

Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation • Fall 2010



Congratulations to Nittany and owner Vanessa Carty of South Mountain, PA. See page 7 for the complete story.

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Our State Parks and Forests – The Keystone for a Healthy State

Ellen Zeph and
Marcy Mowery

Pennsylvanians are fortunate—most of us live within 25 miles of a state park or forest, and have access to 117 state parks and 2.2 million acres of state forest land for recreational activities that includes 17,000-miles of trails for hiking, biking, skiing, and numerous other activities. They provide convenient and inexpensive places in which to recreate; and there is strong evidence that when people have access to parks, forests and greenways, they exercise more.¹

In addition, more than twenty years of studies in Pennsylvania and throughout the U.S. unequivocally show that parks, greenways, public forests and other protected natural lands can boost property values, improve local economies, attract and support businesses, save energy and water-treatment costs, and safeguard the natural systems on which our economic well-being depends. Our state parks and forests also play a key role helping millions of Pennsylvanians achieve healthy lifestyles.

The 2008 PA State Park Visitor study by Penn State found that Pennsylvanians who visit their state parks each year, do so to have fun, reduce stress and anxiety, and to connect to the outdoors. This is particularly important during times of economic downturn when more people vacation closer to home, choosing local and state parks and forests for their recreation destination.²

Parks and Forests Promote Recreation and Exercise

A recent state-wide outdoor recreation survey of visitors and residents to state parks in Pennsylvania³ showed the following:

- State parks represent a major proportion of outdoor recreation available in Pennsylvania.



More than 39 million state residents and visitors used the parks annually.

- 63% of state park visitors said that they engaged in some form of moderate physical activity during their visit and half (49%) reported that they were more physically active during their state park visit than in their daily lives.

State parks and forests offer a tremendous number and variety of outdoor recreation programs statewide. In 2009, more than 365,800 people participated in outdoor recreation programs.⁴ These programs include outdoor adventure camps like Eco-Camp where kids are introduced to conservation and environmental careers; and Adventure Camp, which encourages city youth to explore state parks and forests.

Get Outdoors PA is a state-wide program to encourage children and adults to take part in a wide range of outdoor activities in state parks and forests throughout the year. In 2009, 63,636 people participated in a Get Outdoors PA activity. The Pennsylvania Parks and Forests Foundation's Great Pennsylvania Outdoor Challenge gives families the opportunity to take part in a wide range of recreational "challenges" at parks and forests across the state each fall.

continued on page 3

President's Message

Marci Mowery



Autumn always fills me with a mix of emotions... anticipation of fall colors and lighting, the change in outdoor activities, and the briskness in the air mingle with nostalgia for the waning days of summer and all of the things I planned to do but somehow the days passed too quickly. Nowhere was this more evident than in my personal **Great Pa Outdoor Challenge Goal**—set for 500, but reaching only 229—respectable, but a shortfall. Rainy days and a busy schedule turned my visions of long bike rides to time in the car thinking about bike rides.



Riding the Pine Creek Rail Trail

And I know better. Outdoor recreation boosts both human health and economic health. Park and forest users in Pennsylvania say the number one benefit of engaging in outdoor recreation is stress reduction. Studies find outdoor recreation improves overall health—read on to find out more.

Economic health also gets a boost when we recreate. A recent Penn State Study found that in 2009, for every \$1 of taxpayer money invested in a state park, \$9.63 is returned to the state in revenue. Additionally, parks alone support over 10,000 jobs in the communities surrounding them.

While I may not have met my 500-mile goal, people across the commonwealth joined us at events such as Bark in the Park (pg 5), Pedal the Lakes, National Public Lands Day activities

“Outdoor recreation boosts both human health and economic health.”

and more, to collectively celebrate our great outdoors—and the economic and health benefits that they promote.

Speaking of health, at the time of this writing, on the legislative front, we witnessed an ongoing debate on a severance tax for natural gas, but not the tax. Thank you for those who expressed support of a severance tax, which would not only benefit state and local government, but the environment, and therefore, human and economic health. We'll keep you posted as the debate continues.

The **Goddard Legacy** project moves ahead... with one historic marker dedication (four more on the way), 25 interpretive panels placed in Goddard Era parks (send us a picture of you standing next to one and we'll not only send you a prize, we'll enter you to win a prize drawing for a \$25 State Park Gift Card), the rededication of Wykoff Run, and the release of the Goddard documentary. Check your local PBS station for air times near you.

It's time again to nominate your favorite park and forest for our **annual awards program**. Mark your calendar for May 3 and consider joining us in Harrisburg for this Annual Celebration. And as you contemplate your favorite place to recreate in Pennsylvania, consider giving a living gift (see pg 11) this year during the holiday gift giving season or purchasing PPF wear. In the meantime, as Mom always told me, “Go play outside!”

*Yours in the Outdoors,
Marci*

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Our State Parks and Forests – The Keystone for a Healthy State *continued*

Parks and Forests Provide Ecological Services Essential to Human Health and Well Being

It's difficult to place a monetary value on the ecosystem services provided by forests and parks—services such as erosion control, water purification, air purification, carbon sequestration, ground water recharge, storm water run off, shade, wind breaks, and noise buffers.

Trees remove many pollutants from the atmosphere, including nitrogen dioxide, sulfur dioxide, ozone, carbon monoxide, and tiny particulate matter.⁵ In addition, our state forests create and retain soil, provide habitat for countless species (including microscopic soil-dwelling species that we are only now discovering), and provide homes for pollinators essential to the reproduction of plant species.⁶ Toss into this mix medicinal research, fertilization and pest control.

According to the Trust for Public Land, if humans had to create a mechanical system to replace the natural processes we currently enjoy, it would cost an estimated \$33 trillion annually! An example closer to home is the value Philadelphia parks provide in water treatment, saving the city an estimated \$5.4 million annually.⁷

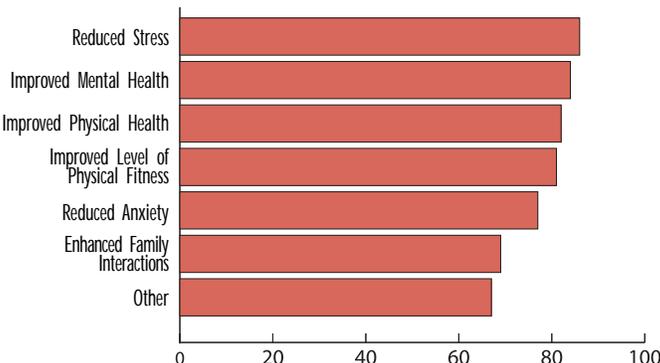
Nature Improves Psychological and Social Health

Research shows that contact with the natural world improves physical and psychological health. Exposure to nature promotes coping and health, exercise increases the brain's capacity for learning, and children with attention deficit disorder can concentrate on schoolwork better after taking part in activities in green settings.⁸

Spending time in state parks and forests can help replace a missing ingredient in many people's daily lives. Nature is a key ingredient of human habitat and is essential to our psychological and social health. Having nature in our lives also seems to improve blood pressure, heart rate, mood, day-to-day effectiveness, social behavior, cognitive functioning, and work performance.⁹

Outdoor recreation can help improve the health of Pennsylvanians. With a state park or forest close to everyone, our state lands with accompanying programs are positioned to play an even greater role in the future.

To what extent does your outdoor recreation participation result in any of the following health benefits for you?



Outdoor Recreation Can Help Reduce Healthcare Costs

An alarming trend has developed over the past few decades—we have become increasingly inactive as a nation. Children, especially, are spending more time indoors in front of electronics, and less time outdoors. The link between physical inactivity and increasing rates of obesity has been established. In Pennsylvania alone, 64.2% of adults are overweight, and 29.7% of children between the ages of 10-17 are overweight or obese.¹⁰ If this trend continues, the current generation will be experiencing a shorter life-span than their parents.¹¹

The recent study, "The Future Cost of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses," shows that 42 percent of Pennsylvanians will be obese and associated health care costs will surpass \$13.5 billion by 2018.¹²

Physical activity is clearly important to help reverse this trend. It has been shown to reduce the risk of dying from coronary heart disease, of developing high blood pressure, colon cancer and diabetes. It also has been shown to reduce blood pressure, help control weight, reduce symptoms of anxiety and depression and can promote a feeling of well-being.¹³

In our next issue of *Penns Stewards*, we will explore the economic value of state parks and forests.

To download our fact sheets on the value of parks and forests, visit: <http://paparksandforests.org/press.html>.

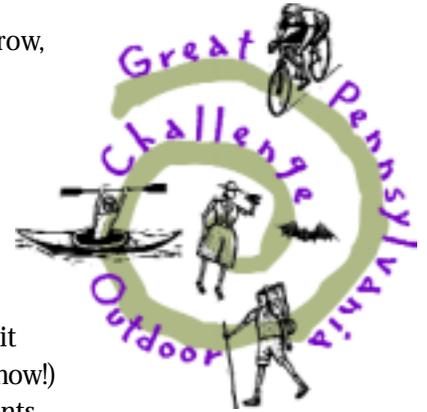


Photo: Joe Frassetta

Notes:
 CHART: From: 2009 Outdoor Recreation in Pennsylvania, Resident Survey, Penn State University, Dept of Recreation, Park and Tourism Management
 1 The Benefits of Parks: Why America Needs More City Parks and Open Space by Paul M. Sherer; published by Trust for Public Land; 2006; 2 Governor's Outdoor Task Force Report—Healthy lifestyles.
 3 Outdoor Recreation in Pennsylvania: Resident Survey, Penn State University Department of Recreation, Park and Tourism Management, 2009; 4 Data made available from the PA State Parks Division of Outdoor Programming Services; 5 From American Forests website: www.americanforests.org/resources/urbanforests/naturevalue.php; 6 The Economic Value of New Jersey State Parks and Forests, New Jersey Department of Environmental Protection, June 2004; 7 Department of Recreation, Park and Tourism Management The Pennsylvania State University and Donald B. K. English USDA Forest Service; 2008.
 8, 9 The Health Benefits of Parks: How Parks Help Keep Americans and Their Communities Fit and Healthy By Erica Gies. Published by Trust for Public Land, 2006; 10 Statehealthfacts.org
 11 The New England Journal of Medicine, March 2005, as cited in National Institutes of Health News, 3/16/05; 12 <http://www.medicalnewstoday.com/articles/171392.php>
 13 A Report of the Surgeon General: Physical Activity and Health (www.fitness.gov/adults.pdf), U.S. Department of Health and Human Services, Centers for Disease Control & Prevention.

Third Annual Great PA Outdoor Challenge Concludes

Pam Metzger



For the third year in a row, from September 10th to October 10th, PPF sponsored the **Great Pennsylvania Outdoor Challenge** – challenging Pennsylvanians to get outdoors. (We do believe in truth in advertising when it comes to our events, you know!)

Like many outdoor events, participants could solicit friends and co-workers to donate to their cause, could set a mileage goal, challenge themselves to try a new outdoor activity at a park, forest or trail they'd never been at, or increase the amount of time they spend doing what they already love. They were also able to create their own webpage to showcase their efforts.

Some of us reached our goals; some of us did not. Did I ask for the world's worst rhinovirus to cut my biking time when the warm late summer sun was still beckoning? No, I did not. On the other hand, Julie Hitz-Katz and Demian Katz of Glenside set a goal of visiting four state parks they'd never seen and they did it! They also set a goal of raising \$250 for native plantings and surpassed it.

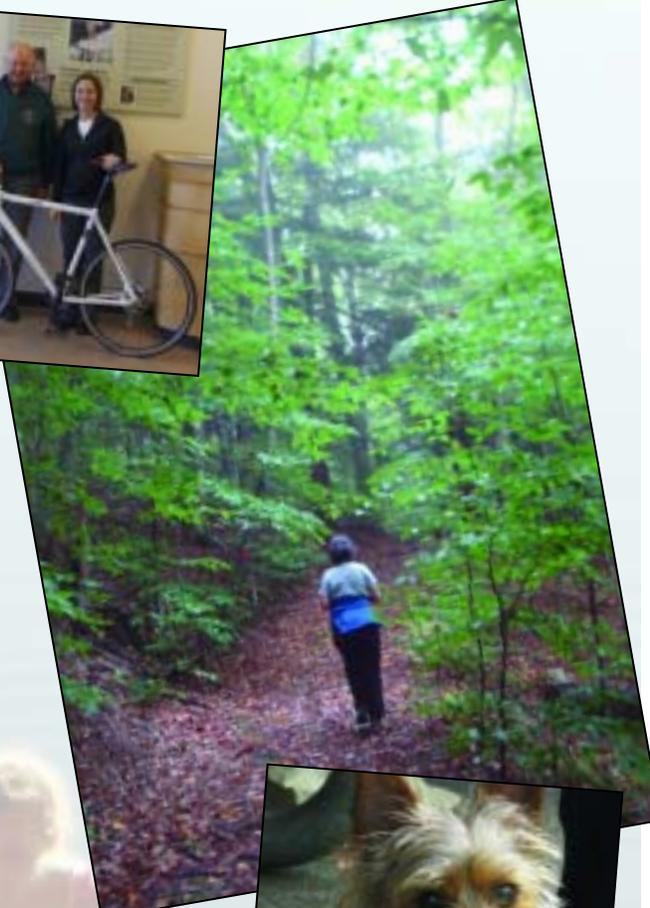
Mileage champ was PPF Board member and treasurer Gary Smith. By logging 483 miles during the Challenge, Gary was our big prize winner and takes home a beautiful road bike, courtesy of REI. It'll make a wonderful companion to his snappy Cannondale.

I think it's safe to say that, goals met or not, everyone who participated in their own Challenge or one of the many partner events sponsored by sister organizations like Keystone Trails Association, the Central PA Conservancy, Susquehanna AT Club, Mercer County Trails Association, or the Furry Friends Network found the time spent in our parks and forests a worthwhile endeavor. So far, this year's 1,500 participants tallied 27,000 miles (the counting continues at press time), essentially crossing Pennsylvania from east to west 85 times. No wonder we're tired!

By now, this issue of the newsletter has convinced you that the health benefits of our parks and forests are just one of many reasons to take advantage of these wonderful resources so by the time next year rolls around, you will be ready to take up the Challenge. Stephanie Strub of Philadelphia logged 190 miles of nearly daily walking and biking because "There are few things I enjoy more than being physically active ... or the natural environment. I'm participating in the GPOC because how could I pass up the chance to protect one by engaging in the other?"

I don't think I could say it any better than that.

Photos (top to bottom): Gary Smith, who was the high mileage winner for the GPOC received a new bike from REI; Hiking at Worlds End; Rascal enjoyed Tails on Trails at Ryerson Station; The Riders of Confluence invade Tioga State Forest and the Pine Creek Rail Trail.



SPECIAL THANKS TO OUR PRIZE & EVENT SPONSORS:

- | | |
|----------------------------------|-------------------------|
| Bass Pro Shops | Shank's Mare Outfitters |
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| Kittatinny Canoes | Venture Outdoors |
| Recreation Equipment, Inc. (REI) | Whitewater Challengers |
| | Wilderness Voyageurs |

Choosing to Stay Active

By Pam Metzger



For a good look at the importance of the outdoors to every person's ultimate health and wellness, look no further than Phil McGrath of the Pennsylvania Bureau of Forestry. Phil's a Forest Insect Pest Specialist for the Department of Conservation and Natural Resources (DCNR) based at William Penn Forest District, working to get rid of those miserable hemlock woolly adelgids, emerald ash borers and Asian longhorned beetles stressing our trees and our sanity.



Top: Phil McGrath at work at French Creek State Park. Above: Phil with his wife Jane, son Diller (12) and son Tyler (16).

Phil was born in Abington in 1963, and at the age of 2 his family moved to the Pocono mountain area. His early years were spent exploring the mountains with his close-knit, outdoorsy family until he went to college. "We hiked, fished, hunted, camped – anything to do with being outside in nature was where you'd find all of us," says Phil. He graduated from Penn State University with a degree in Forestry in 1987, and the first job offered was working as a landscaper and in landscape design until March 1999 when he started his own company, McGrath Landscaping. He went to work for the Bureau in 2001, and also acquired his GIS Certificate through Penn State's online World Campus in 1999.

Sounds like a pretty typical guy, doesn't he? And Phil would be the first person to tell you that he is, in fact, just that. Your average hiking, hunting, fishing forester. And, essentially, you should pay no attention to the fact that Phil's in a wheelchair. That business he started in March 1999? Well, he didn't have a terribly good first day with the company – he fell 20 feet from a ladder while pruning a storm-damaged Norway maple, landing straight down on the top of his head. Just like that – paralyzed from the chest down.

But, according to Phil, "Thanks to my father and grandfather's influence, giving up is not in my dictionary." And when being outside plays as big a role in a person's life as it always has in Phil's, there doesn't seem to be much point in letting a little thing like paraplegia get in the way of life's challenges and moving forward. Consequently, Phil leads about ten different accessible hikes every spring, summer and fall. He helps to coordinate the annual Accessibility Adventure Day at French Creek where accessible swimming, fishing, and kayaking help fill the bill.

"Overall, I just want other folks with disabilities to know that there are resources out there to help them know that they have the power to make positive productive lives for themselves," says Phil. "You don't have to give up what you love. As a result of my accident, I am now restricted to a power wheelchair [but it allows] me to go practically anywhere I want to, at least within reason. Or not! I have been stuck several times in the mud wandering places where I shouldn't go."

I'm betting that even when he's stuck in the mud, Phil's not stuck.

Next spring Check our Calendar of Events for Phil's hikes to be posted at <http://www.paparksandforests.org/opportunities.html>

Accessibility in the State Parks and Forests

DCNR is constantly striving to make more and more of the state park and forest facilities accessible to people with disabilities. When the Americans with Disabilities Act was passed, a comprehensive review of all facilities was undertaken and now every park has a plan on hand for making accessibility upgrades as money becomes available. The total cost was estimated at \$12 million and slowly but surely the money is being directed to where it's needed.

In the meantime, accessible camping is available in many park campgrounds – from tent and RV sites near bathhouses to fully equipped cottages and cabins. (Visit www.dcnr.state.pa.us for a specific list of parks with accessible camping.) Where rail-trails are found in state parks (e.g., Oil Creek and Ohiopyle, Lehigh Gorge and Canoe Creek), access is a breeze. (Visit explorepatrials.com for a comprehensive searchable database for trails suitable for wheelchairs.)

The entire 62-miles of the Pine Creek Rail Trail is accessible from Jersey Shore to Wellsboro Junction and the newer latrines and state forest picnic areas are also accessible. Retrofits have been done on some of the existing state forest trails including the Barbour Rock Trail in the Tioga State Forest. DCNR also allows persons with disabilities to use motorized vehicles on designated roads in state forest land. Call (717) 783-7941 to find out how to receive a letter of authorization or visit www.dcnr.state.pa.us/forestry.

And even where the universal symbol for accessibility is not found for a park facility or event, DCNR staff is available and ready to provide accommodation. They know that the lack of money for upgrades is no excuse not to provide an enjoyable outdoor experience for every Pennsylvanian.

Where is your favorite accessible place?



PETS in PENNSYLVANIA STATE PARKS

Pets are allowed into all of the Pennsylvania State Parks as long as they are on a leash. Listed below are the parks that have campgrounds that allow pets to stay overnight. Remember, dogs must be on a leash of 6' or less.

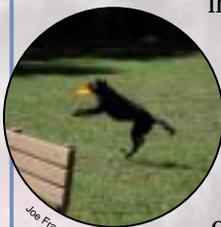
- | | |
|-------------------|--------------------|
| Oil Creek | Little Buffalo |
| Pymatuning | Pine Grove Furnace |
| Bald Eagle | French Creek |
| Black Moshannon | Frances Slocum |
| Chapman | Hickory Run |
| Cook Forest | Lackawanna |
| Hills Creek | Promised Land |
| Kettle Creek | Ricketts Glen |
| Little Pine | Tobyhanna |
| Lyman Run | Worlds End |
| Parker Dam | Keystone |
| Ravensburg | Kooser |
| Sinnemahoning | Laurel Hill |
| Racoon Creek | Laurel Ridge |
| Ryerson Station | Ohiopyle |
| Blue Knob | Poe Valley |
| Cowans Gap | Prince Gallitzin |
| Greenwood Furnace | R.B. Winter |
| Locust Lake | Reeds Gap |
| Penn-Roosevelt | Shawnee |
| Poe Paddy | Trough Creek |
| Colonel Denning | Caledonia |
| Fowlers Hollow | Codorus |
| Gifford Pinchot | |



Participants enjoyed the "Doga" class - Yoga with your dog.



The Pennsylvania Parks and Forests Foundation, in partnership with Friends of Colonel Denning State Park and Colonel Denning State Park, hosted their first Bark in the Park event on October 2. Blue skies and warm weather greeted visitors, both canine and human. Additional sponsors included Invisible Fence Pet Solutions of Mechanicsburg, with prize donations from REI and Metro Bank. The event celebrated dogs in state parks and forests.



Joe Frassetta

Approximately 500 people joined us for demonstrations by Appalachian Air Canines, Northern Piedmont Retriever Club, Bedford County Wilderness Search Team, Dog Scouts of America (Carlisle Chapter) and Susquehanna Service Dogs.

In addition to demonstrations, participants could join a variety of hikes, take part a dog yoga session, give a try at canine good citizenship, learn more about animal rescue, or visit the exhibit area. Photographs from the Dogs in the Outdoors photo contest entries were available for public vote.

In case you missed it this year, don't despair! We have scheduled the 2011 event for October 1st, so mark your calendars. And keep snapping pictures of your canine friends in state parks and forests, we'll look forward to seeing your entry in next year's contest.



Marc Mowery

Rules for Pets in State Park Campgrounds

- ▼ You are not allowed to have more than two non-caged pets in one campsite.
- ▼ The owners must pick up after their pets and properly dispose of pet waste.
- ▼ Dogs and cats must have their current rabies vaccinations. They must also have a valid license if required in their home state.
- ▼ Pets must not be left unattended.
- ▼ Pets have to be under control at all times.
- ▼ Pets should not be a disturbance.
- ▼ Pet food should be kept inside camping units to not attract other wildlife.
- ▼ Pets should be walked in designated walking areas.
- ▼ Pets are not allowed in buildings, swimming areas, or any area that is closed to pets.



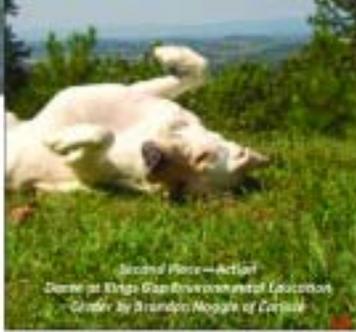
First Place—Action
 Kelly at Colver Drinking State Park by
 Dawnie Morris of Shippenburg



Third Place—Action
 Mason at Johnson State Park by
 Josephine of Carleton



Honorable Mention
 Bronson at Shinnecock State Park by
 Sherry Neuffer of Schenectady



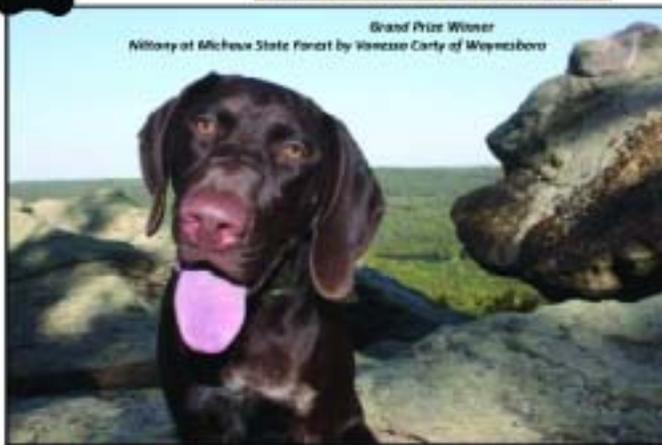
Second Place—Action
 Dora at Kings Gap Recreation Area
 Lenoir by Brandon Moggitt of Carleton



First Place—Companionship
 Lacey and Lucy at
 Colchester State Park by
 Jennifer of Schenectady



Third Place—Companionship
 Every dog at Blount State Park by
 Nathan of Powell by Andy Mitchell
 of Fowler, OH



Grand Prize Winner
 Nitony at Michaux State Forest by Vincenzo Carly of Waynesboro



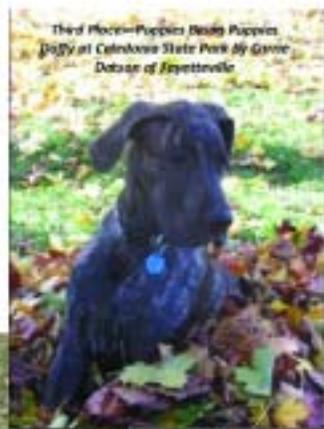
Second Place—Companionship
 Jeff and Gus at
 Presque Isle State Park by
 Emily McCuller of
 OH



Third Place—Companionship
 Shelby at Pine Grove Park by
 Amy of
 Waverly



Third Place—Contemplation
 Jodie at Pine Grove Park by
 Doreen of
 Wood County



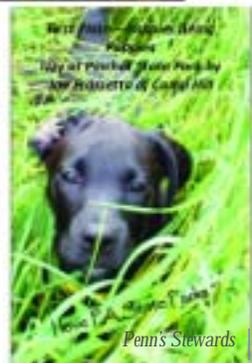
Third Place—Puppies Being Puppies
 Dolly at Colchester State Park by
 Garry Detzler of
 Fayetteville



Second Place—Contemplation
 Pistonia at Pischoh State
 Park by Lori Zivener of
 Camp Hill



Second Place—Puppies Being Puppies
 Woody at Michaux State Forest by
 Jeff Anderson of
 Shenandoah



First Place—Companionship
 Dolly at Pischoh State Park by
 Amy of
 Camp Hill

WINNERS OF THE 2010 DOGS IN THE OUTDOORS PHOTO CONTEST

To download a copy of this poster go to www.paparksandforests.org

The Legacy of Doc Goddard Lives On Ellen Zeph

The Goddard Legacy Project partners have been busy this fall. On September 17, the first of five historical markers honoring Dr. Goddard was unveiled in a dedication ceremony in front of the Rachel Carson State Office Building, home to both the Department of Conservation and Natural Resources and the Department of Environmental Protection.

Meanwhile, DCNR's educational interpretive panels are cropping up in the "Goddard Parks" - those parks whose very existence can be traced to Doc's vision of a "park within 25 miles of every citizen of the state." Marci Mowery, Foundation President, along with state park managers and staff, have already unveiled panels at the following state parks: Mt Pisgah, Codorus, Sinnemahoning, Jacobsburg Environmental Education Center, and Marsh Creek. A total of twenty-five panels will be installed at the "Goddard Parks" and will serve to remind everyone who visits these parks of the legacy of this visionary leader.

A panel discussion on environmental issues funded by the Legacy Project, and conducted at WITF in October, is now available for viewing online at: <http://paparksandforests.org/goddard.html>. The panelists included Larry Schweiger, President of the National Wildlife Federation, Caren Glotfelty, Director of the Heinz Endowments Environmental Program, John Quigley, Secretary of the PA DCNR and Carol Collier, Executive Director of the Delaware River Basin Commission. The forum was filmed in front of a studio audience who participated by asking the panelists questions.



Goddard Interpretive Panel at Marsh Creek State Park

On October 25, some of the stars of, and donors to, a new documentary on the life of Doc Goddard were granted a sneak preview at WITF. The film is very well done and we're excited for everyone to see the finished product which aired on Wednesday, November 10th in the WITF viewing area and then across the commonwealth. It will also be available for streaming at WITF's website.

And finally, on Monday, November 8th, the Wykoff Run Natural Area in Elk State Forest was officially rededicated as the M.K. Goddard/WyKoff Run Natural Area.

Future Legacy Project plans include piloting a leadership program for high school students and a leadership summit for young professionals.

Project partners include: PPF, the Pennsylvania Department of Conservation and Natural Resources, WITF, and the Pennsylvania Association of Environmental Professionals. Funding for the project was made possible by the Department of Conservation and Natural Resources, the Heinz Endowments, the Richard King Mellon Foundation, the Katherine Mabis McKenna Foundation, the Foundation for Pennsylvania Watersheds, and private contributions.



Honoring Maurice K. Goddard

You can Support the Legacy of Conservation

Volunteer your time at a state park or forest, or make a donation.

Visit our website at

www.PaParksAndForests.org

to make a donation, or send it by mail to:

PPFF,

105 N. Front Street,
Suite 305,

Harrisburg, PA 17101

(make checks payable to PPF)

Who is your favorite conservation leader?

Tell us on facebook.



Sandy Creek State Park was renamed as Maurice K. Goddard State Park in 1969.

Help from Friends



M.K. GODDARD STATE PARK
The Friends of Goddard State Park provided matching funds to a grant from DCNR/PPFF to help the park replace this handicap accessible fishing pier. Park staff constructed the pier using composite decking and railing, made from 50% recycled plastic and wood, which requires less maintenance.



COLONEL DENNING STATE PARK
The Friends of Colonel Denning State Park recently completed an overhaul of the pond near the Nature Center. Aunt Lilla's Ponds of Camp Hill was hired to help with the construction and the Friends spent 110 hours on the project removing the old rock wall and concrete floor. "The rehab

project to the nature center pond has been a great success. The project was funded entirely by the Friends and many park visitors have responded positively to the new addition," says Park Manager, Ryan Donovan. "A big thanks to Friends Group for their efforts in making this project possible!"



in the campground for the weekend. Children and adults wore costumes, decorated their campsites and went on a parade through the campground led by the park ranger vehicle. Three top prizes were awarded for the best decorated campsite and the Friends gave away candy, notebooks, pencils and chips to the campers. This spring and summer, the Friends also completed construction of three horseshoe pits (photo) and built seven new park benches.



approximately 1500 trees to help block light pollution.



PRINCE GALLITZIN STATE PARK

The Friends themed campsite weekends continue to increase in popularity! The Halloween themed campsite weekend was a success with 400 people

CHERRY SPRINGS DARK SKY FUND

At Cherry Springs State Park, 40 kids from the Calvary Chapel of Philadelphia joined the Work Bee work day in May and helped plant

LYMAN STATE PARK

The Friends of Lyman State Park sponsored a "Women in Nature" program where participants took part in an Introduction to Yoga class and a walk to learn about the park's wildflowers.

PARK AND FOREST AWARD NOMINATIONS DUE DECEMBER 30

Celebrate the importance of parks and forests by nominating a park, forest, or friends group that you think represents the best of the best! The Pennsylvania Parks and Forests Foundation established an awards program in 2007 to recognize the outstanding service, programs and exemplary work being done at state parks and forests. The awards will be presented at the 4th annual banquet, to be held on Tuesday, May, 3 2011 at the Harrisburg Country Club.

AWARD CATEGORIES

- **Cliff Jones Keystone Legacy Award**

This is the top honor, given to a group, individual, or business—chosen at the discretion of PPFF.

- **President's Award**

This award recognizes outstanding citizens or businesses that have made an impact in protecting opens space, conservation, outdoor recreation or volunteerism.

- **Joseph Ibberson Government Award**

This is given to a person or department at any level of government to recognize their work in the stewardship of Pennsylvania's state park and forest system.

- **Park of the Year**

This award is designed to recognize a park for their exemplary or innovative work in any or all of the following: customer service; education; programming or recreation; stewardship of the natural, cultural, or historic assets; and/or accommodation of special needs of visitors.

- **Forest of the Year**

This award is designed to recognize a forest district for its innovative and exemplary work in both forest management and recreation for a wide range of activities.

- **Friends Group Awards**

Three awards are given for recognition of achievements made by friends groups. These include awards for volunteerism, improvement, and education.

Award Nominations are due by
December 30, 2010

To submit a nomination, or for information about sponsoring an award, please visit our website: paparksandforests.org or contact Marci Mowery, (717) 236-7644, mmowery-ppff@pa.net

CCC Reflections — By John Eastlake

Despair, Hope and Survival

During the Great Depression there was a feeling of great despair. Franklin D. Roosevelt's plan, when he campaigned for President, was to create government programs that would get the USA economically back on its feet. FDR was elected, and in a very short period of time, the Civilian Conservation Corps was created.

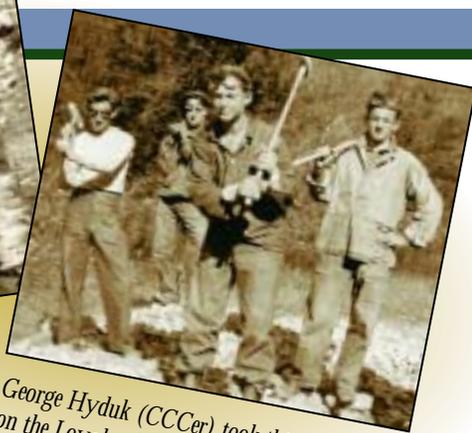
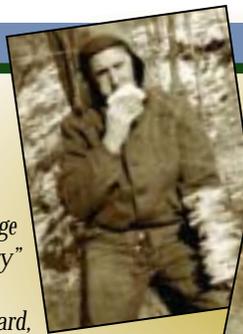
The program started in 1933. **Ed Saxman** of Latrobe was one of the original CCCers that I interviewed. Ed was sent to the Ole Bull Camp in Potter County. He said that it was really tough at home. In a nutshell, these young guys simply didn't get enough to eat. In the CCC's they received a "hot and a cot," meaning that they ate well and had a roof over their head.

George Hyduk was from Scranton, his mother died and his father was a coal miner. Neither George, or his father ate well. George hoped to get into the CCC and when he went for his physical the Army doctor told him to go home and gain some more weight. The CCC boys were expected to be able to do hard physical labor. Another doctor overheard the "go home" statement and told George to come back in a couple of days and he'd get him in. George said that the rest was history. He was sent to a camp in Hillsgrove and later Masten. He gained weight by eating properly and exercising by swinging a sledge hammer all day. "The CCC's made a man out of me," George told me. George later became the Company Clerk, then the Editor of the Camp's newsletter where he showcased his artistic ability on the newsletter covers. He was asked by the Masten postmaster if he would design a cachet for National Air Week in 1928. Masten was about 40 miles from the nearest airport. George said that it took him about ten minutes to do the artwork and it may very well be the only cachet ever done during the CCC era. They're very valuable to the philatelic collector.

Tommy Esposit had graduated from Ohio University in Engineering and couldn't find work. He joined the CCC's as an Engineer and worked with the Department

Picture of George "Hungry" Reese.

Bob Ward, who is 95, provided this photo.



George Hyduk (CCCer) took this picture on the Loyalsock State Forest of CCC workers stone napping.



The cachet that George Hyduk designed for the Masten postmaster for National Air Week in 1928.

of Forests and Waters. The CCC boys were paid \$30 a month; the Engineer was paid \$102. **Max Confer**'s father was a contractor from Snow Shoe. His father was in charge of building the Slate Run camp. Max was only 16 at the time and worked with his Dad. This exposure to the CCC's sparked his interest and when he was old enough, he joined and worked in camps in Virginia and Pennsylvania.

Robert Fechner bought Max and his buddy breakfast one time while they were on a boat on the Chesapeake heading for Baltimore. Robert was the Director of the CCC's.

In all my conversations with the CCC boys and forests and parks people, it is clear that the CCC program was a win-win situation for everyone. The boys benefited from the training that they received and they were able to help their parents financially. The boys received \$30 a month but \$25 was sent home. This \$25 kept a number of families together. The parks and forests received the benefit of tree planting, trail and road development, fire protection, pavilions, cabins, swimming areas, and many vistas. About half of the Pennsylvania State Parks were developed by the Civilian Conservation Corps. The Civilian Conservation Corps was a tremendous program from which we all still benefit today.

Elk Country Visitor Center

On October 9th, the Elk Country Visitor Center held a grand opening and ribbon cutting ceremony, officially opening their doors to the public. Visitors enjoy the interactive exhibits, elk sitings, the gift shop and strolls on the trails (no pets please). Located in Benezette, Pennsylvania, the Center sits in the heart of the Pennsylvania elk herd, one of the biggest east of the Mississippi River.

Starting in November, winter hours will be 9 am to 5 pm, Thursday through Sunday. For more information, visit <http://www.experienceelkcountry.com/vc.html>.



John Norbeck, Terry Bryant, John Geissler, Rawley Cogan, Governor Rendell, Jim Mesloh, Dan Surra, Meredith Hill, Secretary John Quigley, Mike Watson.

Nature Inn at Bald Eagle

Doors opened in early September to the Nature Inn at Bald Eagle, the first facility of its type in Pennsylvania's nationally recognized state park system, offering visitors modern accommodations and an up-close experience with nature.

Located in the southern portal to the Pennsylvania Wilds, in Centre County, the Inn is a great starting point for exploration of our rich natural heritage.

Each of the Inn's 16 rooms is named for a different bird and features coordinating prints by artists John James Audubon and Ned Smith. Bald Eagle State Park provides a plethora of bird watching opportunities in the spring and fall during migration, as well as eagle watching in the summer.

The 18,500-square foot inn demonstrates the use of environmentally friendly architecture and green technology, and explains it to visitors. For more information, visit <http://natureinnatbaldeagle.com/>.

Rain barrels are just one of the "green" characteristics of this unique Inn.



Living Gifts...Give a gift for the future!

Want to make giving more meaningful? Eager to leave commercialism behind? Consider giving a living gift from the Pennsylvania Parks and Forests Foundation. Show someone you care about them and our environment by purchasing a gift in their name. Honor your family, friends and colleagues while preserving and enhancing our natural resources, for today and future generations!

1 A gift of EDUCATION... help to fund educational speakers, purchase materials, develop and produce interpretive signs, and offers opportunities for inner city youth to attend Adventure Camp at a state park or forest.

Choose from the following:

Educational Materials... \$25

Campground Program... \$75

Adventure Camp... \$150

A gift of your time...have a skill or program to share?

Donate your time to present a campground program!

Conserving our parks and forests...



2 A gift of TREES, FLOWERS or SHRUBS... help to purchase native plants, flowers and shrubs planted in state parks and forests, enhancing habitat, creating plant screens, controlling erosion, educating visitors and cleaning air.

Choose from the following:

Flower... \$10

Shrub... \$35

Tree... \$50

past, present and future!

4 A LEGACY gift... Help support the work of the Foundation and build a voice for state parks and forests! Give a gift of membership... \$25

3 A gift of HISTORY... preserve our civilian conservation corps structures and history by adopting a CCC structure!

Adopt a Structure...\$35

Receive an adoption certificate.



Or, make a donation...this gift of support from you, or in a friend or family member's name, helps us to continue our work across the state.

Living Gifts Order Form

Fill out the information below and PPFF will send the holiday cards associated with each giving category to you, along with a tax receipt for your donation. Each card will be printed with the following: "A gift has been made in your honor to support the work of the Pennsylvania Parks and Forests Foundation" and will include a brief project description and mailing envelope. If you are purchasing this as a holiday gift, please donate by December 15 to ensure delivery of your gifts. If you purchase 4 Living Gifts in any category, you will receive a free, year-long membership to PPFF.

ITEM NAME	PRICE	QUANTITY	\$TOTAL
Flower	\$10		
Shrub	\$35		
Tree	\$50		
Educational Materials	\$25		
Campground Program	\$75		
Adventure Camp	\$150		
Adopt a CCC Structure	\$35		
Become a Member	\$25		
Make a Donation	\$		
Gift Cards	\$		
Grand Total \$			

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*Make checks payable to PPFF and mail to:
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 on the
 trails!

Think
 snow!

NORDIC SKI PATROLLERS— Serving Cross Country Skiers in the Laurel Highlands

Fred M. Fargotstein

Should you find yourself lost or injured while cross country skiing in Pennsylvania's Laurel Highlands, you'll be pleased to know that many of the area's most popular trails are patrolled by the highly trained members of the **Laurel Highlands** and **Laurel Hill Nordic Ski Patrols**.

As components of the National Ski Patrol, these two all-volunteer professional organizations provide emergency care, rescue, and other safety-related services to Nordic (cross country) skiers and other winter recreationalists.

The Laurel Highlands Nordic Ski Patrol is based in Kooser State Park on PA Route 31 (east of Donegal) and also patrols the nearby North Woods, Roaring Run, and Jones Mill Run areas of the Forbes State Forest. The Laurel Hill Nordic Ski Patrol serves the portion of the Forbes State Forest on Laurel Summit, just south of PA Route 30 near the former Laurel Mountain downhill ski area. Both groups patrol on weekends during ski season.

Nordic patrollers receive the same extensive medical training as our Alpine (downhill) ski patrol counterparts, plus specialized training related to delivering care in remote situations where assistance and support facilities are not immediately available. Our Outdoor Emergency Care credential is equivalent to EMT-B certification, and patrollers are recognized by the State of Pennsylvania as Emergency Medical Responders.

More information about the two patrols and some great places to ski (including trail descriptions, maps, and directions) is available on the patrols' website **WAR-Nordic.org**.

Members of the Laurel Highlands Nordic Ski Patrol (left to right) Andy Cook, Diane Murray, Jerry Timcik (Patrol Director), and Fred Fargotstein.

Fred M. Fargotstein is the Assistant Director of the Laurel Highlands Nordic Ski Patrol

