

Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation • Summer 2013



Photo credit: Disabled Sports USA

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Enjoy PA's Accessible Outdoors!

Our theme for 2013 is the idea that “The Outdoors Is for Everyone.” Summer and recreation go hand in hand – there’s no better season to talk about the recreational opportunities accessible for everyone in Pennsylvania’s state parks and forests. With over 277,000 acres of land to explore, now more than ever, visitors with disabilities can enjoy swimming, hiking trails, fishing, camping, picnicking, kayaking, and many other outdoor activities.

Nationwide, outdoor recreation programs are helping individuals with disabilities build the confidence and physical skills needed to participate in a wide range of sports and recreation. From fishing and swimming to biking and hiking, people are participating in activities they previously thought were impossible. To help park staff prepare for enhancing opportunities for handicapped visitors, the Foundation hosted two 2-day workshops focused on removing barriers to participation in outdoor recreation by people with disabilities.

The Foundation also works to build relationships with organizations like Disabled Sports USA, whose mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation, and educational programs. Kirk Bauer, executive director of Disabled Sports USA and a disabled Vietnam veteran says, “The greatest opportunities for

our citizens with disabilities to participate in fun and healthy recreational activities is through the public parks and facilities that are now accessible to all. Families and friends can cycle, fish, hike, swim and enjoy the great outdoors. Disabled Sports USA applauds Pennsylvania Parks and Forests Foundation for working diligently to make Pennsylvania’s public facilities accessible to all, including those of us who have a disability.” (See our “Resources” note for website information.)

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Photo credit: Pam Metzger

The OUTDOORS Is for EVERYONE



Photo credit: Cherish Shinnels

"Conquering Penny Rock at Salt Springs" was submitted for a Day in the Life of a State Park

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President's Message

Marci Mowery



"...ways to get engaged in the outdoors..."



We kicked off the Great Pennsylvania Outdoor Challenge last month and are super excited! We think that you will enjoy the new format...a 22-week exploration of your state parks and state forests, with twists and turns thrown in to keep it interesting. It's not too late to join, so visit thegpoc.com today and take part in the fun!

And fun it is! You know how enthusiastic we are about our state parks and forests, and how we believe that not only are they great for the economy, quality of life, and human health, we feel they are FOR EVERYBODY. This issue of our newsletters shares ways to get engaged in the outdoors for people of all abilities. We talked to experts in mitigating challenges to learn more about solutions to make outdoor recreation a little more attainable. We hope you find this article useful.

As you travel to your state parks and state forests, remember to pack your camera to participate in our annual photo contest. We enjoy the images you capture and share with us, and find them inspirational to our work.

I'd like to take a moment to congratulate all of the award winners from our 7th annual awards banquet, photos of which are found on page 11. You can see more photographs on the Foundation webpage. Congratulations to all of our award winners!

*Yours in the Outdoors,
Marci*



Pinchot Outdoors Day *for military families!*



Photo credit: Pat Sabold

Do you know a military service person/family that could use a little outdoor time?

While studies show that time spent in the outdoors can be therapeutic for all of us, psychologists and physicians agree that for our returning military personnel, the need (and potential benefits) is even greater.

The Pennsylvania Parks and Forests Foundation along with Gifford Pinchot State Park, with funding from the Department of Community and Economic Development and DCNR Conservation and Recreation Program, will be joined by other nonprofit organizations and businesses in presenting a day in the park for our military families.

To be held on **Saturday, September 7th** (from 10:00 AM until 3:00 PM) Pinchot Outdoors Day will feature exhibits and demonstrations as well as opportunities for attendees to try out many different sports and activities, like biking and handcycling, campfire cooking, disc golf, fishing, hiking, geocaching, kayaking, nature journaling, outdoor photography, painting, and yoga, and a lot more. **Admission is free!**

So bring a picnic and plan to spend a beautiful day in the park! Visit our calendar of events to learn more.

Enjoy PA's Accessible Outdoors! *continued from front cover*

This summer we'd like to highlight some of the adaptations to equipment and activities that enable people with disabilities to independently participate in sports and recreation.

On the Playground

Using ADA guidelines, non-profit groups and educators have worked with manufacturers to develop adaptive equipment, such as:

- Interactive reach play panels, which are installed at the ground level of a playground to be wheelchair accessible.
- Swings that include harnesses or a wheelchair deck instead of a traditional seat or diggers and rocking toys modified with hand and torso supports.
- Multilevel activity sets with different colors on each level to help sight-impaired children distinguish the levels to prevent falls.
- Transfer decks and shallow steps improve access for kids with mobility impairments who are not limited to wheelchair use, while ramps allow children who use a wheelchair to join the fun.

Last year, the Foundation, family, and friends raised funds and built a new play area at the Samuel Lewis State Park. The Leah Vogel Memorial Playground includes equipment designed to accommodate children with limited mobility. Instead of a typical merry-go-round, the park offers an Omni Spinner designed for easy entrance from a wheelchair or walker.



Photo credit: Marci Mowrey

Omni Spinner at the Leah Vogel Memorial Playground

In the Water

Swimming is fun for everyone at all ability levels. Adaptations are available for accessing the water such as stair systems and pool lifts for getting in and out of pools or walkways to provide a smooth surface over sand or grass to beach areas for wheelchairs.

Based on ability, strength, and endurance, you may opt to use a floatation device to provide safety and assurance while you enjoy the water. There are many types, sizes, and colors, from swim rings to styrofoam kickboards, waist belts, head rings, inflatable collars, and life vests. An amputee swimmer may use special swim fins instead of his/her normal prosthesis. Typically, a regular prosthesis feels heavier and more cumbersome in water.

Swimmers who are blind or otherwise visually impaired will not need adaptive equipment, but may use a beeping device which helps the swimmer locate the pool's edge, or establish a tap-stick system with pool staff or friends.

On the Water...Kayaking and Canoeing

Last year, the Foundation received a grant from the Dominion Foundation to purchase adaptive kayaks and paddling adaptors for programming in state parks in western Pennsylvania. In June, the staff at DCNR and PPF staff attended an adaptive paddling workshop that prepared instructors to integrate people with disabilities into programming and 'carry and transfer' techniques.



Photo credit: Marci Mowrey

PPFF staff learn 'carry and transfer' techniques to assist people with disabilities.

Standard paddles can be easily adapted for paddlers with single arm amputation. Tandem kayaks allow beginners, individuals with visual impairments, and individuals who have little paddling power to participate. The paddling partner or instructor in the stern seat provides assistance with paddling, steering, and safety issues.

There are several types of kayaks available. Each one has different qualities to aid individuals with different needs. Sit-on-top or "open decked" kayaks work well in hot climates and for individuals that need little seating adaptation. White-water boats are versatile and easy to maneuver. Inflatables work well for people with higher injury levels or that have balance issues.

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The OUTDOORS Is for EVERYONE



Keystone Funds were used to improve accessibility in state parks and forests such as adding a pool lift like the one shown in this photo.

Go Fishin'...if they're biting!

Fishing is one of the easiest activities to adapt to individual needs. Fishing rods and reels can be designed for individuals with limited or no hand and arm movement and strength. Harness rod holders and attachable rod holders allow the individual with limited use of either arm to participate while the attachable rod holder can mount to either a wheelchair or the side of a boat. Electric reel-in devices provide an excellent solution for individuals who would have difficulties reeling in a fish. These reels are controlled by one hand and most models have a coiled cord with a plug for a battery pack and/or a cord with a clip to be attached to a battery on a boat, car, or power wheelchair.

Many PA parks and forests have accessible docks, launch ramps, marina slips, boat moorings, and piers.

A hunter with a disability who needs access to a state park or forests hunting area can meet with the park manager or district forester to discuss arrangements for an accommodation. The same process can be used to access fishing areas. Pennsylvania state parks follow the regulations of the Pennsylvania Fish and Boat Commission and the Pennsylvania Game Commission.

On the Road...Biking



Photo credit: Pam Metzger

Hand and arm powered tricycles have become more and more popular.

cycles - hand and arm powered tricycles which come in either upright touring models or sleek, low riding performance bikes. For people who cannot use their legs to propel themselves, these bikes are a wonderful way to get out of a wheelchair and experience cycling.

Those with mobility impairments, who are able to pedal with their legs, benefit from recumbent trikes for easier balance. Various designs accommodate people in an upright, seated position or a more recumbent mode, with hand controls at thigh height or raised to a conventional handle bar level.

Many well-established bike designs on the market reach beyond the typical concept of the traditional upright two-wheeled bicycle. Adaptive bikes often sport three wheels and offer greater stability and function.

People using wheelchairs with good upper body strength most commonly use hand

Tandems offer the support of a companion for balance and navigation. People who are blind and ambulatory can bicycle on a conventional tandem bike with a sighted driver. Three wheeled tandems ease the challenge of balance for both riders, especially when cognitive ability or coordination limitations are factors. A well-designed bike will put the rider with the disability up front with added supports such as ankle or chest harnesses and steer from the rear.

Anyone who is unable to actively use their body can also enjoy the cycling experience on a wheelchair tandem, another three-wheeled bike in which the front rider is passive, with chest and head support if needed, and the rear rider drives the bike.

The OUTDOORS

Camping and Hiking

Wheelchair accessible camping sites are available in many PA state parks. Retailers now offer several styles and sizes of adaptive tents. There are varieties of tents, cots, and other camping equipment that are light, portable, or made easy for wheelchair transfer.

There are wheelchair accessible trails in several state parks. For ambulatory hikers, here's a tip for planning a more challenging hiking adventure: shoes, socks, and poles.

While a basic walking shoe may work for those neighborhood walks, unpaved trails require a sturdier shoe, with good arch support and a heavy sole. For weaker knees or ankles, it's beneficial to speak with an orthotist, prosthetist, or podiatrist, for advice on the footwear that works best for the activity.

Not to be overlooked, socks remain a necessity of comfort when heading out on the trails. Many athletic socks wick moisture away from the foot, keeping the foot dry, comfortable, and blister-free. Choose wool or synthetic over cotton because when cotton gets wet, it stays wet. Prosthetic socks, generally worn by amputees to cushion the residual limb, prevent pressure sores, and adjust to volume change.

As even seasoned hikers learn, adjustable hiking poles (either one or two) can be helpful for balance, visual perception,



Photo credit: Marci Mowery

and can help with push-off issues. They also take the burden off knees and thighs, and help with balance and fatigue.

An adaptive tent for wheelchair access.

Enjoy PA's Accessible Outdoors!

Working With You!

DCNR's Bureau of Forestry and Bureau of State Parks permits persons with mobility disabilities to use powered mobility devices for purposes of accessing public lands. In some instances, these areas are not otherwise open for motorized access by the general public.

In addition to the new search feature on their interactive map (see below), you can call 888-PA-PARKS to learn more about accessible facilities. All parks are very willing to work with you to make sure you have an enjoyable outdoor experience. If you have a disability or know someone that has one, spread the word: **In Pennsylvania, The Outdoors Is for Everyone.**

Is for EVERYONE

To find the specifics on ADA accessibility at PA's state parks and forests, PA's Department of Conservation and Natural Resources has created a new online search feature at this link:

<http://www.dcnr.state.pa.us/learn/interactivemapresources/>
Once on the Interactive Map Resources page, click the link to "PA State Parks, Forests and Geology Interactive Map."

This map walks you through ways to set "themes and layers" to select for the information you want regarding all ADA accommodations.

"Nationwide, outdoor recreation programs are helping individuals with disabilities build the confidence and physical skills needed to participate in a wide range of sports and recreation."

RESOURCES:

• **Disabled Sports USA** • <http://www.dsusa.org>

DS/USA offers nationwide sports rehabilitation programs to anyone with a permanent physical disability.

• **Heroes on the Water** • <http://heroesonthewater.org/home>

Heroes on the Water (HOW) serves all military personnel who have been wounded, injured or disabled.

They have two chapters in Pennsylvania.

• **Everyone Outdoors** • www.everyoneoutdoors.blogspot.com

This blog is a community resource and recreation connection for people with disabilities and their families, friends, and supporters who enjoy the outdoors, are looking for new recreation possibilities, or want to share their experience and expertise with others.

...On the WISHLIST

There are many ways you can make a difference. Take a few moments to scan our Wish List map (go to www.paparksandforests.org, select "Donate", then select "Wishlist" on the left-hand column). This shows you our state map with specific projects. Click on a red star to see the wishes of a particular state park or forest. If you can help (and turn a red star to green signifying a full complement of fulfilled wishes), contact Marci Mowery at 717.236.7644 or mmowery-ppff@pa.net and we'll help you begin to wave your magic wand!

Here's a sample of the projects targeted for making our state parks and forests more accessible for everyone:

- **ADA fishing piers, docks, or boat launches:** Beltzville, Fort Washington, Gifford Pinchot, Gouldsboro, Marsh Creek, Prompton, Point, Trough Creek, Tyler, and Park Region II.
- **Equipment such as trekking poles, kayaks, and adaptive fishing gear at state parks and forests.**
- **ADA Trail development, repair, or extension at state parks:** Benjamin Rush, Gifford Pinchot, Frances Slocum, Jennings Environmental Educational Center, Marsh Creek, Mt. Pisgah, Nocksamixon, Shikellamy, Loyalsock, and Ohiopyle.
- **ADA Improvements to restrooms and parking at state parks:** Kettle Creek, Hills Creek, Kings Gap Environmental Educational Center, Colonel Denning, and Elk.
- **ADA additions for improved beach access at state parks:** Moraine and Promised Land.



Photo credit: Disabled Sports USA

Pennsylvania chapters:

• **PA Center for Adapted Sports** • www.centeronline.com

• **Three Rivers Adaptive Sports** • www.traspa.org

• **Two Top Mountain Adaptive Sports Foundation Inc.** • www.twotopadaptive.org



photographed by Tom Dorsey in Oil Creek State Park

Last year's winner of the "People's Choice - Best in Show"

Parks and Forests Through the Seasons Photo Contest

We love this program – and you do too!

Our annual "Parks and Forests Through the Seasons" photo contest has grown into a very popular event over the years. This photo contest gives amateur photographers the chance to share a personal "view" of their favorite state parks and forests.

For Fall 2013, categories will include:

- Appreciation of Beauty
- Kids in the Outdoors
- Outdoor Recreation
- Volunteers in Action
- Dogs in the Outdoors

2013 PHOTO CONTEST

Three prizes will be awarded in each category as well as a Best in Show Critics' Choice and People's Choice. The winning photographs will be featured on the Foundation's website, Facebook page, newsletter, and other electronic communications. See: www.PaParksAndForests.org/photo_contests.html for submission details. **Take a few shots every time you visit a state park or forest and send us your best photos!**

"There are no rules for good photographs, there are only good photographs."
~ Ansel Adams

*"Life is your art.
An open, aware heart is your camera.
A oneness with your world is your film.
Your bright eyes and easy smile
is your museum."*
~ Ansel Adams



Thank You to Our 'Day in the Life of Pennsylvania State Parks and Forests' Participants

The Foundation set aside two dates in 2013 for park and forest visitors to capture moments from ordinary to extraordinary during a day enjoying one of Pennsylvania's 120 state parks and 20 forests. We invited you to capture the wonders, vistas, and intriguing sights you encountered during a visit to a state park or forest and post the photos to our Facebook page the morning after the photos were taken. Here are a few extraordinary shots from these two dates, Saturday April 13 (in honor of Joseph Rothrock, "father of forestry" and Saturday May 25.

On May 25th, 'A Day in the Life of Pennsylvania's State Parks' was celebrated by many talented photographers across the commonwealth. The date was chosen not only to mark the unofficial beginning of summer on Memorial Day weekend, but to salute the designation of Valley Forge State Park as Pennsylvania's first state park on May 30, 1893. Noted for its exceptional place in the nation's history, Valley Forge was subsequently donated to the federal government as a national park as part of the bicentennial. The efforts of the Valley Forge Centennial and Memorial Commission to preserve General George Washington's command headquarters at Valley Forge set the stage for future land acquisitions and expansion of the award-winning Pennsylvania state park system.



Photo credit: Sam McCaughy



Photo credit: Joe Frassetta



Photo credit: Gillian Tuik



Photo credit: Nancy McCaughy

Focus on Friends Friends of Black Moshannon State Park By Ellie Davis, PPF Intern

The 3,394 acre Black Moshannon State Park's name has peculiar origins. The "Black" in the park's name comes from the color of the water. Water from streams and springs flows through bogs to reach Black Moshannon Lake. The moss and other plants dye the water giving birth to the park's name.

Black Moshannon Lake offers many recreational opportunities for visitors and events in the park. Jessica Lavelua, the park manager, discussed the events that are sponsored by the Friends of Black Moshannon. On June 15th, over 100 children descended on the park for the PA Wilds Child event which engages kids in the outdoors. The 28th Summer Festival will take place from July 20th – 21st with an exciting Lumber Jack/Jill competition and an evening beach party. Each May, Black Moshannon hosts the Women in the Wilds event where participants learn how to cook over fires, do archery, and make aromatic oils. At all of these events the Friends of Black Moshannon sell t-shirts and other goods to raise money for park maintenance.

The Friends of Black Moshannon work closely with other park officials to produce a safe and enjoyable experience for everyone. "They are a group of dedicated volunteers who have a true connection with the park and genuinely care about all aspects of park operations, maintenance, and programming," Lavelua explains. In 2011, the friends group purchased and installed lighting for the path to the campground amphitheater. In 2012, the group purchased railing for the steps from the Environmental Learning Center to the campground. Currently, the group is working on raising money for a playground at the beach. Their fundraising goal is \$25,000 which comes mostly from a few special full-day educational programs, t-shirt and sweatshirt sales, and the sale of bat and bluebird boxes.

The group is always looking for volunteers to help with event planning and volunteering at the actual events. "Specifically they are looking for a volunteer to aid them in developing a website," says Lavelua. *If you are interested contact the park office at 814-342-5960 or blackmoshannonsp@pa.gov.*



In 2012, the Friends of Black Moshannon purchased railing for the steps from the Environmental Learning Center to the campground.



The Friends of Black Moshannon also run various community events throughout the year.

Hitting the Road (and Trail!) with Foundation Staff

Foundation staff will be hitting the road in support of the Great Pennsylvania Outdoor Challenge, visiting state parks and forests across the Commonwealth. By the time you are reading this, we will have finished a three-day bike trip on the Pine Creek Rail Trail through Tiadaghton and Tioga State Forests, to Hills Creek State Park and concluding at the Friends of Mount Pisgah's second annual square dance on June 22nd.

A second bike trip will find us enjoying the night skies with PPF donors at Cherry Springs State Park, then biking from

Chapman State Park to Elk and Bendigo State Parks over the course of two days. A fall donor trip to view elk will include cycling on Route 120, also known as Bucktail Path State Park.

Plans are also in the works for a weekend backpacking trip on the Old Loggers Path, as well as the must-do trip to see Archbald Pothole State Park (in conjunction with the Civilian Conservation Corps Reunion at Promised Land State Park on August 17th).

We've challenged GPOC participants to visit parks and forests and try activities they've never done before and we're committed to doing the same!



80th Anniversary of the CCC — By John Eastlake

This year is the 80th Anniversary of the Civilian Conservation Corps and we'll be recognizing and honoring members of the original Corps. Most of the guys grew up in urban, ethnic neighborhoods so it was an enlightening experience for them to meet other people from so many different backgrounds. When a young man arrived at a CCC camp, he found himself living and working with Poles, Lithuanians, Ukrainians, Slovaks, Germans, and other nationalities. When there was a problem, the Army and the Forestry people would ask them to duke it out in the boxing ring. The boys looked after one another and the camp leaders were compassionate.

There was a role for everyone. The Corps taught these young men how to do whatever needed done. I know of a fellow who could only use one hand and he became Camp Logan's truck driver. He would take the guys to and from the fields and often brought them a warm meal at lunchtime. On Friday nights he would take the boys to Lock Haven for some R&R.

Original CCC member Leonard Parucha recently passed away but did live to see his 100th birthday. I recall an area of wildflowers he showed me that one of the members of the Shingle Branch Camp had planted. He related that after injuring his leg on a camp project, the young man became the camp's landscaper.

I've written about George Hyduck before but the story should be repeated because it demonstrates the compassion of some of the officers. George was a young man from Scranton who "weighed 100 pounds soaking wet." His mother died and his father was a coal miner who simply did not have time to cook at the end of the day. George went for a physical and a major told him to go home and gain some weight. A captain heard this and told George to go home and come back the next week when the major wouldn't be there. A week later, George was in the Corps.



George Hyduck's painting of CCC Camp Master



George Hyduck

George was an artist and photographer, capturing his experiences on paper and film at the Dry Run and Masten Camps. He was asked to design an airmail cachet by the Masten Postmistress. George said that it took him about 10 minutes to come up with something. It went out during National Air Mail Week in 1938 with a Masten postmark. This may have been the only CCC cachet during the active CCC period (1933-1942). The Masten Camp workers were responsible for building the Old Logger's Path; 30 miles of roads and 40 miles of trails. Now a popular hiking trail, the area is a point of contention regarding mineral rights and land usage. Masten can be found on a Loyalsock State Forest Public Use map, but not on a PA roadmap.

This 80th anniversary year is going to be a busy time featuring many events planned to honor the CCC men – so check the Foundation website for information on these events throughout the year. (www.paparksandforests.org)

REMEMBERING Alexander Boyd

Boyd Big Tree Preserve Conservation Area

Local conservationist, Mr. Alexander Boyd, age 87, passed away in February at his home in Wickenburg, Arizona. A graduate of Woodberry Forest School in Virginia and Princeton University, he later served in Burma during WWII with the British Army. During his years in central Pennsylvania, Mr. Boyd was a real estate developer and Chairman of Union Deposit Corporation, but he will be remembered locally as a conservationist.

Mr. Boyd was a philanthropist known for his generosity. He made many notable contributions in Harrisburg and Wickenburg. In 1999, Boyd donated 1,025 acres in Middle and Lower Paxton townships that became known as Boyd Big Tree Preserve. The conservation area straddles Blue Mountain and is part of the Pennsylvania park system. **Boyd Big Tree Preserve Conservation Area** is a sanctuary for mature trees and an environmental education study area. The park is on Blue Mountain just off Pennsylvania Route 443. The large mature trees and thick woods of Boyd Big Tree Preserve Conservation Area make it an ideal habitat for a large variety of woodland creatures. All 10.6 miles (17.1 km) of trails at Boyd Big Tree Preserve Conservation Area are open to hiking and cross-country skiing. His longtime business partner, Paul Mahoney, described Mr. Boyd as hesitant to take credit for his benevolence. "He decided he wanted to leave that piece of ground the way he found it," Mahoney said of the conservation preserve. "He liked to walk there and walk his dogs there."

Mr. Boyd and his wife made several other donations, mostly anonymous, in the area through The Alexander and Jane Starke Boyd Foundation.



Photo credit: Richard Zitrack

A SNAPSHOT IN TIME

We're celebrating! June is National Rivers Month and July is National Parks and Recreation Month so we are revisiting our "roots" and honoring two Pennsylvanians who cleared a path for those of us who visit and love our rivers and parks.

For National Rivers Month in June we remember Ralph Abele (1921-1990), who believed

strongly in the right of everyone to "clean air, pure water and the preservation of the natural, scenic, historic and aesthetic values of the environment." As an uncommon leader of the Commonwealth and a champion of wildlife conservation, his motto was "Do your duty and fear no one!"

In 1972, he was appointed executive director of the Pennsylvania Fish Commission and gave his staff important missions - go after polluters, rewrite the Fish and Boat Code, develop and implement Operation FUTURE, restore shad to the Susquehanna River and the teach the younger generation what's important.

He received numerous awards including the American Motors Award, the Pennsylvania Wildlife Federation's "Conservationist of the Year" award, Trout Unlimited's "Professional Conservationist of the Year" and the Meritorious Service Award from the Great Lake Fishery Commission."



For National Parks and Recreation Month we remember J. Horace McFarland (1859-1948). A Pennsylvania native, he was a leading proponent of the City Beautiful Movement in the United States.

His civic involvement began in 1891 in Harrisburg when the Susquehanna River and city streets were filled with garbage and ashes. McFarland worked tirelessly to create policies to bring about urban parks, new sewage systems, and filtered water to improve Pennsylvania's state capital. (He worked closely with Mira Dock, whom we featured in our spring newsletter.)

McFarland served as president of the American Civic Association (ACA) from 1904 to 1924. McFarland and the ACA were a major national force promoting civic improvement, environmental conservation, and beautification. McFarland helped organize the defense of Niagara Falls from development efforts by power companies and worked to protect Yosemite National Park with John Muir. McFarland was a staunch advocate for the preservation of the Grand Canyon, Yellowstone, Yosemite, the Everglades, and the Glacier Bay and Jackson Hole National Monument and the establishment of the National Park Service.

He personally visited over 500 U.S. cities to guide local action for improvement. McFarland did not want to simply pass laws to bring about change, but rather believed in using education to make citizens want to improve their surroundings. J. Horace McFarland dedicated his life to making the United States a more beautiful place by preserving its natural splendor.



Photo credit: National Park Service

Happy Anniversary to the Keystone Fund!!

In March, partners in conservation from across Pennsylvania celebrated the 20th Anniversary of the Keystone Recreation, Park & Conservation Fund at a special event in the Capitol Rotunda. The Foundation hosted the event along with the Pennsylvania Growing Greener Coalition, Pennsylvania Land Trust Association, Pennsylvania Library Association, Pennsylvania Recreation and Parks Society, and Preservation Pennsylvania. Since its establishment, the fund has helped conserve more than 130,000 acres of green space, supported more than 1,900 park projects, funded 570 historic preservation projects, and more than 200 library projects.

The anniversary celebration included the presentation of the Keystone 20th Anniversary Awards, designed to recognize successful Keystone projects throughout the Commonwealth (such as the improvements in handicap accessibility made to the swimming pool at Ryerson Station State Park), and the release of a new report by The Trust for Public Land. The report is filled with important findings, but the bottom line shows that every \$1 invested by the Keystone Fund in land and water conservation returns \$7 in economic value of natural goods and services.



The numbers in this report reflect a huge impact on Pennsylvania's economy. A few highlights:

- Outdoor recreation is a major component of Pennsylvania's economy. Each year it generates:
 - 219,000 jobs
 - \$21.5 billion in consumer spending
 - \$1.6 billion in state and local tax revenue
 - \$7.2 billion in wages and salaries in the state
- Nearly 38 million people visit state parks each year, these visitors:
 - spend \$859 million
 - support 12,600 jobs in local communities (\$398 million in wages and salaries for Pennsylvanians)

Not only do the Keystone fund programs help create jobs and generate revenue, they also increase the value of nearby properties, boost spending at local businesses, make communities more attractive places to live, influence business location and relocation decisions, reduce medical costs by encouraging exercise and other healthy outdoor activities, provide low or no-cost recreation to families, stabilize local taxes in the communities in which they are located and help revitalize depressed areas.

The entire report, "Pennsylvania's Return on Investment in the Keystone Recreation, Park, and Conservation Fund" can be found at <http://tpl.org/Pennsylvania>

We Will Miss...



Good-byes are never easy and since the last newsletter we've had to say two of them. The first was the very sad news that came to us from Bozeman, Montana where, on April 9th, **Barry Wolfe** lost his long battle with cancer. Barry was an employee of the state forests AND state parks before retiring and relocating out west.

Barry kept in contact with the parks and forests he served for so long as a frequent, enthusiastic, and knowledgeable participant in *Take Five/Fridays With Pam* weekly trivia. We will miss his sense of humor and updates from what he called "Beautiful Bozeman, Gallatin Valley, Montana...elevation 4,800'."

The second good-bye was to PPF Board member **Chris Joyce**, formerly the Director of Operations at REI's huge and astounding distribution center in Bedford. Luckily for Chris (and sadly for us), he received a transfer back to REI's home turf in Seattle where he is now Director of Vendor Operations. (That means that his team helps vendors get set-up to do business with REI and then work with them to find better ways of doing business together.) Says Chris, "My new role is an investment in moving from a world of non-compliance chargebacks into vendor collaborative efforts that benefit REI and the vendor through industry best practices." Chris says that description's a mouthful – and we agree!

JOIN US for the *Pedal Between the Parks* Metric Century Bike Ride

On September 14, 2013 at 8:00 a.m. we'll take a scenic round-trip ride in York County between Gifford Pinchot and Codorus state parks to support improved recreational opportunities. The course is a roughly 100 kilometer (64 mile) scenic bike ride from Gifford Pinchot State Park to Codorus State Park and back. Shorter round trip rides to the 10 mile and 20 mile rest stops are also available.

THE DETAILS For more information visit www.paparksandforests.org

- Entry: \$25 pre-registered, \$27 day of event
 - Start/Finish: Quaker Race Day Use Area, Gifford Pinchot State Park
- See our website for more specific directions.
 Registration and packet pick-up from 7:30 a.m. to 8:00 a.m.
 Riders can begin the ride when they wish up until 8:30 a.m.
 Ride support ends at 3 p.m.
- Contact: Marci 717-236-7644, mmowery-ppff@pa.net
 - Refund Policy: Ride held rain or shine, no refunds, no mailing of shirts



Photo credit: DCNR

Registration includes: • T-Shirt (T-shirts available to day-of-race registrants subject to availability) • Refreshments • SAG support • Restroom facilities • Free parking

REGISTRATION

Pedal Between the Parks Metric Century Bike Ride

Please complete this portion. Detach and mail. Early registrations due Sept. 1, 2013.

Entry fee: \$25

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Shirt Size: S M L XL

WAIVER/RELEASE: I hereby waive all claims against the Pennsylvania Parks and Forests Foundation and all ride officials, volunteers, sponsors, and the state, borough and township officials and representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with this event including, but not limited to: falls; contact with other participants; the effects of the weather including high heat/humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature _____ Date _____

Please Indicate ride choice:

- Full Metric Century
 Shorter Ride

Please make all checks payable to PPF and mail to:
 1845 Market St., Suite 202,
 Camp Hill PA 17011

"Pennsylvania Parks and Forests Foundation is a 501(c)(3) nonprofit organization - contributions to which are tax deductible to the fullest extent permitted by law. The official registration and financial information of Pennsylvania Parks and Forests Foundation may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement."

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



Young Volunteer Award
Pictured L to R: PPF President Marci Mowery; Hailey Freeman



Government Award
Pictured L to R: Barbara Sexton, Award Sponsor Chesapeake Energy; Representative William Adolph, PPF President Marci Mowery



Park of the Year
Pictured L to R: James Wassell and James Tweardy, French Creek State Park; PPF President Marci Mowery; George Asimos, Award Sponsor Saul Ewing, LLC



President's Award
Pictured L to R: PPF President Marci Mowery; Jan Halter, John Halter; Robert Wonderling, Award Sponsor Greater Philadelphia Chamber of Commerce, Chair, PPF Board of Directors

Piggy banks donated by M&T Bank were distributed to banquet attendees. All piggy bank proceeds will be given to the Leah Vogel Memorial Playground Fund, PPF's project to build playgrounds in each of the 56 state parks that needs one.



A first time ever auction was held at the banquet.

Celebrating the Best of the Best

The 7th annual PPF awards banquet was held on Tuesday, May 7th at the West Shore Country Club and we could not have asked for a lovelier evening.

Over 100 people joined together to applaud the contributions of individuals and organizations whose dedication to Pennsylvania public lands makes enjoyment of them possible for everyone.

Make plans to join us for the 8th annual ceremony next May!

Keystone Legacy Award
Pictured L to R: Tina Molski, Award Sponsor REI; Genny McIntyre and Matthew Marusiak, Western Pennsylvania Conservancy; PPF President Marci Mowery



Volunteerism Award
Pictured L to R: Jen Park, Nockamixon State Park; PPF President Marci Mowery; Nockamixon Trail Group: Robert Phillips, Mike Quinn and Ellen Philips; Helen Wall, Nockamixon State Park; Nockamixon Trail Group: Michael Goldberg, Stanley Hniedzijko and Robert White; Beth Clark, Nockamixon State Park



Improvement Award
Pictured L to R: PPF Board Member Joanne Raphael; PPF President Marci Mowery; Friends of Milton: Brian Auman, Paul Yost, Tom Deans, Kathy McKibbin and Myron Messinger



Forest of the Year
Pictured L to R: Ben Gamble, Tiadaghton State Forest; PPF President Marci Mowery; Tom Casilio and Rich Hill, Tiadaghton State Forest; Donald Houser, Award Sponsor Dominion



Education Award
Pictured L to R: PPF President Marci Mowery, Representative Stephen Bloom, award winners Pat and Carl Leinbach, and Gina Padilla of Kings Gap



WELCOME INTERNS! The Pennsylvania Parks and Forests Foundation welcomes our summer interns. **Ellie Davis** is a student at George Washington University majoring in Environmental Studies. You may see her out and about taking videos in state parks and state forests or in the office helping with the Great Pennsylvania Outdoor Challenge. **Angela Miller** recently graduated from Shippensburg University with a degree in Geoenvironmental Studies. She and **Britney Bates** (Lock Haven Communications Major) are serving an internship in partnership with the Susquehanna River Trail Association. You'll see them out stewarding islands, recruiting volunteers, and hosting events on the river. Last but not least, recent Camp Hill High School graduate **Teddy Ramsey** (not pictured) can be found in the field as he prepares to enter his freshman year at Albright College majoring in environmental Studies.



Photo credit: Marci Mowery

Photo credit: Marci Mowery



1845 Market Street,
Suite 202,
Camp Hill, PA 17011
(717) 236-7644
www.PaParksAndForests.org

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MOVED!**

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conserve enhance enjoy

READY, SET, GOAL!



The 2013 Great Pennsylvania Outdoor Challenge... IT'S ON!



Photo credit: Marci Mowrey

Nancy of Lebanon enjoying her
bike at Swatara State Park.

Join the Foundation in our fifth Great Pennsylvania Outdoor Challenge. The Challenge began on May 17th and will run through October 18th. It's good for your brain, your body, and you may even win a prize. All you need is a Pennsylvania State Parks & State Forests Passport. Register for the 2013 challenge on our website.

You set your own goals for our Challenge. Whatever floats your boat...seeking adventure, achieving better fitness, trying healthier eating, or just having fun outside. Walk, bike, run, picnic, read, or just enjoy the scenery. Meet the challenges on your own or as a group. You decide, and see what you can accomplish.

Join and you'll receive weekly email with tips and ideas on how to succeed, fun places to go, and things to do. We'll be awarding prizes including gift cards, fitness equipment, T-shirts, and caps. You'll also receive discounts at participating partners.

IT'S ON!

Keep Reading! Check your mailing label for our new coding system. You'll see the expiration date of your membership listed or (oh no!) that it's already expired (EXP). A special code (COMPLIMENTARY) indicates that you receive our newsletter as a result of your support of one of our Chapters or a PPF Program. We and our Chapters thank you! If your membership has expired, visit our website today www.PaParksAndForests.org and click on *Be a Member-Join* or use our form to the right!

To become a member, fill out the information below and mail this form with your check for \$25 (made payable to PPF) in an envelope to:

PA Parks & Forests Foundation
1845 Market Street, Suite 202 • Camp Hill, PA 17011

Name: _____
Address: _____
Phone: _____
Email: _____