

Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation • Spring 2012



Bikers enjoying the Pine Creek Rail Trail.

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Get SERIOUS About Being PLAYFUL Pam Metzger

You probably know that our goal through 2011 was to celebrate the *'Important Things our State Parks and Forests Do for Us'* - how they are economic generators, how they provide health benefits free for the taking, and how they improve our daily quality of life. This year we are taking a look at how we can improve our lives through *"The Year of Living Playfully."* We'll be talking more about how this relates to our shared love of the outdoors as 2012 progresses.

Play is serious business. Every media source worth its salt is reporting on health studies touting the value of unstructured time in all of our lives. Play fosters creativity, increases mental acuity and, it goes without saying, burns calories and builds muscles. And when you play outdoors? The benefits multiply for kids and adults alike. Some (myself included) would argue that it's even more important for us to find a way to lighten up a bit. Remember Richard Louv and his *Last Child in the Woods - Saving Our Children From Nature Deficit Disorder?* His latest book, *The Nature Principle*, applies the same science to the grown-ups. In his



Playing cards at Allegheny Islands State Park.

introduction he tells of a woman he met in Seattle who "literally grabbed my lapels and said, 'Listen to me, adults have nature-deficit disorder, too!'"

At PPF, we are learning as we go and want to share what we find with you. Everyone in the office is reading the research and what we're finding is fascinating as it relates to our mission at PPF and to our own lives. We know how easy it is to just keep your head down and work until you drop. Some days you may feel as though you haven't accomplished a single thing and if you look back you may not remember what you did.

There are many great resources that offer insight on the benefits of play. For example, Helpguide.org* breaks it down to illustrate how play changes the quality of life - for children, certainly, but for adults as well.

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Nina Ortolini

A limited number of state park cabins go dog-friendly beginning in April.

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President's Message

Marci Mowery



I'm guilty of it. Perhaps you are, too. Guilty of what, you might ask? Forgetting to make time to play.

Play. Look it up! The Merriam Webster says it means to 'Engage in activity for enjoyment and recreation rather than a serious or practical purpose.' or (noun) 'Activity engaged in for enjoyment and recreation, esp. by children.' An activity for enjoyment and recreation... like putting together a jigsaw puzzle, reading a book that sweeps you away, or sledding down a hill on a crisp winter day.

I, and many researchers, disagree with both Mr. Merriam and Mr. Webster on at least part of the definition; play is not just for children. As you will read in the cover story, play is an important part of a healthy lifestyle, as it keeps us fit, stimulates the brain, decreases stress, builds trust and social skills, produces learning, and builds memory. Play has also been found to decrease violence by developing skills to cope with stress.

Dr. Stuart Brown, president of the National Institute for Play, is one of the leading authorities on this topic. I first came into contact with Dr. Brown while reading an article about play in the Delta Airlines on-board magazine. His research shows that some of the highest achievers in business, science and the arts have some of the richest histories for play throughout their lives.

"PPFF has designated 2012 our "Year of Living Playfully" so follow us as we explore the world of play..."

How do you reconnect with your sense of play? Brown suggests that you think back to those moments of pure childlike joy or pleasure and see if there is a pattern in where they occurred. How can you reconnect to those feelings as an adult? For me, a few areas of play are hiking on a trail with vistas, visiting with friends and family, playing with my dog, sledding with the kids, riding my bike, looking for beach glass, or playing the game *Cranium*.

Reconnecting to play may be as simple as trying a new recipe, visiting a new park, showing your child how to fish, watching the clouds, changing your routine and maybe your point of view!

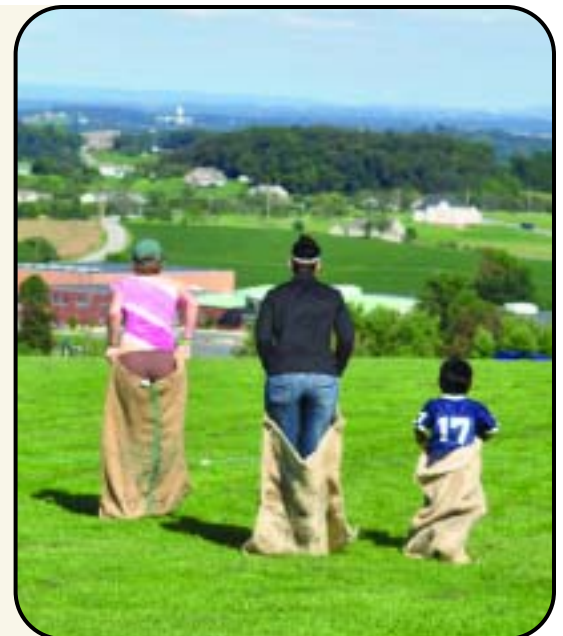
PPFF has designated 2012 our "Year of Living Playfully" so follow us as we explore the world of play and provide you ideas and opportunities to get out and try something new. Bet you'll be glad that you did.

*Yours in the Outdoors,
Marci*

Take Five/Fridays with Pam

To kick off our Year of Living Playfully, "eBlast Fridays with Pam" is now "Take Five/Fridays With Pam." She'll be offering great ideas on how small changes make a big difference. There are so many ways to *Take Five*: maybe it's a 5 minute walk around your office every hour or getting up .5 hour early to stretch out. You could add 5 volunteer days a year with your favorite Friends Group, park or forest... or right now, take 5 minutes to think about how you like to play – and call a friend – make it happen!

If you haven't yet subscribed, visit our website and click the link to Subscribe to our Newsletter/eBlast along the right margin. There you can sign up to receive this newsletter via email as well as "Take Five/Fridays with Pam" and our newest ePublication, *Explore—Pennsylvania's State Parks and Forests in Your Inbox*.



Get SERIOUS About Being PLAYFUL *continued*

Play connects us to others: Sharing joy, laughter, and fun with others promotes bonding and strengthens a sense of community. We develop empathy, compassion, trust, and the capacity for intimacy through regular play.

Play fosters creativity, flexibility, and learning: Play is a doorway to learning. Play stimulates our imaginations, helping us adapt and solve problems. Play arouses curiosity, which leads to discovery and creativity. The components of play - curiosity, discovery, novelty, risk-taking, trial and error, pretense, games, social etiquettes and other increasingly complex adaptive activities - are the same as the components of learning.

Play is an antidote to loneliness, isolation, anxiety, and depression: When we play vigorously, we trigger a mix of endorphins that lift our spirits and distractions that distance us from pain, fear, and other burdens. And when we play with other people, with friends and strangers, we are reminded that we are not alone in this world. We can connect to others in delightful and meaningful ways that banish loneliness.

Play teaches us perseverance: The rewards of learning or mastering a new game teach us that perseverance is worthwhile. Perseverance is a trait necessary to healthy adulthood, and it is learned largely through play. Perseverance and violence are rarely found together.

Play makes us happy: Beyond all these excellent reasons for playing, there is simply the sheer joy of it. Play is a state of being that is happy and joyous. Jumping into and out of the world of play on a daily basis can preserve and nourish our own hearts, and the hearts of our communities.

Play helps us develop and improve our social skills: Social skills are learned in the give and take of play. Verbal communication and body language, safety and danger, freedom and boundaries, cooperation and teamwork: all are discovered and practiced repeatedly during infant and childhood play. We continue to refine these skills in adulthood through play and playful communication.

Play teaches us how to cooperate with others: Play is a powerful catalyst for positive socialization. Through play, children learn how to “play nicely” with others - to work together, follow mutually agreed upon rules, and socialize in groups. As adults, play continues to confer these benefits. Evidence even shows that play may be an antidote to violence. In fact, those who avoid or have never learned to play may become lost in the world of fear, rage, and obsessive worry.

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Here's a special Penn's Stewards Take Five Top Five! Richard Louv's Five Easy Ways to Bring Nature Home to Your Family:

1. Turn off the television - even for . . . five minutes!
2. Find outdoor spaces nearby that inspire wonder and joy.
3. Let your kids set the pace of your next walk in the park. If a stick needs to float down a stream, let it!
4. Offer some structure (and minimize short attention span problems) with planned activities and experiments available online or in books written just for this purpose.
5. Don't worry about having the perfect outdoor experience - the time is what matters, not whether you are "A Nature Expert."

Get SERIOUS About Being PLAYFUL *continued*

Mutual play can heal emotional wounds: When adults play together, they are engaging in exactly the same patterns of behavior that positively shape the brain in children. These same playful behaviors that predict emotional health in children also lead to positive change in adults. Studies show that an emotionally-insecure individual can replace negative beliefs and behaviors with positive assumptions and actions by living with a secure partner. Close, positive, and emotionally-fulfilling relationships heal and create emotional resiliency.

Play provides a safe and joyous context for the development of such relationships.

Playfulness in Relationships: Mutual laughter and play are an essential component of strong, healthy relationships. By making a conscious effort to incorporate more humor and play into your daily interactions, you can improve the quality of your love relationships- as well as your connections with co-workers, family members, and friends.

Playing at Work: Work is where we spend much of our time. That is why it is especially important for us to play during work. Without some recreation, our work suffers. Success at work doesn't depend on the amount of time you work. It depends upon the quality of your work. And the quality of your work is highly-dependant on your well-being. Taking the time to replenish yourself through play is one of the best things you can do for your career. When the project you're working on hits a serious glitch (as they frequently do), heading out to the basketball court with your colleagues to shoot some hoops and have a few laughs does a lot more than take your mind off the problem.

If basketball isn't your cup of tea, having a model airplane contest, telling stories, or flying kites in the parking lot will also allow your relationship to the problem to shift and enable you to approach it from a new perspective.

As for me - I am taking concrete steps of my own. I'm committing to a walking program (bought myself a new pedometer) to tide me over until cycling season returns and I've installed a reminder program on my computer that nudges me

to back away from the screen for five minutes each hour.

Work or play:

It's all in your attitude

When researchers studied preteen children's attitudes about play, they discovered that some children called almost everything they did "play" while others called almost everything they did "work." Reconnecting with the children at the end of adolescence, the children who thought of everything as play were more successful and happier in school and were more content socially than the people who saw everything as "work."

We have more ideas, too. As part of the *Year of Living Playfully*, we've devised the idea of *Take Five*. Five what? You choose! Maybe it's a five-minute stretch break each hour. Maybe it's five hours of walking each week. Maybe it's five volunteer days a year with your favorite Friends Group, state park or forest. Maybe it's a 5k fundraiser or perhaps trying five new foods or reading five new books or visiting five new parks or forests? Whatever IT turns out to be for you, we hope you'll think about the little ways you can make a difference for yourself, your family, your public lands.

The *Take Five* "Top Five" made its debut in my weekly eBlast *Fridays With Pam* (now called *Take Five-Fridays With Pam*) at the beginning of the year. If you haven't yet subscribed, visit our website and click the link to **Subscribe to our Newsletter/eBlast** along the right margin. There you can sign up to receive this newsletter via email as well as *Take Five/Fridays with Pam* and our newest ePublication, *Explore—Pennsylvania's State Parks and Forests in Your Inbox*.

We hope you'll tune in and join in – maybe you even have the next great idea. Come PLAY with us!

Reading List

Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul by Stuart Brown
(ALSO: visit Dr. Brown's National Institute for Play website at www.nifplay.org)

Why Zebras Don't Get Ulcers by Robert M. Sapolsky

Last Child in the Woods: Saving Our Children from Nature Deficit Disorder by Richard Louv

Coyote's Guide to Connecting with Nature by Jon Young

Sharing Nature with Children, 20th Anniversary Edition by Joseph Cornell

The Way of Natural History by Thomas Lowe Fleischner

I Love Dirt!: 52 Activities to Help You and Your Kids Discover the Wonders of Nature by Jennifer Ward

15 Minutes Outside by Rebecca Cohen

* The information provided by Helporg.com "Play, Creativity and Lifelong Learning" by Gina Kemp, M.A., Melinda Smith, M.A., Bernie DeKoven, and Jeanne Segal, Ph.D. is used by permission.

Now Available: 2011 State of the Parks/ State of the Forests Report

In addition to offering the full report online or via mail upon request, we would like to offer highlights here in “Penn’s Stewards” over the next year. The report explores recent and past research of our state parks and forests system. The interviews, statistics, and focused content serve as valuable tools to engage in the conversation about where we are, where we are going and what legacy we want to leave our children.

*From a section discussing the
“Benefits of our State Parks and Forests”:*

Small Communities Depend on Parks to Make Businesses Viable Year-round

Many small communities depend on state park visitors supporting local businesses to enable the businesses to exist. A prime example is Forry’s Country Store near Ole Bull State Park in southeast Potter County. This is the only grocery store for many miles around, and would not exist if it were not for the state park. Owner Deb Forry estimates that 80 percent of her store’s business is from park visitors, and this income just barely enables her and her two employees to keep the store open throughout the year for local residents. “Even if the park were to close for part of the season,” said Deb, “we would not make enough income to keep the store.”

This same story is echoed by Couch’s Sub and Grocery near Greenwood Furnace and Whipple Dam State Parks, in northern Huntingdon County. Mary Lou Couch, who employs nine part-time employees, estimates that half of their business during the summer comes from park campers, and numerous other businesses have established themselves due to the steady traffic created by the state parks nearby. “Closing them,” she said, “would severely hurt businesses throughout the region.”

Small stores throughout the state are inextricably linked to state park customers. Hills Creek, Gifford Pinchot, and King’s Gap are but a few other state parks with local stores that depend on park visitors for their survival. In turn, year-round residents living in those communities depend on those stores for local goods and services.



State of the Parks/ State of the Forests Report



FOCUS ON FRIENDS – MT. PISGAH STATE PARK:

Mount Pisgah State Park is in the scenic Endless Mountains region of Pennsylvania's Northern Tier. Midway between Troy and Towanda in Bradford County, the 1,302-acre park is along Mill Creek, at the base of Mt. Pisgah, elevation 2,260 feet.

A dam on Mill Creek forms Stephen Foster Lake, named after the famous composer and onetime local resident. The 75-acre lake provides fishing, boating and skating. Adjacent to the park are Mt. Pisgah County Park and State Game Land 289.

The 75-acre Stephen Foster Lake is the park's sparkling jewel and habitat for perch, bass, bluegill and crappie. About 1,100 acres are open to hunting, trapping and the training of dogs during established seasons. Common game species are deer, turkey, rabbit, grouse, pheasant, and squirrel. Hunting is permitted on adjacent State Game Land 289.

A series of hiking trails are suitable for everyone from the casual walker to the experienced hiker. The trails travel around the lake, through wooded areas, old fields, open farmland or rugged terrain. In winter, some of the park's 10 miles of trails are good for cross-country skiing and snowshoeing.

The park environmental interpretive center houses artifacts and displays linking us with our past. You can learn about early farm life and the wildlife around us. A walk through the butterfly garden enables the visitor to catch a close glimpse of our area's "flying flowers."

The park offers a variety of interpretive programs for the general public. Visitors can enjoy guided nature walks, night hikes and slide programs on various environmental topics, including bears, snakes and owls. During the summer months, youth ages 4 to 13 are invited to participate in day camps, including Touch and Grow, Environmental Discovery and Junior Naturalist.

And who better to introduce you to Mt. Pisgah's beauty and charm? The Friends of Mt. Pisgah - 300+ strong, spearheaded by a core of about 20 very active volunteers. The general membership has many interested volunteers who regularly turn out for events and fundraising.

The Friends of Mt. Pisgah host and run many events throughout the year. All of the events mentioned, with the exception of "Women in the Wild", are free of charge.

Beginning with "Sugar on Snow" in March, members offer a day of family fun including a free breakfast and homemade maple syrup and ice cream.

Throughout the summer the Friends host and operate an outdoor movie on Friday evenings about once a month. The community is invited to bring lawn chairs and enjoy the show under the stars. Popcorn and drinks are available too.

In September, "Women in the Wild" focuses on outdoor activities for women. The day features sessions on relevant topics ranging from shooting and fishing to outdoor cooking and self-defense. The events vary yearly and

Top right photo: Volunteers from Lane Community College grow native plants at the Mt. Pisgah nursery.

Bottom right photo: Wetland overlook, South Meadow Trail



Kurt Keamin

new topics are added regularly. "Women in the Wild" is a highly popular event drawing more than 250 women yearly. There is a charge for this program.



Also in September, "Bradford County Youth Field Days" is a great family event. Last year, over 200 kids participated in outdoor activities with different "classes" every hour or so. They enjoy lunch at noon and door prizes at the end of the day.

October features a wonderful family favorite: "Apple Butter Day" where the Friends make real apple butter outside in copper kettles. Other beloved treats include homemade ice cream, old fashioned butter churning and a delicious pork dinner at lunch. The children participate in pumpkin carving as well as many other hands-on activities.



Over the years, the Friends of Mt. Pisgah have provided many amenities and made important improvements to their park.

Some of their accomplishments include:

- supplied the bedding material for the playground at the park
- installed electricity at the Hill Top Pavilion
- purchased four new kayaks for use at the park
- purchased a new portable sound system to be used at outdoor events

Their most noteworthy accomplishment: The Friends raised funds and purchased a new playground for children from two years old to five years old. The cost of the playground and installation was \$25,000.

This year, the Friends hope to start several new projects. They already have the layout of an old fashion icehouse to be built this year near the lake. Ultimately, they hope to harvest ice next winter to be used during the summer for events and as needed. They hope to install another pavilion in the park, and add at least one new comfort station near an existing pavilion. Further on down the road? Camping sites!

This active group of Friends has made Mt. Pisgah State Park a better place to play for everyone interested in enjoying its natural beauty. Stretch your legs, have some fun, visit the new playground and put some "create" back in recreate at Mt. Pisgah State Park.

www.friendsofmountpisgah.org • www.facebook.com/FriendsofMtPisgah

TRAILBLAZERS 4-H CLUB: FRIENDS TO THE FRIENDS OF WEISER STATE FOREST

The Trailblazers 4-H club is a horse and pony club in northern Dauphin County. The 25 members range in age from 8 to 18 and include the volunteers and parents. Every 4-H club member is expected to participate in community service. Since many of the members of the Trailblazers ride their horses and ponies on the trails in the Weiser State Forest, the Trailblazers voted in the fall of 2010 to assist the Friends of Weiser State Forest as their community service project.

The Trailblazers' first project with the Friends involved completing a handicapped accessible trail at the Minnichs Hit Picnic Grounds. They helped the Friends load rock into trucks and trailers to be used to line the trail and then unloaded the materials on site and carried them to various points for distribution. Finally, they wheel-barrowed stone fill for the trail, helped rake it out and pack it down.

The Trailblazers helped with additional Friends projects such as the fundraiser and membership drive and initial construction of the Troutman Educational Trail.

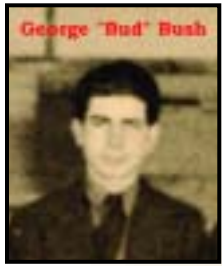
Future projects include maintenance of the handicapped trail, completion of the Troutman Educational Trail, painting and maintaining the horse hitching rail originally installed by their group at the Minnichs Hit Picnic Grounds and construction of a bridge at the end of the handicapped trail. In January 2012, the Trailblazers voted to continue their volunteer work with the Friends.

The Friends of Weiser State Forest are grateful for the interest of this dedicated group of 4-H volunteers. The Pennsylvania Parks and Forests Foundation applauds these young volunteers for their commitment and ongoing efforts to make these shared state lands a better place for everyone to enjoy.



CCC Reflections — By John Eastlake

Artist George “Bud” Bush

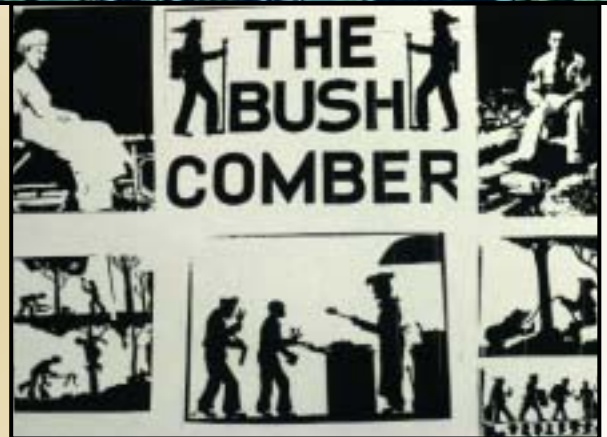


George “Bud” Bush as a young CCC volunteer.

Pennsylvania state parks and forests have a rich history of the wonderful efforts of the Civilian Conservation Corps (CCC). The CCC was a public work relief program that operated from 1933 to 1942 in the United States for unemployed, unmarried men from relief families, ages 18–25. A part of the New Deal of President Franklin D. Roosevelt, it provided unskilled manual labor jobs related to the conservation and development of natural resources in rural lands owned by federal, state and local governments. During the time of the CCC, volunteers planted nearly 3 billion trees to help reforest America, constructed more than 800 parks nationwide and upgraded most state parks, updated forest fire fighting methods, and built a network of service buildings and public roadways in remote areas.

George “Bud” Bush was a silhouette artist originally from Llewellyn in Schuylkill County. Unfortunately, I never had the privilege of meeting Bud as he had passed away before I developed an interest in the CCC. I met CCC workers at reunions who knew Bud and they spoke of how he was widely admired. Bud worked as a cook at the S-95 Worlds End Camp which developed into World’s End State Park. The CCC rules posted a two year limit for most workers, but if an individual had an extraordinary talent he would be permitted to stay longer. Bud’s talent for artistic renderings of CCC life kept him at World’s End for three years. Recognized by the Army and Department of Forest and Waters as an important contribution, Bud taught art to his fellow workers, contributed to the Jakersville Echo (their newsletter) and displayed his art in the camp mess hall.

His body of work was significant - he mentioned 6,000 pieces in a note to a CCC buddy. His creative imagination was expansive and every piece of his art told a story about the CCC projects - fighting fires,



peeling potatoes, piling rocks, dancing with the ladies, and the myriad of other activities within daily work and life.

For years, Bud attended CCC reunions and promoted their legacy. He would gift his fellow CCC-ers with an original piece of his art - and everyone received one his signature “Bolo Ties.” His artwork appears on CCC chapter stationery and is displayed at Worlds End SP, Parker Dam SP, Promised Land SP and the Sullivan County Museum. Original pieces of Bud’s work are often available on eBay.

If you’d like to know more about the CCC’s work, check out the following websites: www.ccclegacy.org or www.dcnr.state.pa.us/stateparks/ccc/index.aspx

Super Sleuth Prize Winner

The Department of Conservation and Natural Resources announced the winner of their CSI Super Sleuth Sweepstakes. The contest encouraged citizens or ‘Citizen Science Investigators’ (CSIs) to make everyday observations about plants, wildlife and weather as part of its iConserve program.

The clues (three-digit codes) were hidden throughout the iConserve PA website and other special places. The grand prize? A bright yellow, electric road-ready motor scooter, capable of speeds of 50 MPH and a distance of 50 miles on a single charge. **Lucky winner Doug Bohn will be reducing his carbon footprint for years to come!**



Marci Mowery, PPF, Doug Bohn (scooter winner); Meg Welker, PPL Corp; and Denise Wenrich, iConservePA

PAEP presents the *Karl Mason Award to the Maurice K. Goddard Legacy Project*

The Pennsylvania Association of Environmental Professionals (PAEP) was formed to promote environmental education, research, planning, assessment, review, and management through the formation and operation of a nonpolitical multidisciplinary professional society.

In September, it was announced that the PAEP's Board of Directors selected the Maurice K. Goddard Legacy Task Force as one of their 2011 *Karl Mason Award* winners. Karl Mason served as Pennsylvania's first State Environmental Administrator from 1952 until his death in 1966. His holistic vision of environmental management set the pattern for the state to this day. Karl believed and put into practice the notion that environmental protection is primarily the business of professionals who by virtue of their scientific training have the skills to manage the technical and scientific complexities of maintaining a safe, healthy and clean environment.

The award was created to commemorate his vision of a strong, well-managed environmental program and given to a Pennsylvania person, organization, or project that has made a significant contribution to the betterment of Pennsylvania's environment by exemplifying Karl Mason's vision.

PPFF President Marci Mowery along with DCNR's Brenda Barrett, were pleased to accept the award on behalf of the Maurice K. Goddard Legacy Project Task Force.

The Legacy Project's goal was to celebrate the accomplishments of Maurice K. Goddard and rededicate all Pennsylvanians to his vision and values for the conservation of our natural resources. M.K. Goddard served five Pennsylvania Governors as Secretary of Forest and Waters and as the founding Secretary of the Department of Environmental Resources (1955-1979).

M.K. Goddard's legacy as a public servant included:

- A commitment to professionalism and civil service;
- A watershed scale approach to water management;
- Dedicated funding for natural resource conservation – Oil and Gas Fund, Bond Initiatives (Project 500 and Project 70).
- A state park within 25 miles of every Pennsylvanian;
- Exerted a profound influence on national conservation policy; and

The Legacy Project kicked off on September 12, 2009 with a walk on the Goddard Memorial Trail in Camp Hill where he lived for almost fifty years. This list of the Goddard Legacy Project's work genuinely reflects the spirit and purpose of the Karl Mason Award:

- Provided interpretive panels at 25 State Parks created under Goddard's leadership;
- Installed five historic markers at key sites to commemorate his work;
- Rededicated the MK Goddard Wilderness Area in the Wykoff Run (Elk State Forest) in the PA State Forest;
- Produced an original documentary on the life of MK Goddard in conjunction with WITF;
- Held three symposiums on the lessons Goddard's legacy offers for the future;
- Partially funded by PAEP, a selected intern successfully completed research for the production of the biographical documentary;
- Provided several lectures and fact sheets on the work of Maurice Goddard; and
- Several articles were published about his life/leadership.

The Goddard Task Force is ongoing with more projects on the horizon.



DCNR's Brenda Barrett and PPF President Marci Mowery were pleased to accept the award from Virginia Bailey, PAEP, on behalf of the Maurice K. Goddard Legacy Project Task Force.

IMPORTANT NEWS: Proposed CUTS for Parks and Conservation

As we go to press, the Administration has proposed zeroing-out the **Keystone Recreation, Park, and Conservation Fund**. Governor Corbett's proposed 2012-13 budget **ELIMINATES ALL CONSERVATION and RECREATION FUNDING** from the Keystone Recreation, Park and Conservation Fund by "redirect[ing] the department's share of funding from the Keystone Recreation, Park and Conservation Fund to the General Fund." This means a loss of roughly \$25M for conservation in 2012-13 alone.

This fund is a critical source of monies for community park and recreation projects, open space protection, and park and forest rehabilitation. Funded by revenue from the realty transfer tax, the Keystone Fund was established in 1993 and has supported thousands of community park development projects, miles of recreational trails, open space, and state park and state forest infrastructure.

Watch our website and weekly eblast to learn more about how you can help protect this critical piece of funding for the future of all public lands, as well as for future generations.

PPFF Launches Affinity Membership Program

Now your membership in PPFF offers even more than knowing that your support promotes and protects our state parks and forests. The PPFF is partnering with businesses across the Commonwealth to offer a discount on merchandise and services to PPFF members. Located near a state park and/or forest, these savvy business owners recognize that much of their "traffic" and therefore a substantial part of their livelihood comes from park and forest visitors. Check our website and click the "Join PPFF" link, then "Benefits" to see the growing list of partners where you can present your membership card for a discount.

NOT A MEMBER?

Visit our website at www.PaParksAndForests.org and use the "Join PPFF" to become a member in about 90 seconds!

ARE YOU A MEMBER BUT CAN'T FIND YOUR CARD?

Contact Pam at pmetzger-ppff@pa.net and she'll mail a replacement.

LOOKING FOR DISCOUNTED PPFF MERCHANDISE?

PPFF is offering a 10% member discount on merchandise through our online store as well. Log-in to the website through the Member Log-In link at the top of the homepage in order to activate the discount. If you're a member but haven't yet tried the log-in feature, get in touch with Pam and she'll create a log-in and password for you.



6th Annual Awards Banquet Celebrates Leadership and Service

This is the 6th year for our parks and forest awards banquet. Join us Tuesday, May 1, 2012 at the Country Club of Harrisburg as we celebrate outstanding service and exemplary work by both staff and volunteers at our state parks and forests.

AT A GLANCE:

Date: May 1, 2012

Place: The Country Club of Harrisburg

Time: 5:30 cash bar, 6:30 dinner

Program: Cocktail reception, Dinner, Awards Program

Emcee: Gary Smith

Tickets: \$40 (reservation deadline April 20, 2012)



PENNSYLVANIA Parks & Forests FOUNDATION

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Offer an opinion – *your thoughts can be our next great idea*

In this "Year of Living Playfully" we'll be offering a variety of ways to engage with us and with the outdoors. We'll once again be holding our Dogs in the Outdoors Photo Contest, so start snapping images now (contest details in our summer newsletter) We'll have other contests too, as well as trivia and name games.

Subscribe to our weekly **eblast** and we'll keep you updated on what's up this week and next.

Subscribe to the **e-zine** and **newsletter** to see what's coming in the months ahead and to see stories and photos from the events and projects you've participated in.

Visit our website and click the link to Subscribe to our Newsletter/eBlast along the right margin. There you can sign up to receive this newsletter via email as well as "Take Five/Fridays with Pam" and our newest ePublication, *Explore—Pennsylvania's State Parks and Forests in Your Inbox.*



THANK YOU to Our Board of Directors – And Welcome or Farewell!

The work of the PPF is guided by a volunteer board of directors. These volunteers give their time, talent, and financial support to help the PPF reach its goals and mission. In November 2011, we bid farewell to several board members. We wish to express our heartfelt gratitude for their dedication. Leaving us were **Bob Griffith** (founding board member, treasurer), **Hank Barnette** (founding board member, Vice Chair), **Dave Spigelmyer** (director), **Senator Michael Brubaker** (director), **Dr. Laura McIntosh** (director), and **Representative Michael Hanna** (director). *On behalf of PPF staff and its membership, we thank you!*

Meet the New Board Members



Senator David Argall represents the 29th District, including all of Schuylkill County and parts of Berks, Carbon, Lehigh, Monroe, and Northampton Counties. Senator Argall played an active role in many conservation initiatives such as authoring the Waste Tire Recycling Act. He has worked to promote job growth, reduce property tax burden on homeowners and revitalize downtown and industrial areas. He also enjoys his work as a Scout leader of his local troop.

Darla Cravotta hails from Pittsburgh, where she works in the County Executive Office as a Special Projects Coordinator. She also serves as an adjunct professor at University of Pittsburgh School of Social Work. Darla has a long history of successful projects involving trails, greenways, and open space, as well work in planning and outreach in libraries and parks. When not spending time with her husband and son, or visiting her favorite park, she serves on several non-profit boards.



Maxine Harrison brings her enthusiasm for state parks and forests to us by way of Potter County, where she serves as the chair

of the Friends of Lyman Run State Park and the chair of the Cherry Springs Dark Sky Fund. Maxine is retired from the Pennsylvania Game Commission, where she served as a deputy wildlife conservation officer. Her enthusiasm for education is demonstrated by her present involvement in two of our chapters and their programs and her past work experience, which includes serving as a naturalist in the public and private sectors. She and her husband reside in Galeton with their adorable dog Kayak.

Welcome Back Bruce! **Bruce Heggenstaller** is Vice President of Operations at Woolrich, Inc. Bruce works in distribution, quality control, production control, and all customer service departments. He has a degree from Williamsport Area Community College, Dale Carnegie Self Improvement, and various professional development courses. Bruce is an avid outdoorsman. He has two adult sons and lives with his wife in Avis.



Chris Joyce is the Director of Operations-Eastern Region Distribution center for Recreation Equipment, Inc. (REI), a national retail cooperative providing quality outdoor gear and apparel. In his leadership role, Chris oversees operations and staffing, and partners with other REI divisions in support of the cooperative's strategic goals. He received the REI Leadership Award in 2008 for his role in the Bedford distribution center opening and start-up. He enjoys canoeing, hiking, backpacking, snowshoeing, back country cooking, cycling (road and mountain), fishing, and hunting. Chris and his wife reside in Bedford.



Rep. Mark Longietti is a native of Sharpsville and was first elected to serve in the Pa. House of Representatives in 2006. Longietti served as a law clerk to the Hon. Albert E. Acker, President Judge of the Mercer County Court of Common Pleas. In 1989, he joined the Sharon law firm of Routman, Moore, Goldstone and Valentino as an associate and made partner in 1999. In 2001, he established his own law practice in Sharon. In addition to his professional career, Longietti is involved in several community organizations and held leadership positions with the United Way of Mercer County, his local chapter of the American Heart Association, the Community Child Care Center, and the First Baptist Church of Sharon, where he currently teaches Sunday school and serves as a worship leader. Longietti and his wife live in Hermitage.



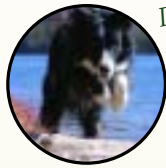
Barb Sexton serves as Chesapeake Energy's Director of State Government Relations in Pennsylvania. She came to Chesapeake from the state Department of Environmental Protection, where she most recently served as Executive Deputy Secretary. Barb joined DEP in 1986 and held her appointed position under five consecutive governors. During her time at DEP, she was instrumental in the development of air, waste, water, and mineral resource regulations, and she helped design Growing Greener and the Water Resources Planning Act, two key environmental programs for the Commonwealth. Barb and her husband are parents to two teenage children and reside in Camp Hill.



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Dogs in the Outdoors
 Photo Contest 2012!
 (contest details in our next issue of the newsletter)

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