many rare and endangered species, and can also threaten the health and safety of military personnel and their children.

The Chief of Naval Operations has issued a policy stating that dogs and cats will not be permitted to run at-large on military reservations. As a cat owner, you are an important part of the solution.

Keeping Cats Indoors is Good for Cats

Many people don't realize the daily hazard that outdoor cats face. The average life expectancy of a free-roaming cat is less than five years, while indoor cats commonly live to 12 – 20 years. Cats who roam are in constant danger of cars, disease, inclement weather, injuries, poisons, parasites, and human cruelty.

Keeping Cats Indoors is Good for the Birds

Cats are not native to North America. Our wildlife did not evolve with this abundant and efficient predator, and have few defenses against them. Millions of birds and small animals are killed each year by outdoor, pet cats and feral cats. Even well-fed cats kill. Cats wearing bells kill wildlife. Cats learn to stalk their prey silently, and wildlife don't necessarily know a ringing bell means danger. Even if a bird or small animal escapes from a cat, infection from the injury caused by the cat's teeth or claws can result in death.

Indoor Cats Can Slip Out, So remember to:

Spay or neuter your kitten as early as eight weeks old, before it can breed. Your cat will be a healthier better pet, and won't contribute to overpopulation. Attach an ID tag to your pet's collar or get a microchip implanted.

Never abandon cats. If you are transferred and can't take your cat with you, take it to a local animal shelter.

For more information call Natural Resources staff at 462-8564, ext. 388 or 390.

15 Dogs, 45 Cats and You

For Every Person That is Born

15 Dogs

And 45 Cats

Are Born

To keep up with the flood of puppies and kittens, every person would have to own 2 dogs and 6 cats during their entire lifetime (assuming that people live 75 years and pets live 10).

***Prevent Pet Overpopulation
Spay or Neuter Your Pets***



Friends of the Environment... Learn How to Fight Weeds and Pests Safely

Chemicals that are used to fight weeds and pests may seem harmless, but chemicals sprayed on plants and small insects poison the food chain. When a chemical kills one species, it may become food for a larger species. As this process continues up the food chain species such as birds, small mammals, even household pets can be affected. This is bioaccumulation...once a chemical has become ingested it can accumulate in the animal's tissue.

With this in mind, environmentally safe insecticides are fast becoming the new alternative to fight pests. Some products fight pests using natural ingredients such as orange peels and eucalyptus leaves. **OrangeGuard.com**, is a website for a California company that makes an insecticide using orange peels. A natural chemical called di-limonene, which is extracted from the orange-peel oil, is the base of this environmentally safe insecticide. It works by dissolving the waxy coating on the insect and clogging the spiracles, which is how insects breathe. And being water-based, OrangeGuard is environmentally friendly.

To fight the persistent weed, homemade herbicides are an alternative. Below are two recipes worth trying and might save you money.

Vinegar Herbicide:

Bring 1 gallon of white vinegar to a boil. Add 1 cup or regular table salt and simmer until salt dissolves. Let the mixture cool. Once cool; add 8 drops of dish detergent.

For the Beer Drinkers:

1 can beer, 1-cup ammonia, 1/2-cup dish detergent, and 1/2 cup corn syrup- Mix all ingredients and spray flowering plants every 3 weeks all summer.

As with most herbicides, it is best used when it is 70 degrees or warmer for a few consecutive days.

Thanks to Linda Benedict, the natural resources newsletter has a new name. We agree that *Wilderness Prints* reflects our mission to leave natural resources impressions on our readers.

Off-Road Vehicles Damage the Environment

Off-road vehicles (ORVs) offer an easy way to take the road less traveled, but it comes at a high cost to the environment. These vehicles have the potential to cause damage to wetland areas and sensitive sites such as primary dunes and designated special interest/conservation areas, as well as degrade our surrounding waterways. ORVs can create tire ruts, paths, and compacted soil. This kills native vegetation and results in soil erosion and water pollution. Many people ride ORVs on beaches and dunes. This can seriously erode dunes, which act as protective barriers against major storms. Before you decide to take that road less traveled, call the installation's Natural Resources Specialist or Conservation Officer to make sure that ORVs are allowed on the installation and that you are not trespassing. Better yet, why not take the route on foot. You can take in the scenic view while getting a nice work out!