

# Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation



Fall 2013



Michaux  
State Forest  
Critics' Choice:  
Best in Show

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## Contact us:

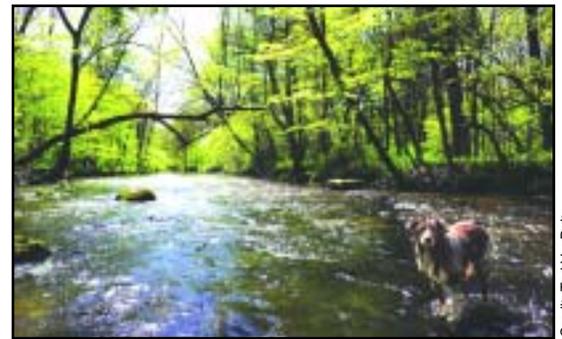
Pennsylvania Parks & Forests Foundation  
1845 Market Street, Suite 202,  
Camp Hill, PA 17011 • (717) 236-7644  
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## If You LOVE the OUTDOORS, Raise Your Paw (or Hoof)

This issue of Penn's Steward wraps up our year of celebrating *The Outdoors is for Everyone*. And we end in...well, not a bang...certainly not a whimper...but a bark! We've written about how everyone can enjoy the outdoors, that recreation can mean education, that having fun and being active includes opportunities for every level of ability; and finally, this fall, our *Outdoors is for Everyone* theme reaches out to our hairy family members. Probably not your cat or hamster, but there are lots of activities for you to enjoy with your dog. For those of you who enjoy equestrian pursuits, we've got ideas for you, as well.

It won't be news to you that your dog needs exercise to stay healthy, happy, and out of mischief. Before you get started, review this "pre-exercise" list to make sure your dog is ready for a day in the park (or forest)!

- If your dog is elderly, out of condition, or stricken with arthritis or hip dysplasia, consult your veterinarian about the amount of exercise that is right for him.
- Always start slowly, and take frequent breaks to allow your dog to drink water.
- Before embarking on any canine sport, your dog should be reliable on several commands—come, sit, and stay at the very least, but leave it and drop are also handy.



### Running and Walking

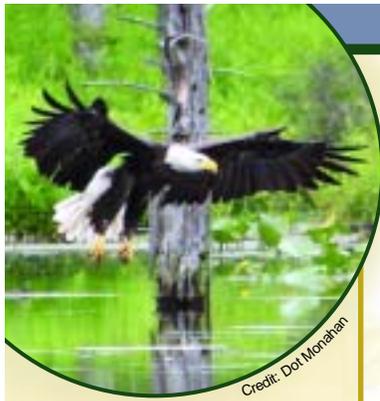
For the more athletically inclined, dogs can be wonderful walking and running partners. For running, be sure you have a dog whose type and temperament make him a suitable running partner. You can buy or make a hands-free running leash that ties securely around your waist. Commercial types have a 360-degree range of motion so they can swivel all around your body. For walking, all pets are required to be on 6' leashes in state parks. Consider a lightweight nylon backpack for your larger dog to haul his own food and water. If you have a tiny dog, maybe try a special carrying pack.

*continued on page 3*



Many dogs love to tag along while their owners ride.  
Pictured here: Craig Adkins and his dog Alex  
at Pymatuning State Park.

# The OUTDOORS Is for EVERYONE



Credit: Dot Monahan

Maurice Goddard State Park  
People's Choice: Best in Show

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# President's Message

Marci Mowery



## "Autumn...the year's last, loveliest smile."

What a great summer! I found the Great Pennsylvania Outdoor Challenge was what I needed to give me a little shove away from my 'to do' list to some playtime in the outdoors. Hopefully, participation in the GPOC afforded you a chance to explore new places and try new things. I'm happy to say I finally (successfully) visited Archbald Pothole State Park (after two failed attempts.) If you took part in our challenge, tell us how we can improve it. If you didn't, how might we entice you next year?

The summer was packed with good times and learning opportunities. In the photo below, ten Shippensburg University graduate students joined the Foundation to learn about the Susquehanna River through the ages...its history, the interrelationship between humans and the river, factors affecting it, the legislative process, and more.



The holidays are approaching, and we have some new gift ideas for you, from tea to t-shirts to living gifts, along with some ideas on how to rethink the holiday season. Visit our online store at [paparksandforests.org/store](http://paparksandforests.org/store), check

out our features on *Green is the New Black* (p. 4) and *Teas for all Taste Buds* (p.12). We also have a gift for you—a new magnet, featuring a quote from the father of the Pennsylvania Park System, Maurice K. Goddard. Send us a self-addressed stamped envelope, and we'll fill it with a magnet!

What an amazing array of images submitted to our Annual Photo Contest! The results are in, and can be found on pages 6-7. Inspiring aren't they? While you are thinking of images and people who inspire, consider nominating a park, forest, or volunteer for our annual awards program (p. 12). As part of our awards program, we are adding a silent auction to support our efforts to make handicapped accessible improvements in our parks and forests. If you have a craft, art, or product that you would like to donate for inclusion in our auction, let us know! Some of the most sought after items at last year's auction were pottery pieces and art.

William Cullen Bryant, a great American poet (and park advocate!), got it right when he wrote: "Autumn... the year's last, loveliest smile." Enjoy the changing seasons and remember to smile back!

*Yours in the Outdoors,  
Marci*



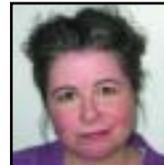
## News

Jen Rehill (top) and  
Kristina Everetts (bottom)

### Welcome Jen Rehill & Kristina Everetts

We'd like to welcome Jen Rehill, our new Public Relations & Outreach Coordinator here at PPF! A long-time user of our state parks, Jen has a deep interest in environmental issues and preservation. Her previous experience includes working as the State Capitol Bureau Chief for Pennsylvania's public radio stations, and as a media consultant for several international broadcast outlets. In her spare time Jen loves kayaking, camping, knitting, and hanging out with her family at our state parks.

• Kristina, PPF's intern, is a student at Shippensburg University working on her master's degree in Geoenvironmental Studies. She often hikes and camps in many of the PA state parks.



### Thank You Lowe's!

A donation of gift cards from the Lowe's Small Grants Committee permitted Park Manager Ryan Donovan and PPF President Marci Mowery to purchase an array of tools for volunteers to make improvements on trails at Cowans Gap State Park.

*Thank You  
Lowe's!*



Credit: Marci Mowery

**Memorial or Honorary Gifts** You can honor the memory of a special person or joyous occasion while supporting PPF's work in conservation, recreation, education, and volunteerism in our state parks and forests. Send gifts to: PPF, 1845 Market St, Suite 202, Camp Hill, PA 17011 or download a form at [www.PaParksAndForests.org](http://www.PaParksAndForests.org)

## Camping

If you'd like to take your dog camping, you can buy a real "pup" tent—a portable, lightweight "crate." Like human tents, they can be staked into the ground. They may not work for diggers or chewers, but for the well-behaved camping dog, they are ideal.

**In State Forests...** pets are permitted if they are kept under control and attended at all times. For more on pets on state forest lands, call 717-787-2703 or see their list of regulations here:

[www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr\\_008795.pdf](http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_008795.pdf)

**In State Parks...** pets are welcome in designated areas. Pets are permitted in day-use areas, on designated sites in campgrounds and all areas not otherwise closed to pets. Pets are prohibited in swimming areas, inside buildings, in non-pet overnight areas, or in any area designated as an area closed to pets.

**On the DCNR website...** <http://www.dcnr.state.pa.us/stateparks/thingstoknow/pets/>

- **Where to Camp** has a listing of parks that allow pets in campgrounds.
- **Camping** has the guidelines for pets on designated campsites.
- **Dogs in Cabins Pilot Program** has information of which parks allow dogs in designated camping cottages and yurts, and the guidelines.
- **Cabins** has locations and the guidelines for dogs in designated cabins.

For reservations, call toll-free, 888-PA-PARKS (888-727-2757).

Be sure to specify to the call center operator that you desire a campsite that permits pets.

## Swimming

Swimming is a great exercise for dogs. It's low-impact, so it doesn't stress the joints of older or arthritic animals. While not all dogs are natural swimmers, most can learn to enjoy it. The designated swimming areas at state parks are not open for pets, but the many creeks in state forests offer swimming opportunities.

### While enjoying your pet in the outdoors, be aware of a few basic tenets of Doggie Etiquette:

- Make sure that your dog is healthy and current on all vaccinations and has required licenses.
- Don't bring more dogs than you can handle.
- Don't allow your dog to engage in inappropriate behaviors, such as bullying/aggressive play, jumping on people, or excessive barking.
- Do not bring a female dog in heat. If you have an intact male, be sure that he is social and nonaggressive before bringing him to the park.
- Always clean up after your dog.



## See Our GORGEOUS COMMONWEALTH LANDS On HORSEBACK

Ask any horse lover why you should ride and many would tell you that horseback riding is not just an activity, it's a partnership. Those that ride describe a physical and emotional thrill enhanced by a connection to their horse. Riding combines a cardiovascular workout with a rewarding mental challenge. It means time spent outdoors in the fresh air, it improves both balance and reflexes, helps tone the body, and improves hand-eye coordination and joint mobility.

### Riding in our State Forests...

Pennsylvania's state forests have a multitude of opportunities for horseback riding. Twelve state forests maintain a total of 3,728 trail miles that are available for use. In addition, 1.9 million acres is available for cross-country riding. Only Natural Areas, State Forest Hiking Trails, National Scenic Trails, and certain other areas posted 'closed' are off limits to equestrians. Many of the trails on state forest lands are designed for shared-use (hike, bike, horse); be mindful these are shared trails and respect other users.

Two trails within Pennsylvania's state forests are specifically designed to accommodate equestrians—Thunder Mountain Equestrian Trail, located within the Elk State Forest, and the Bridle Trail, in the Loysock State Forest. Both trails offer hours of excellent riding through a wide variety of landscapes. For details on available trails, facilities and access, contact the state forest office of your choosing.

You can find equestrian maps and trail guides at DCNR's Bureau of State Forests at: <http://www.dcnr.state.pa.us/forestry/recreation/equestrian/equestrianmaps/index.htm>

### ...and our State Parks

State parks maintain several bridle trails available for public use. Each trail is unique. Some parks allow limited travel on the roads in the park, but this varies from park to park, so be sure to check with the park in which you are considering riding.

A few parks lie adjacent to other public lands such as state forest land or state game lands. French Creek accesses the Horseshoe Trail, Kettle Creek accesses state forest land and Prince Gallitzin and Ricketts Glen access state game lands. In all cases, it is best to contact the park involved to get a list of their rules and regulations for the specific area in which you wish to ride.

*continued on page 4*

# The OUTDOORS Is for EVERYONE

## If You LOVE the OUTDOORS, Raise Your Paw (or Hoof) continued from page 3



### Who You'll Meet on the Trail

Bud and Gwen Wills of Clarion County are dedicated volunteer educators, equestrians, and active trail stewards. As members of the PA Equine Council (PEC), the Wills travel around the state, offering different types of trainings through the Trail Stewardship Program. Although the PEC is focused on equestrians, the trainings are open to all non-motorized trail users.

Trail Stewardship Workshops (both three day and one day sessions) engage state park and forest staff, along with park and forest users, to learn concepts of appropriate sustainable trail layout, construction, and maintenance. Staff and users work together in their areas to identify and mitigate problem spots such as boggy areas and stream crossings. Other workshops and presentations cover topics like the Ride Smart concepts of trail use, the Leave No Trace ethics of minimal impact, and a 2-Day Packing Clinic (on packing stock animals with tools and materials).

In 2012, Bud and Gwen were awarded the Foundation's

### Everyone Includes Fur and Feathers, Too!

It goes without saying that *The Outdoors Is for Everyone* including all of the wildlife. The outdoors is, after all, their home! Here are general guidelines should you encounter them in their living rooms:

- **DON'T feed the wildlife.** Feeding animals teaches them that people mean food. In the future, they may aggressively approach people looking for food - which is dangerous for them and for you.
- **DON'T tease, chase or follow animals very closely.** This frightens them and may result in injury. Some wildlife species are protected from disturbance through federal laws.
- **DON'T touch.** All wild animals will defend themselves if threatened.
- **DON'T pick up baby animals or take them home.** They are cute, but their parents think so too, so please leave them alone.
- **DO** report injured animals to the appropriate authorities.
- **DO** observe wildlife at a respectful distance – where your presence doesn't disturb them. Bring binoculars and field guides and practice your identification skills.
- **DO** take pictures so that you can treasure these moments for years to come.
- **DO** attend programs and visit nature centers to learn more about wildlife.
- **DO** drive slowly and watch out for wildlife crossing the road.

Education Award for their many years of work within the PA Equine Council (PEC). "It's important for people to enjoy the outdoors in a sustainable way. In addition to the issues concerning the trails, we would also like to bring attention to the value of owning and maintaining horses. The fields, farms, and grassland dedicated to equestrian use are instrumental in maintaining and protecting open space." Gwen says.

For more information about the PEC, [www.pennsylvaniaequinecouncil.com](http://www.pennsylvaniaequinecouncil.com) or Bud & Gwen Wills at [gwwills@pennswoods.net](mailto:gwwills@pennswoods.net)

## GREEN is the New BLACK

Rethink Black Friday for a **GREEN** Thanksgiving Weekend. Forego the early rising and long lines for fun and rewarding alternatives.

### Green Friday—

- Spend the day recreating in one of your favorite state parks or forests. Not only will you help to burn off calories from the Thanksgiving meal, you can begin a routine that will help you relax and remain focused during the holidays.
- Use the day to reduce clutter—send unwanted items to local charities for their wish list, donate items to your local thrift store, or repurpose items into fun presents. For a few ideas, visit: <http://twistedstifter.com/2012/06/creative-ways-to-repurpose-reuse-and-upcycle-old-things/>
- Write your holiday gift giving list with emphasis on gifts from the heart—consider gifts of time, such as tickets to a show; or gifts of yourself, such as a coupon book for services the receiver would appreciate. Even young children can be encouraged to create coupons for tasks like washing the car, taking out the trash, or helping with pets.

**Small-Business Saturday**—support local retailers by shopping in your downtown. Shopping locally not only invests in your local community, it supports community groups, reduces environmental impacts (less transport), creates jobs, and supports local infrastructure.

**Cyber Monday**—Consider making online-donations to your favorite charities, shopping in the electronic store of non-profits, or visiting sights such as etsy.com where you can purchase hand-crafted and vintage items.

**Giving Tuesday**—serves as a celebratory day to kick off the giving season. It celebrates and encourages charitable activities that support non-profit organizations.

Look for PPF's participation in Giving Tuesday at <http://goo.gl/VXuDIX>.

*You KNOW we appreciate your support, and we're excited about the opportunity to dial down rampant commercialism for the holidays.*

# 5th Annual Great Pennsylvania Outdoor Challenge



As this newsletter goes to press, we'll be wrapping up our 5th Annual Great Pennsylvania Outdoor Challenge. This year, the GPOC took on a new form: weekly challenges tied to the outdoor activity themes in the Pennsylvania State Parks & State Forests Passport, monthly focuses for thought (and action), and prizes and encouragement from all of us at PPF.

We plan to gather feedback from the participants and make some tweaks for next year's event based on what we've learned from this experience. The GPOC has been gratifying on two significant levels. First and foremost, we've heard great stories from our participants about how the GPOC has helped them focus their intentions – whether it's to simply make time for outdoor activities, to kick their health and wellness goals into higher gear, or to visit new places or try a new sport. We recognized that not every blank space in our booklet would be filled in and not every participant would be able to participate every week. Hey, life happens!

Second, we began to realize that we are trend-setters. Several times over the course of the challenge, we'd find materials or information on challenges very similar to our GPOC. Marci was in Iowa in September for a conference and couldn't wait to share with us a link to Iowa Department of Natural Resources' H2O challenge – Healthy & Happy Outdoors!

For a look at the photos submitted by our GPOC participants, to read the Goal Tender weekly emails they received throughout the Challenge, and to discover more about what the Challenge has been all about (maybe to psych yourself up for next year), visit [www.theGPOC.org](http://www.theGPOC.org).

Janet Ball of Coraopolis (far right) says: "Great Job with the Great Outdoor Challenge. I regret that I cannot dedicate as much time the project as I would like. I applaud you for your creativeness and effort in putting together the events! Great Job!! I love it!!"



*Molson Golden is our most faithful GPOC participant. Just about the only activity he hasn't tried is disc golf!*

*Trent S. hits the mark at Codorus State Park.*

*Lentzes and Gallahers discover Hickory Run State Park.*

*Janet and her husband spent their long July 4th weekend visiting six different parks in the northern tier. Water Tank Falls along the Pine Creek Trail was a highlight of "Wet and Wild" Week.*

## Will you be ready to for next year's Great PENNSYLVANIA Outdoor Challenge?

### Working Grants Mean Good Works

One role of the Foundation is to work with Friends groups, parks, and forests on grants for projects, such as:

- Friends of Shikellamy State Park received a grant from the Pennsylvania Council of the Arts for musical performances at the park.
- The Foundation received a grant on behalf of Caledonia State Park from DCNR and the Natural Resources Environmental Stewardship Fund, administered by the Lincoln Highway Heritage Corridor to upgrade the amphitheater at the park.
- Recreational Equipment Incorporated provided funding to replace the roof on one of the warming huts at Forbes State Forest.

- A grant from the Foundation for Enhancing Watersheds provided funding to convene historians, conservationists, and others to discuss the upcoming Conservation Heritage Project.



*Staff at Ohiopyle State Park build fencing along the Great Allegheny Passage.*



*Friends of Laurel Hill State Park created a handicapped accessible trail at the lake.*



*Friends of Ohiopyle State Park develop an "Adopt a Bioswale Program" in Ohiopyle Borough.*

*The grants described in the photos above were from the National Road Heritage Corridor of DCNR's PA Heritage Area's Program.*

# Parks and Forests Through the Seasons Photo Contest

*The winners have been chosen!*

## PEOPLE'S CHOICE BEST IN SHOW



Dot Monahan, Maurice Goddard State Park

## CRITICS' CHOICE BEST IN SHOW



Larry Laird, Michaux State Forest

## APPRECIATION OF BEAUTY



First Place: Michael Hower,  
Swatara State Park



Second Place: Jim DeBiase,  
Keystone State Park



Critics' Choice: Tom Dorsey,  
Elk State Forest

## OUTDOOR RECREATION



First Place: Mary Thall,  
Pymatuning State Park



Second Place: Carole Mebus,  
Delaware Canal State Park



Critics' Choice: Ted Massa,  
Laurel Ridge State Park



*“There are no rules for good photographs,  
there are only good photographs.”*  
~ Ansel Adams

## DOGS IN THE OUTDOORS



First Place: Tamie Dickson,  
Black Moshannon State Park



Second Place: Thomas Caldwell,  
Ridley Creek State Park



Critics' Choice: Carrie McCrossen,  
Caledonia State Park

## KIDS IN THE OUTDOORS



First Place: Jennifer Wimer,  
Presque Isle State Park



Second Place: Amelia Swenski,  
Presque Isle State Park



Critics' Choice: Julie Greenawalt,  
Chapman State Park

# 80th Anniversary of the Civilian Conservation Corps

In the grips of the Great Depression emerged a remarkable program that changed the face of Pennsylvania in 1933. The Civilian Conservation Corps, enacted by President Franklin Delano Roosevelt, took unemployed men (ages 17-24) and put them to work conserving and enhancing our natural assets. The CCC is considered by many to be the single most important conservation program in America.

This year celebrated the 80th anniversary of the Civilian Conservation Corps, with reunions and festivals taking place across Pennsylvania and the Nation. In honor of these fine men who built park and forest infrastructure, fought wild fires, planted trees, and fought plant disease, the Foundation coordinated plaques which were presented to members of the Corps.



Foundation President Marci Mowery stands with members  
Cornelius McHugh and John Stopka at Promised Land State Park

Credit: Jen Rehill

## DCNR Combats Gypsy Moth Infestation in PA's Northern Tier

The Department of Conservation and Natural Resources targeted eight counties this year to combat the devastating impact of gypsy moth infestation in approximately 43,000 acres of northwest and north central Pennsylvania. Officials say that after a three-year absence of severe defoliation in state woodlands, the invasive insect has multiplied in those areas. The gypsy moth, or *Lymantria dispar*, is one of the most destructive forest pests in Pennsylvania and has killed millions of oak trees across the state. Unfortunately, experts say the gypsy moth presence in Pennsylvania cannot be eradicated, but must be managed to prevent severe damage. Homeowners can help limit the spread of gypsy moths by following these steps:

1. Place burlap and sticky bands on susceptible trees for early detection of all life stages
2. Keep lawns and woodlots clean and free of hiding places for eggs and pupae
3. Inspect outbuildings, woodpiles, fences, rock gardens, trees, and shrubs for signs of infestation
4. Plant resistant trees and shrubs, such as walnut, sycamore, dogwood, azalea, and rhododendron
5. Improve tree health with regular watering, fertilizing, and pruning dead limbs



Aerial photo of an area treated for gypsy moth infestation. Note that the green rectangle was treated and all surrounding untreated trees were heavily defoliated.

Find more information about gypsy moth issues at [dcnr.state.pa.us/forestry](http://dcnr.state.pa.us/forestry).



Foundation President Marci Mowery recently traveled to Dubuque on behalf of the **Goddard Legacy Project** to receive an award for the project. Presented by the National Association of State Park Directors (NASPD) the President's Award is presented to an individual or organization that has made an extraordinary contribution or innovation at a state, regional, or national level, furthering the goal of a system of state parks. It is an honor for the **Goddard Legacy Project** to receive this national award, which reinforces both the importance of Maurice Goddard's work and the need to reconnect Pennsylvanians to our rich conservation legacy.



Foundation President Marci Mowery accepted the National Association of State Park Directors' President's Award on behalf of the Goddard Legacy Project

Credit: Iowa DNR

## A SNAPSHOT IN TIME

### Dr. Joseph H. Kalbfus (1852-1919)

Dr. Joseph Kalbfus was Pennsylvania's second Secretary of the State Gaming Commission and Chief Game Protector during the years 1895-1919. In the early years of wildlife protection, Dr. Kalbfus is known for his tenacity to achieve compliance in dangerous environments.



From his biography, *A Sportman's Experiences & Impressions In East & West*: "The circumstances surrounding the early life of Doctor Kalbfus were unusual. He spent a number of years on the western plains during dangerous frontier days, and suffered untold hardships. Later he read law and was admitted to the Carbon County bar, participating in numerous notable criminal cases. He then became a revenue officer in the anthracite coal region during the reign of the Molly Maguires - a most hazardous duty."

During his tenure at the PA Game Commission, Dr. Kalbfus was instrumental in the creation of a resident hunting license to fund wildlife management, launching the game-refuge system, and restocking Pennsylvania's depleted deer herd. This was the precursor to the State Game Lands system, which now comprises about 1.5 million acres statewide.

### Dr. Samuel Gibson Dixon (1851 - 1918)

Dr. Samuel Dixon was a pioneering bacteriologist perhaps best known for his work as head of the Pennsylvania Department of Public Health, where he introduced sanitary and hygienic reforms, including water quality policies that set new standards for government public health programs and saved thousands of lives.



After graduating from the University of Pennsylvania Medical School in 1886, Dixon traveled to Europe, where he studied with some of the leading figures in bacteriology, a field which was then in its infancy. During his years at Drexel University, Dixon transformed their Natural Science Academy from a "cramped, antiquated" institution into a "great modern museum."

In 1905, Dixon was appointed to head the fledgling Pennsylvania Department of Public Health, a position that he held until his death. His accomplishments in public health are described by *Scientific Monthly* as "the largest and most efficient health department in any state of the union."

His research and work addressed hygiene and sanitation, a relatively new concept for protecting public health, including the critical importance of guarding the water supply. These new policies shaped the future of water quality in the commonwealth.

# Military Families Enjoy Accessible Recreation Day at Gifford Pinchot State Park

Handcycling, adaptive kayaking, hiking, campfire cooking, biking, fishing, and many other outdoor activities were on tap for Pennsylvania's wounded service members and veterans at PPF's **Pinchot Outdoors Day - The Outdoors is for Everyone!** The military outdoors event was held in early September at Gifford Pinchot State Park, giving service members and their families a chance to try accessible forms of recreation, improve their skills, and enjoy a picnic lunch. President Marci Mowery said, "Parks and forests are a great way to connect with family and friends and have also been shown to improve health and reduce stress. We wanted to support the men and women who have served by creating a day of fun and creating memories." Mowery added that plans are in the works to make it an annual event.

Other activities available to participants included fly fishing, disc golf, yoga, children's games, outdoor photography, campfire cooking, geocaching, rowing and more. Experts in accessible recreation were on hand for instruction and support, and families also enjoyed presentations about outdoor safety, search and rescue dogs, and other topics. More than 20 exhibitors took part and provided information ranging from accessible recreation opportunities to independent living and veterans' services. The event was made possible in part by support from the Pennsylvania Department of Community and Economic Development and the Department of Conservation and Natural Resources, and through the support of various local businesses.

Our special thanks go out to the volunteers who helped make the event a success, and to the following businesses for their generous donations:

- |                                 |   |
|---------------------------------|---|
| Snyder's-Lance, Inc. of Hanover | Utz Quality Foods, Inc.                             |
| Subway of Wellsville            | Reeser's Soft Ice Cream                             |
| Wegmans of Mechanicsburg        | Philadelphia Pretzel Factory of Camp Hill           |
| Brown's Orchards                | American Home Medical Equipment                     |
| Republic Services of York       | Mamma's Italian Restaurant & Pizzeria of Wellsville |



*LEEK Hunting and Mountain Preserve demonstrates the Track Chair, an all terrain chair for injured persons.*



*Heroes on the Water provides paddling and fishing opportunities for injured veterans.*



*Volunteer Mike B. cooks up hotdogs for all to enjoy.*



*Visitors had an opportunity to meet and ask questions of more than 20 exhibitors.*



*The Susquehanna Rowing Club provided an opportunity for participants to try their hand at rowing in a controlled environment.*

## Point State Park Gets Wheelchair Accessible Boat Dock through PPF

Launching a canoe or kayak at Point State Park in Pittsburgh will be a whole lot easier and safer for Pennsylvanians with disabilities thanks to a generous grant from the Mary Hillman Jennings Foundation to install an accessible dock. The Foundation received the grant to enable DCNR and the EZ Dock® Company to build an ADA compliant canoe and kayak launch system in the park. "The EZ Dock will accommodate paddlers of all abilities, and help get more Pennsylvanians outdoors," PPF President Marci Mowery said. Mowery added that she is very excited by the opportunities this dock will provide for innovative programming and use, because improvements in accessibility benefit all users, and make recreation more open to all, every day.

The photo at right shows the EZ Dock® partially completed. The ADA components will be completed within weeks.



## Focus on Friends Friends of Ryerson Station State Park



Credit: Marci Mowery

The 1,164-acre Ryerson Station State Park is located in the southwestern corner of Pennsylvania, near the West Virginia border. Duke Lake was the primary focal point of the park, but due to safety issues, the lake had to be drained for dam repairs and restoration. In the meantime, the Friends of Ryerson Station continue to celebrate the park's many other great features.

The park offers year round camping in a 46-site campground, along with approximately 13 miles of trails for hiking and cross-country skiing in the winter. Other winter activities include sledding on the several small hills throughout the park, snowmobiling, and ice-skating.

The Friends of Ryerson Station sponsor and assist with many yearly events. In the fall, the Friends and park staff work together to host an Outdoor Heritage Festival. This popular event includes turkey calling contests, children's activities, and demonstrations on archery and trapping.

In early 2013, the Friends received a grant from the Foundation to purchase equipment for conducting a first time archery program at the park. This program has already yielded far reaching benefits by introducing over 100 members of the community to the sport of archery. The parks staff believes this will generate a substantial amount of interest in the park and its other programs.



Credit: Friends of Ryerson Station State Park

Annual Spring Clean-Up day is always an excellent way to kick off the new season of park visitors. During the spring clean up, volunteers remove sticks and debris from the day use and campground areas, clear trails of obstacles, and remove invasive plants from the park.

Since four-legged friends are welcome at the park, the group promotes pet wellness by sponsoring a rabies clinic during their annual Tails on Trails event. During the most recent event, a local veterinarian vaccinated about 32 dogs and 4 cats against rabies.

Alan Johnson, Ryerson Station's park manager, states that even though the group is not always at the park their presence is felt everyday, evidenced by work such as the cutting, bundling, and sale of firewood. The firewood project has reduced the potential of invasive species, such as the emerald ash borer, from encroachment into the park. The group is responsible for extending the operating hours of the swimming pool by training more lifeguards so that the pool could remain open and guarded. Additionally, the Friends purchased a submersible CPR dummy so the lifeguards can practice their skills.

For more information, or if you are looking to volunteer at events, please visit the Friends of Ryerson Station's website at <http://friendsofryerson.webs.com/> or visit them on Facebook.

### The Goddard Leadership Legacy Institute By Abby Heberton

This summer the Central Pennsylvania Conservancy held a residential camp for youth—the Goddard Leadership Legacy Institute—at the Ironmasters Mansion in Pine Grove Furnace State Park. Together with 14 students ranging from 13-15 years old, I had an experience I will never forget. We spent 5 nights and 6 amazing days gaining knowledge of conservation and its impacts, building leadership qualities in ourselves, and growing and reflecting on ourselves as individuals. We did all of this while having a blast! As part of the program, we took a 42-acre piece of land in Fayetteville, PA, and turned it into a sustainable Low Impact Development site. Each day we focused on different topics such as Leadership, Water Resources, Forestry, and Agriculture/Land Use. Once we completed our project, each of the three groups presented projects.

I made so many great friendships and connections. Not only the campers, but the counselors and other people helping to run the camp. We were there because we chose to be; it was a great environment to discover and explore. I, personally, learn better participating in interactive activities, and this camp was all about getting involved! We had a lot of fun with activities such as archery, kayaking, and swimming. This camp motivated me to consider conservation principles before making decisions in my everyday life, as well as educating and reminding my family and peers of our daily impact on the environment. My fellow campers and I will all undoubtedly use the leadership and knowledge that we gained from this experience to make a difference.



Credit: Central PA Conservancy

Top: A group presentation.  
Bottom: Participants in front of the Ironmaster's Mansion.

# 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 RECREATION...** Supports our efforts to improve recreation through playground builds, equipment purchases, and accessibility.

**2 A gift of EDUCATION...** Supports programs and equipment purchases, such as the molds for fish print T-shirts as shown at right.

**3 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. Visit the native plant garden at Loyalsock State Forest Office to see a project supported by Living Gifts.

Choose from the following:

Flower... \$10

Shrub... \$35

Tree... \$50

**5 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

*Conserving our parks and forests past, present and future!*



Funds from the living gifts program purchased materials to engage young and old alike in hands on learning through art, such as the creation of these fish and leaf print t-shirts. To date, the materials have been used at four events, creating clothing and pictures utilizing replica of native fish and tree leaves.

Credit: Marci Mowery

**4 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 purchase Living Gifts in any category in a greater amount than \$25, you will receive a free, year-long membership to PPFF.



ITEM NAME	PRICE	QUANTITY	\$TOTAL
Flower	\$10		
Shrub	\$35		
Tree	\$50		
Recreation	\$		
Education	\$		
Adopt a CCC Structure	\$35		
Become a Member	\$25		
Make a Donation	\$		
<b>Grand Total</b>	<b>\$</b>		

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_

**Gift of Membership or Donation in someone's name**  
 (please fill in the name and address of gift recipient):

Name \_\_\_\_\_  
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 City, State, Zip \_\_\_\_\_

Make checks payable to PPFF and mail to:  
 PPFF, 1845 Market Street, Suite 202, Camp Hill, PA 17011



1845 Market Street,  
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## TEAS FOR ALL TASTE BUDS!

The Pennsylvania Parks and Forests Foundation is teaming up with *Design a Tea* to offer four unique tea blends to warm you, cool you, or remind you of summer. The four blends consist of:

- **Morning Laurel**—a great cold morning blend...black tea with caramel and vanilla
- **Firefly Magic**—a great iced tea...green tea with cherry, honey and jasmine
- **Bearfoot Meadow**—a warm weather tea...black tea with elderberry
- **Memories of Summer**—lapsang/oolong blend that carries a hint of campfire flavor

The teas are part of the ethical tea partnership, organically grown, and available in both bags and loose leaf. *Design a Tea* also offers you an opportunity to create your own blends, purchase tea making supplies, and other gifts. When prompted for a coupon code, enter PPF and not only will your purchase make a donation to PPF, you will receive a reduced shipping rate!

*Thank you to all of our friends who suggested names, blends, and helped to taste. We are thankful for your help, as well as thankful for this tasty way that folks can support state parks and forests. Just remember our initials—PPFF—that simple!*

## 2013 FOUNDATION AWARD NOMINATIONS

We're going back to the well of wonderful quotes from outdoorsman (and President!) Theodore Roosevelt for this year's award nomination announcement by endorsing his thought that: "Far and away the best prize that life has to offer is the chance to work hard at work worth doing." We'd like to add on to that "prize" by recognizing and celebrating these good works.

Nominate a park, forest, friends group, or person that you think should be recognized for their "work worth doing" this year. The Pennsylvania Parks and Forests Foundation established an awards program in 2007 to draw well-deserved attention to the outstanding service, programs, and exemplary work being done at state parks and forests. The awards will be presented at the 6th Annual Banquet to be held on May 6, 2014.

For more on the awards, go to <http://www.paparksandforests.org/awards.html>

**DEADLINE for AWARD NOMINATIONS**  
is December 18, 2013