

Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation



Summer 2016



Photo courtesy Pennsylvania Publicity Commission (1950)

Miles Down the Trail: *How Far We've Travelled Since the Early Days of Recreation*



Photo credit: Carol Saylor

In the spring, we took a look at how recreation evolved in our nation's history and how Pennsylvania's expansive natural areas gave people opportunities to enjoy the outdoors and learn new activities while discovering the outdoors as a place to play.

Using a "then and now" format, this summer we would like to expand on that theme to illustrate how when it comes to enjoying the outdoors – fashion and equipment might change – but the fun is timeless!

Over Hill and Dale

Backpacking as recreation dates to the early 1900s. While an exact date is difficult to ascertain, a PA historical perspective would be incomplete without a few major developments of note – namely, the invention of the pack board and creation of long distance trails such as those found at – Laurel Ridge, Moraine, Oil Creek and Raccoon Creek state parks. These developments, combined with further innovations in hiking and camping gear, have helped advance backpacking for hikers in Pennsylvania.

Lloyd F. Nelson's 1920 invention of the camping backpack is certainly a benchmark for recreational hiking. As the story goes, in an effort to make his carrying "pack" more comfortable, Nelson fashioned a rigid pack board, which not only gave structure to the backpack, but also made it easier to carry over long hauls. To this day, the design remains relatively the same.

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These young YWCA members hiked from Reading to Lancaster



Photo courtesy of the Alpine Club

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CONTACT US:

Pennsylvania Parks & Forests Foundation

1845 Market Street, Suite 202, Camp Hill, PA 17011

(717) 236-7644

www.PaParksAndForests.org



Photo courtesy Steve Sturgis

Family outing at Ricketts Glen State Park

President's Message

Marci Mowery



Why do we love baby photos, high school reunions, and retro anything? I think it's because comparing "then and now" is just one of the many ways we chart how we've grown and changed. In our cover story, "Miles Down the Road," we're featuring 'then and now' with a few of our favorite recreational activities. Human ingenuity is limitless when we're trying to improve on a good time! We hope you enjoy the vintage photos and history as much as trying some of the new ways to get outside.

"We often take for granted the very things that most deserve our gratitude."

~Cynthia Ozick

Volunteerism plays a large role in the mission of the Pennsylvania Parks and Forests Foundation. According to the State of the World Volunteerism Report, "Volunteerism is one of the most basic of expressions of human behavior and arises out of long-established ancient traditions of sharing and reciprocal exchanges. At its core are relationships and their potential to enhance the well-being of individuals and communities. Social cohesion and trust, for example, thrive where volunteerism is prevalent."

Indeed, many of our conservation advancements can be traced back to grassroots volunteer efforts (see Penn's Stewards Summer 2015 on the history of conservation activism).

"The world is hugged by the faithful arms of volunteers."

~Terri Guillemets

This issue celebrates our state park and forest volunteers—be they part of a friends group, a Steward of Penn's Woods participant, or a conservation volunteer. Their tireless efforts not only build a community of volunteers across the state, they improve your state park and forest experience.

And you will see on page 11, volunteerism doesn't only benefit the receiving organization... it benefits the volunteer, as well. From making new friends to learning new skills, from getting a good green workout to releasing happy hormones, volunteerism is good for you.

My grandfather and mom set an example early in my life about the importance of being engaged—and I've been volunteering since I was a child—running errands for neighbors, as a Girl Scout, through school. My commitment to volunteerism—and the good it does—only expands as I see all of the good things volunteers are able to accomplish.

My hat goes off to all volunteers for their commitment to their causes. You make a difference.

*Yours in the Outdoors,
Marci*

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2015 BY THE NUMBERS

(33 Pennsylvania Parks and Forests Foundation Chapters Reporting as of 5/1/16)

Money Raised for Park & Forest Projects: \$ 577,385	Special Events Hosted: 137	Attendance at Events: 98,398
Number of Volunteers: 1,802	Hours Donated by Volunteers: 50,776	Value of Hours* Donated by Volunteers: \$1,196,283

* The Bureau of Labor Statistics put a value of \$23.56/hour on volunteer labor in 2015.

Did You Know? PPF is able to accept your TAX DEDUCTABLE donations of stock to support our work and/or projects in state parks and forests. Visit www.PaParksAndForests.org for more information



While Mr. Nelson's invention made backpacks more comfortable, establishing trails in our state parks and forests allow outdoor enthusiasts the chance to explore the roads less taken, as well as those known and cherished, like the Appalachian Trail.



Day hiking has grown in popularity. In fact, walking is the number one form of outdoor recreation.

Diverse and scenic treks such as the Chuck Keiper Trail in the Sproul State Forest offers 90 miles of backpacking, traversing the Burns Run Wild Area, Fish Dam Wild Area, East Branch Swamp Natural Area, and Cranberry Swamp Natural Area.

For the hiking enthusiast who wants a true challenge, the Department of Conservation and Natural Resources' Bureau of Forestry has teamed up with the Keystone Trails Association in recognizing any hiker who completes the entire 798 miles

of the State Forest Hiking Trail system with the coveted *State Forest Trails Award*.

A sign of the times, backpacking today is more streamlined, with light and ultra-light backpacking the current trends. Even with conventional backpacking though, most everything has gotten lighter. These innovations have not only made backpacking easier for pros, but also more attractive to novices.

"Freedom and Self Reliance"

Many people claim credit for inventing the first bicycle. The answer to the question often depends upon the nationality of who you ask; the French claim it was a Frenchman, Scots claim a Scotsman, the English an Englishman, and Americans often claim that it was an American.

If we jump to 1863, the "Bone Shaker" or Velocipede was the first bike prototype to catch the American imagination. Made of stiff materials, straight angles and steel wheels, this bike literally shook the bones of riders over the cobblestone roads of the day.

By 1870, a more commercial version, nicknamed the "high wheeler" enjoyed great popularity among young men of means (they cost an average worker six month's pay), with the hey-day being the decade of the 1880's. By 1878, the first American manufacturer of cycles began with the Columbia Bicycle at the Weed Sewing Machine Company factory in Hartford, CT. The first bicycles were the 60" High Wheelers and sold for \$125.00 when sewing machines sold for \$13.00.

In the 1880's, while the men were risking their necks on the high wheels, ladies, confined to their long skirts and corsets, could take a spin around the park on an adult tricycle. Many mechanical innovations now associated with the automobile were originally invented for tricycles

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Backpacking on the Laurel Highlands Hiking Trail

Cyclists from the early 1900s.



such as rack and pinion steering, the differential, and band brakes.

No review of early cycling is complete without including Susan B. Anthony's thoughts on the subject. In 1896, she said, "let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. I stand and rejoice every time I see a woman ride by on a wheel. It gives woman a feeling of freedom and self-reliance."

Today you can enjoy hundreds of miles of cycling and mountain bike trails in 11 state forests that maintain 447 miles of designated trails for mountain bicycling and 57 state parks across the Commonwealth, including 60 miles on the Delaware Canal towpath which is also a National Historic Trail. Once trod by mule teams pulling cargo-laden boats along the canal, the towpath is used today by walkers, joggers, bicyclists, cross-country skiers, and bird watchers.

"Everyone must believe in something. I believe I'll go canoeing"

So says Henry David Thoreau. A sentiment shared by the 19th century Scottish explorer, writer, and philanthropist John MacGregor (nicknamed Rob Roy) as he is credited as being the founder of recreational canoeing. He was introduced to canoes and kayaks on a camping trip to Canada and the U.S. in 1858. When he returned to Britain, he constructed his own canoes and used them on waterways in various parts of Britain, Europe, and the Middle East. His book, [A Thousand Miles in the Rob Roy Canoe](#), was extremely popular and started interest in recreational canoeing and kayaking.

Photo courtesy of: The Pennsylvania Historical and Museum Commission



Native Americans living in Pennsylvania did not have access to the long sheets of bark found on birch trees farther to the north that the natives of that area used to make canoes. Instead, they had to use the trunks of large trees to make dugout canoes. This

replica was made using the techniques and tools that would have been available to the early Native Americans. The Commonwealth's Archaeology Program (CAP) of the Pennsylvania Historical and Museum Commission has carved three dugout canoes over the past decade.

One of our founding fathers was an early fan of water-sports as well. Benjamin Franklin was known to have been an avid swimmer throughout his life and an advocate

for the benefits of the sport. As a result of this passion, he invented swim fins when he was just 11 years old; they are regarded as his earliest invention.

Our state continued to be an early adopter - the Philadelphia Canoe Club (chartered in 1905) is the third oldest paddling club in the United States. It began as a men's social club situated on the picturesque banks of the Schuylkill River. Early members engaged in all forms of boating including canoeing and power boating. Canoe racing was popular in the early days of the club and a number of members raced on an international level, including Russ McNutt, who competed in the 1936 Olympics held in Berlin.

Today, canoeing and kayaking are an ever popular – and accessible – way to explore the outdoors. Lakes, streams, and rivers are abundant in our state's natural areas; 5,132 miles of rivers and streams in our state forests alone! Any state park that has a lake over 10 acres in size has opportunities for canoeing and flat-water boating. DCNR has a comprehensive list of the place to canoe and kayak and even highlights the particularly scenic canoe/kayak trip routes.

continued on next page



Photo credit: Tina Moiski

State parks and forests provide many outdoor recreation programs such as the kayaking program pictured here at Shawnee State Park.

Let's Picnic!

The original definition of the word 'picnic' denoted something like a potluck. One of the earliest accounts of picnicking comes from tales of Robin Hood. He and his Merry Men would informally dine on bread, cheese, and ale under the trees. But picnics also evolved from the tradition of elaborate movable feasts among the wealthy.

American landscape painting in the mid 19th century often included a group of picnickers in the foreground. An early American illustration of the picnic is Thomas Cole's *The Pic-Nic of 1846*. While already an established social

*"the picnic is
alive and well"*

Photo credit: The Brooklyn Museum of Art



Thomas Cole's *The Pic-Nic of 1846*

event in Europe, these cultural images of picnics as a peaceful group activity popularized the idea of a shared meal in a natural setting.

The popularity of picnics in the 20th century ran parallel with the rise of access to transport systems, from rail to bike and most significantly the motorcar. As well as family and bush walking picnics, there were company picnic days.

And today? From eating your lunch at a wooden table in the parking lot to a quiet snack along a trail to a full on family reunion with 200 relatives - the picnic is alive and well. Pennsylvania's 121 state parks and 2.2 million acres of state forests provide the "where" for families and friends to pack favorite shared dishes, soak in nature, and spend quality time together.

Photo credit: DCNR



Perched on the Camelback Mountain, Big Pocono State Park offers picnic areas and scenic overlooks.



Carol Swavely Derham shared this photo of her parents, John and Susan Swavely, (in the center) at Pymatuning State Park. To the left are Luther and Carolyn Swavely and to the right are Donna and Jim Swavely.



THIS SUMMER,
join PPF in recreating some
memorable state park and forest
moments by joining us in our
Then and Now campaign.

Keep an eye on our website
and Facebook page
for additional information.

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And Now for Something Totally Different

In addition to seeing how some our favorites activities have evolved over the past couple of centuries, we have some great NEW ways to get outside – have you tried disc golf, geocaching, rock climbing, wind surfing, snow-boarding, and stand up paddle boarding?

You can disc golf in 14 state parks, including the new course at Sam Lewis State Park. For rock climbers, numerous climbing opportunities exist in Ohiopyle, McConnells Mill, and Ralph Stover state parks. There are 20 state parks where you can scuba dive and wind surfing is the latest craze at Moraine. In the winter, bring your snowboard to Blueknob State Park.



Photo credit Melaney Stremmel

Trent S. hits the mark in disc golf at Codorus State Park.

For a true 21st century experience, try geocaching. Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. See Penn's Steward Fall 2008. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment. Our heavy backpack wearing, "Bone Shaker" bike riding great grandparents would LOVE IT!!

Fish Jousting Anyone?

And finally, no "then and now" would be complete if we don't mention a couple of "drop offs" to our list of "fun" in the outdoors. When is the last time you went fish jousting? Never? This involved two teams getting on boats and trying to knock each other into the water. Sounds kind of fun, like something you might do at camp right? In ancient Egypt the stakes were high since most jousters couldn't swim. Between drowning and a few accounts of contestants being eaten by crocodiles, perhaps less fun than it sounds.

How about the "kalpe"?

Horse racing and foot racing can be found in many cultures. However, not many have the guts to combine the two. Of course, since the Greeks love running so much they couldn't just ride all eight laps around the hippodrome. At the seventh lap they jumped off their moving horses and ran the last lap on foot while trying to avoid being trampled to death. Hmm...a peaceful paddle on a cool summer morning in Pine Creek sounds good now, doesn't it?

"The swimming area at the "Ore Hole" (a.k.a. Fuller Lake) at Pine Grove Furnace State Park has changed just a bit since this 1950s postcard pic! This is the beach I remember as a kid, when we walked a "goat trail" every day from our cabin... barely visible at the end of the lake, about halfway between the diver and the left edge of the photo. I loved that stone wall, and the two sets of steps leading down into the water. My grandmother and her friends swam around the Ore Hole every afternoon... it was a great "coming of age" moment when I was allowed to accompany them!" (Stu Einstein)



UPCOMING CALENDAR OF EVENTS

JUNE

- 6/10 Friends of the State Line Barrens: Stewardship Day
- 6/11 Friends of Yellow Creek: LHORBA Picnic & Rides
- 6/11 Friends of the State Line Serpentine Barrens Photography Hike
- 6/11 Friends of Pine Grove Furnace: Iron Run Half Marathon/Charcoal Challenge 5k
- 6/11 Friends of Beltzville: Kayak Kleanup
- 6/16 PPF Photo Contest Gallery Showcase: Sly Fox Tasting Room
- 6/17 Friends of Mt. Pisgah: Square Dance
- 6/18 Friends of Oil Creek: Chicks in the Sticks
- 6/18 Friends of Black Moshannon: PA Wilds Child
- 6/18 Friends of Cook Forest Garlic Mustard Pull
- 6/18 Friends of Greenwood Furnace: Concert at Whipple Dam
- 6/25-7/21 Friends of Shawnee: Art in the Park
- 6/25 Friends of Goddard: Pioneer Frolic
- 6/25 Friends of Keystone State Park: Volunteer Day
- 6/25 Friends of the State Line Barrens: Stewardship Day
- 6/25 Friends of Canoe Creek: Movie Night
- 6/27 Friends of Milton: Monthly Meeting

JULY

- 7/1-21 Friends of Shawnee: Art in the Park Gallery
- 7/1 Friends of Prince Gallitzin State Park: Birthday Party Weekend
- 7/2 Friends of Ridley Creek State Park: Volunteer Work Day
- 7/2 Friends of Ohiopyle: Volunteer Work Day
- 7/2 Friends of Shawnee: Fireworks on the Lake
- 7/3 Friends of Kings Gap: Music on the Mountain 2016
- 7/8 PPF Photo Contest Gallery Showcase: Caledonia State Park
- 7/9 Friends of Oil Creek State Park: Oil Valley Race Series
- 7/9 Friends of Canoe Creek: Movie Night (Rain Date)
- 7/14 Friends of Beltzville: Kayak Klub
- 7/14 Friends of Beltzville: Volunteer Day
- 7/16 Friends of Greenwood Furnace: Concert at Whipple Dam
- 7/16 Friends of Laurel Hill Adventure Race
- 7/23 Friends of Milton: River Town Paddle
- 7/23 Friends of Black Moshannon: 31st Annual Summer Festival
- 7/28 Friends of Beltzville: Kayak Klub

AUGUST

- 8/6 PPF Photo Contest Gallery Showcase: Shanks Mare Art & Outdoor Fest
- 8/6 Friends of Greenwood Furnace: Old Home Days
- 8/6 Friends of Mt. Pisgah: Women of the Wilds
- 8/6 Friends of Ridley Creek State Park: Volunteer Work Day
- 8/6 Friends of Ohiopyle: Volunteer Work Day
- 8/7 Friends of Oil Creek State Park: Oil Valley Race Series
- 8/7 Friends of Kings Gap: Music on the Mountain 2016
- 8/11 Friends of Beltzville: Kayak Klub
- 8/12 Friends of Prince Gallitzin: Birthday Party Weekend in the Campground
- 8/13 Friends of Oil Creek: Biathlon

AUGUST continued...

- 8/13 Friends of Goddard: Music at the Marina
- 8/14 Friends of Canoe Creek: Canoe Creek Classic III Disc Golf Tournament
- 8/17 Friends of Beltzville: Kayak Cleanup
- 8/18 PPF Photo Gallery Showcase: Zeroday Brewing Company
- 8/19 Friends of Beltzville: Beltzville Beautification Day
- 8/20 Friends of Mt. Pisgah: Bradford County Youth Field Day
- 8/20 Friends of Parker Dam: Kids Olympics
- 8/20 Friends of Greenwood Furnace: Concert at Whipple Dam
- 8/21 Friends of Keystone: 3rd Annual Car Show
- 8/25 Friends of Beltzville: Kayak Klub

SEPTEMBER

- 9/2 Friends of Shawnee: Kids Labor Day Catfish Fishing Derby
- 9/2 Friends of Kings Gap: Farm to Table Dinner
- 9/2 Friends of Prince Gallitzin: Camper Appreciation Weekend
- 9/3 Cherry Springs Dark Sky Association: Black Forest Star Party Public Viewing Night
- 9/3 Friends of Varden: Varden Conservation Day
- 9/3 Friends of Ohiopyle: Music in the Mountains
- 9/3 Friends of Ridley Creek State Park: Volunteer Work Day
- 9/3 Friends of Ohiopyle: Volunteer Work Day
- 9/4 Friends of Kings Gap: Music on the Mountain 2016
- 9/8 Friends of Beltzville: Kayak Klub
- 9/17 Friends of Oil Creek State Park: Oil Valley Race Series
- 9/22 Friends of Beltzville: Kayak Klub
- 9/24 Friends of Yellow Creek: Yellow Creek Messabout
- 9/24 Friends of Yellow Creek: YC Monthly Mountain Bike Race Championships
- 9/24 Friends of Yellow Creek: "Bike Your Park" Ride

OCTOBER

- 10/1 Friends of Black Moshannon: Monster Hunt
- 10/1 Friends of Ridley Creek State Park: Volunteer Work Day
- 10/1 Friends of Ohiopyle: Volunteer Work Day
- 10/1 Friends of Yellow Creek: Take a Kid Mountain Biking
- 10/2 Friends of Prince Gallitzin: Apple Cider Festival & Crafts Show
- 10/2 Friends of Kings Gap: Garden Harvest Day
- 10/7 Friends of Prince Gallitzin Trunk of Treats
- 10/8 Friends of Mt. Pisgah: Apple Butter Day
- 10/8 Friends of Black Moshannon: Cranberry Festival
- 10/11 Friends of Beltzville: Fall Family Fun Day
- 10/14 Friends of White Clay Creek: Historic Haunting
- 10/15 Friends of Parker Dam: Fall Festival & Pumpkin Float
- 10/15 Friends of Pine Grove Furnace: Furnace Fest
- 10/21-22 Friends of Parker Dam: Monsters on the Mountain
- 10/28-29 Friends of Parker Dam: Monsters on the Mountain
- 10/29 Friends of Kings Gap: Ghoulish Gap Gallop 5k
- 10/30 Friends of Canoe Creek: Spooky Stories & Ghostly Lights

PPFF FRIENDS GROUPS

Cherry Springs Dark Sky Association
Friends of Beltzville
Friends of Big Pocono
Friends of Black Moshannon
Friends of Buchanan
Friends of Caledonia
Friends of Canoe Creek
Friends of Colonel Denning
Friends of Cook Forest
Friends of Cowans Gap
Friends of Delaware/Promised Land
Friends of Goddard
Friends of Greenwood Furnace
Friends of Keystone
Friends of Kings Gap
Friends of Laurel Hill
Friends of Little Buffalo
Friends of Lyman Run
Friends of Milton
Friends of Mont Alto
Friends of Mt. Pisgah
Friends of Nockamixon
Friends of Nolde Forest
Friends of Ohiopyle
Friends of Oil Creek
Friends of Parker Dam
Friends of Pinchot
Friends of Pine Grove Furnace
Friends of Prince Gallitzin
Friends of Ridley Creek
Friends of Ryerson Station
Friends of Shawnee
Friends of Shikellamy
Friends of State Line Serpentine Barrens
Friends of Varden Conservation Area
Friends of Weiser State Forest
Friends of White Clay Creek
Friends of Yellow Creek
Laurel Mountain Volunteers

Your Friends In Action: *Friends of Parker Dam*

Photo credit: Friends of Parker Dam State Park



State Park

Located in the southcentral region of the PA Wilds, Parker Dam State Park's 968 acres provides visitors with countless opportunities to relax and enjoy the outdoors. A scenic lake, rustic cabins, quaint campground, and numerous hiking and biking trails makes Parker Dam an ideal place to visit.

Meet the Friends of Parker Dam State Park. They have been assisting the staff at Parker Dam for over six years. Their newest Chair, Bruce Kuntz says he is happy to focus on this important community cause. "I joined the Friends Group along with my wife to get outside and meet more people and to give back to the community."

The friends group coordinates and manages two fundraising events, ice skating on the lake throughout the winter months and *Monsters on the Mountain* every October. *Monsters on the Mountain* began with a single volunteer driven haunted hayride that quickly outgrew their space. The event, still operated by the Friends, moved eight miles down the road to 'sister-park', S.B. Elliot State Park. Events like these provide revenue for purchasing needed supplies and equipment. Four benches dedicated to volunteers have recently been installed at the park and more are planned.

In 2014, thanks to volunteers from the Friends Group, the park received a new playground. The previous winter, eight volunteers drove over 200 miles to Baltimore to disassemble, haul then reassemble, the playground at the park's campground.

In August, the Friends host the *Annual Kids Olympics*. Visitors enjoy events such as seed spitting, frisbee toss, cornhole, and "pennies in the sand" for the kids and new consideration for the "young at heart" games is currently on the table!

The Friends provide enormous contributions during park events and clean-up days such as this spring's *36th Annual Woodsy Owl Volunteer Weekend* on Earth Day. Friends provided a luncheon for the approximately 120 community volunteers who assisted with litter pickups, trail maintenance, gardening, painting, and installation of interpretive wayside exhibits.

The *33rd Annual Woodhick Games* would not be as successful without the help of so many wonderful volunteers. The games highlight and demonstrate the heritage of the lumber industry such as log rolls, ax throwing, and cross cut sawing. Log birling is also demonstrated by professional lumberjacks.

"The benefits of having a Friends Group are enormous. Their hard work volunteering and fundraising directly benefits the park, its staff, and visitors," comments Park Manager Deanna Schall. "We would have never been able to put that playground in without them. They lend a hand at every park event we have."



Photo credit: Friends of Parker Dam State Park

Special Thanks – Mr. Kuntz wanted to thank the hard work and dedication of everyone involved at the park. "It is YOU that makes all the difference! You can learn about upcoming events or get involved by visiting their Facebook Page: (Friends of Parker Dam State Park) or Email the group at: (FriendsofParkerDam@gmail.com)

More Friends In Action



The dark skies at **Cherry Springs State Park** received some assistance from the Cherry Springs Dark Sky Association when the astronomers planted trees to shield the observation field from stray light.



Young and old alike will soon be celebrating the newly installed playground at **Oil Creek State Park** thanks to the work of the Friends.



Trails will take on a new appearance at **Buchanan State Forest** after their volunteers' one-day trail workshop through the Pennsylvania Equine Council.



The annual *Women in the Wilds* at **Black Moshannon State Park** brought out its usual crowd of women eager to learn a new pastime. Bird appreciation at a feeder built by your own two hands brings a special sense of pride.



Trail work will be made easier and more efficient due to the recent acquisition of some equipment by the **Friends of Nockamixon State Park**. If you're out on the trails at the park and see this tricked-out Polaris Ranger, loaded down with tools and equipment, it's the Friends out for a routine day of trail care. They purchased the Ranger, a New Holland tractor and Frontier Sickle, and a DR Brush Mower. Now all they need is you!



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 Street, Suite 202, Camp Hill, PA 17011 or download a form at www.PaParksAndForests.org



Washington Crossing Historic Park

Highlights: Bowman's Hill Tower, Historic Village

Few images in American history are more iconic than that of George Washington crossing the Delaware River on Christmas Day 1776. Imagine yourself in the scene at Washington Crossing Historic Park. View the surrounding countryside from 125-foot tall Bowman's Hill Tower (seasonal). Stroll the grounds of the historic village, and attend an event at the visitors' center. Each of the park's 500 acres offers a step back in time.

215-493-4076

We Added a 121st Park!

For those of you with the Pennsylvania State Parks and State Forests Passport, we don't want you to miss out on any of the fun of this new park. Simply cut and paste the park information at right into your passport... *might we suggest that it fits nicely on page 116?*

PENNSYLVANIA
State Parks and State Forests
PASSPORT

YOU Made it Happen



Your Support

The restoration of the State Line Serpentine Barrens had help this spring through support from the McLean Contributionship and donors like you. Working with PPF, the Friends group received funding to purchase new equipment to restore this rare ecosystem.



Volunteer Clean-up

Nearly 40 volunteers turned out for our Stewards of Penn's Woods Kick-Off event in Michaux State Forest. In three hours, this mighty group of volunteers cleared 80 bags and 7 boxes of trash (including three boxes of nails picked up with magnets and four boxes of small pieces of broken glass!), 18 tires, miscellaneous metal, a swing set, a crock pot, and cinder blocks.



Pennsylvania in Pictures

The Photo Gallery Showcase is making its way around Pennsylvania, after an exhibition in the capitol for a month, an evening at the Columbia Kettle Works, and five weeks at Sinnemahoning State Park. Check the PPF social media channels for a tour date near you!



Educate

PPFF staff and interns could be found in all corners of the state this spring, visiting chapters, presenting programs, speaking at colleges and universities, and tabling at events.

In The Community

PPFF President Marci Mowery provided the keynote address at the Pennsylvania Wilds Annual Awards Dinner.



Outreach

PPFF took part in the Shippensburg University Sustainability Forum on April 18. The Center for Land Use and Sustainability and the Geography Earth Science Department encouraged all students to take a sustainability pledge for the earth.

Stewardship

A small but mighty team assembled for a second kick off of the Stewards of Penn's Woods program with a stewardship day at Cornplanter State Forest, Tank Hill Tract. Seventy-two bags of trash were removed from the forest, along with scrap metal. To learn how you can become a part of the Stewards program, visit our website and click on "get involved."

A special THANK YOU to Dr. Sean Cornell and the Geography Earth Science students at Shippensburg University for their help on the Hammonds Rocks and Buzzards Rocks project.

Their passion and expertise contribute immensely to the project—from research to measurements to their enthusiasm—and we look forward to continuing the relationship.



Photo credit: Amanda Trimmer

What Does Volunteering Do for ME?

SKILL development:

Learn new skills, keep skills sharp, or use existing skills in new ways.

CAREER exploration

Networking:
Cross paths and bond with people who share a common interest

Make New FRIENDS

Have an impact/Make a Difference

BUILD
Self-confidence

REDUCE Stress:

join a Friends group or become a steward, taking part in a "green gym."

Combat depression

by elevating your body's natural opiates, like endorphins, or "happy hormones," and dopamine.**

Great for your HEALTH:

Studies that people who volunteer are rewarded with better physical health—including lower blood pressure and a longer lifespan.

In a survey of more than 4,500 adults:

68 percent

said they felt better physically since they started volunteering;

29 percent

said giving back was helping them to manage a chronic condition.*

* United Healthcare and Volunteer Match

**Stephen Post, coauthor of *Why Good Things Happen to Good People* (2007) and director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University

What Does \$1 Buy?

A lot. For \$1 you can support the removal of graffiti from one square foot of rock in our state parks and forests. We've identified 37 graffiti hot spots in 20 state parks and forests. Help us take back these public lands, one square foot at a time.



Photo credit: Amanda Trimmer

Mail your contribution to PPFF, 1845 Market St, Suite 202, Camp Hill, PA 17011. Write Take Back Our Lands in the memo line. Or visit our campaign page at: <http://bit.ly/ppffgraffitiremoval>

All supporters will have their name placed on the Wall of Honor.

Local Parks and Recreation are "good for you, good for all"



Inspired by the belief that local parks and recreation improves the lives of all Pennsylvanians, it is the mission of the "good for you, good for all" campaign to increase usage of parks and recreation facilities across the state, while equipping local providers with tools to raise awareness and increase support in their communities.

The online headquarters of the campaign is based at goodforpa.com, where visitors can find resources, stay connected, and use the Explore PA Local Parks tool to discover more than 5,700 local parks across the Pennsylvania!

Pursue Your Happiness!!

We love this! It's Pennsylvania's new slogan. Pennsylvania's Bureau of Tourism is giving a fresh new look to their public outreach. They are inviting everyone to "Embark upon your own personal happiness adventure. Follow where joy leads you."

They are singing our song! In addition to featuring our state's historic treasures and dynamic urban spaces, PA's "greater-than-great outdoors" is a star attraction. In all of their outreach: visitPA.com, e-newsletter, social media channels, and the next edition of the state's travel guide, they feature our fabulous parks and forests and the many activities and adventures to be enjoyed in them statewide.

For more, visit: www.visitpa.com/happiness



Congrats to PA's SCORP Team

The nation's only TWO-time consecutive winner of the SCORP Excellence Award

To be eligible for federal grants, every five years states must prepare and regularly update a statewide recreation plan (called a SCORP).



Diane Kripas, from DCNR's Bureau of Recreation and Conservation, and Jason Hall, from DCNR's Bureau of Forestry, are pictured receiving the award.

The SCORP Excellence Award is presented by the National Park Service and the Society of Outdoor Recreation Professionals. The SCORP Excellence Award Review Team agreed that Pennsylvania's "Natural Connections: Pennsylvania's Statewide Comprehensive Outdoor Recreation Plan 2014 - 2019" deserved their highest honor. As it was recognized in 2011 as well, PA's plan became the nation's only TWO-time consecutive winner of the SCORP Excellence Award.

They noted that PA's SCORP successfully addressed issues that were in the spirit of the Land and Water Conservation Fund (LWCF) Act and described the implementation plan as robust and wide-ranging. Congratulations and thank you to all involved with helping Pennsylvania to be recognized as a leader in advancing outdoor recreation for everyone!

DCNR Adds 12 State Parks to the Smoke-Free Beaches Program

DCNR's smoke-free beach pilot program launched with ten state parks. During the 2013-15 seasons, the program prohibited smoking on the beaches and swimming areas of these state parks.

For visitors who smoke and still want to use these beaches, designated areas adjacent to the beach were provided. The restriction includes cigarettes, pipes, cigars, e-cigarettes, or other handheld-lighted smoking devices. After positive customer feedback for the improved air quality and the reduction of cigarette butt litter in the swimming area, this year, they are adding 12 new parks.

The initial pilot program included:

- Black Moshannon State Park, *Centre County*
- Colonel Denning State Park, *Cumberland County*
- Keystone State Park, *Westmoreland County*
- Locust Lake State Park, *Schuylkill County*
- Moraine State Park (South Shore), *Butler County*
- Parker Dam State Park, *Clearfield County*
- Pine Grove Furnace State Park (Fuller Lake), *Cumberland County*
- Presque Isle State Park (Barracks Beach and Beach No. 11), *Erie County*
- Promised Land State Park (Pickerel Point Beach), *Pike County*

For the 2016 swimming season, the program is expanding to include:

- Hills Creek, *Tioga County*
- Lyman Run, *Potter County*
- R.B. Winter, *Union County*
- Presque Isle: Mill Road Beaches, *Erie County*
- Pymatuning: Beach #1 Main Beach near the cabins, *Crawford County*
- Laurel Hill: Laurel Hill Lake Beach, *Somerset County*
- Whipple Dam, *Centre County*
- Gifford Pinchot, *York County*
- Cowans Gap, *Fulton County*
- Gouldsboro State Park, *Monroe County*
- Ricketts Glen State Park, *Luzerne County*
- Worlds End State Park, *Sullivan County*

A SNAPSHOT IN TIME

Robert S. Conklin and Ruth Myrtle Patrick



Robert S. Conklin (1858 - 1942)

Conklin was born in Mountville, Lancaster County. His route to the commissioner's office was at first political rather than through forestry. He was appointed message clerk of the House of Representatives in 1893, and then clerk to the Division of Forestry on 1895. Despite a lack of professional forestry training, he became Joseph Rothrock's key assistant, dealing for nine years with the growth and myriad details of operating the agency.

By 1904 he was well equipped to head the forestry effort. He served as commissioner for the next sixteen years. Conklin concentrated continuation and further development of the forest academy, expansion of the state forests, improved fire prevention and protection, promotion of forestry on forest ownerships of all types, and improved information gathering on forest conditions in the state.

Conklin established a research center at Mont Alto in affiliation with the forest academy in 1904. The center studied practical topics such as tree planting techniques and forest insects and diseases, but it also went further, researching the growing of willows for baskets and wicker, and studying nutrition and production of chestnut meal (flour ground from roasted chestnuts) for bread and other foods.

With annual crops of foresters coming from the academy starting in 1906, the number of department foresters grew from one to 71 during Conklin's tenure. Forest rangers were increased from five to 85. Most of the department staff was assigned to work on the state forests.

Conklin expanded state forest tree nurseries started by Rothrock and Mira Lloyd Dock. Just as there were no foresters at first, there were initially, no tree nurseries available to aid in the effort to reforest Pennsylvania. By 1920 the department was operating three large nurseries and one small one.

State forest acreage more than doubled during Conklin's terms as head of the department. Starting with 443,592 acres in 1904, the department added 605,100 acres, increasing state forests to more than one million acres by 1920.

Under Conklin's leadership, in 1914 and continuing into the 1920s, the department worked to link together the far-flung outposts of forestry by telephone. Foresters and rangers learned to string telephone wires, set and climb poles, and hook up telephone units from high, remote mountaintop fire towers, to ranger cabins and out to the main lines near town.

Ruth Myrtle Patrick (1907 - 2013)

Ruth Patrick was a botanist and limnologist specializing in freshwater ecology, who developed ways to measure the health of freshwater ecosystems. Dr. Patrick's pioneering research, begun in the 1940s and called the *Patrick Principle*, became the fundamental principle on which all environmental science and management is based. Dr. Patrick proved that biological diversity holds the key to understanding the environmental problems affecting an ecosystem.



Patrick's interest in the natural sciences was shaped by her father's passion for the natural world. At the age of seven, she received her first microscope.

Environmental research of any kind was a novelty during the 1950s and 1960s, but Dr. Patrick's Limnology Department was unusual as in that they pursued technical innovations. The most famous of these is the diatometer, a device invented by Dr. Patrick in 1954 to systematically sample and analyze diatom communities.

In 1975 she became the first woman and the first environmentalist on the DuPont Board of Directors. She was director of the Pennsylvania Power and Light Company and an advisor to President Lyndon B. Johnson on water pollution and President Ronald Reagan on acid rain.

From 1973 to 1976 she was the first woman to chair the Academy of Natural Sciences' Board of Trustees and later held the Academy's Francis Boyer Chair of Limnology. She formed the Environmental Associates, a group of corporate executives concerned about environmental effects of industrial activities. She taught limnology and botany at the University of Pennsylvania for more than 35 years and wrote more than 200 scientific papers and a number of books on the environment, including *Power So Great*, *Colors of Tomorrow*, and the series *Rivers of the United States*.

Called "a den mother for generations of scientists," and a "visionary ecologist," Dr. Patrick was as skilled in the boardroom as in the lab. She long filled the role of advisor, director, and trustee for corporations, governments, and nonprofits and received many awards and honors from the communities she served. For seven decades, she championed environmental protection, mentoring future scientists and inspiring others by the example of her life and work.

In Memory Of...

Wendel Cassel (12/16/40 – 3/11/16)

The Friends of White Clay Creek (on both sides of the Delaware/Pennsylvania border) lost a good friend in March with the passing of Wendel Cassel. Following his 1998 retirement as an award-winning chemical engineer, Wendel devoted his time to building trails throughout the White Clay Valley and spearheaded the design and implementation of the Tri-State Marker Trail, a four-mile looping trail to the spot determined by Mason and Dixon on their historic surveying trip in the 1760s to be the point where Pennsylvania, Maryland, and Delaware meet. Wendel was declared White Clay's Trail Master at the dedication of Tri-State Marker Trail on last year's National Trails Day. His selection could only have been unanimous.



Richard Light (2/4/35 - 4/21/16)

Richard was a self-taught naturalist who enjoyed sharing his knowledge of flora and fauna, particularly those found in Swatara State Park. He taught others through his slide shows, field trips, and local radio talk show. For many years Richard could be found checking his 60 bluebird boxes at the Greater Lebanon Refuse Authority's recycling center, volunteering with the Ned Smith Center's saw-whet owl research project, and at the Second Mountain Hawk Watch. On his passing, the Light family suggested that friends "celebrate Richard's life by taking a walk in the woods, taking two steps, and then standing five minutes to observe nature." Let's all take their suggestion.



Your Gift to the Future

You may not realize it, but legacy gifts to nonprofits are typically made - not through fancy annuities and other financial arrangements requiring the nonprofit's management - but the old-fashioned way, through wills and simple probate-avoidance devices such as living trusts and beneficiary designations on IRAs, 401(k)s, and other financial and investment instruments. Your estate planner or attorney can show you how charitable bequests can reduce (or even eliminate) the amount of estate tax your beneficiaries will owe.

Most people leave the bulk of their property through wills and living trusts. Both are simple to create. In order to name the Foundation among the beneficiaries, you simply state "PA Parks and Forests Foundation, Camp Hill, PA." For clarity, it helps to include our tax ID number, but this isn't required, and the nature of the gift (for example, cash or property).

It's even simpler for you to name the Foundation as the beneficiary of property such as a bank account, life insurance policy, or retirement plan. The bank or other company usually provides a form for you to use.

You can designate gifts from your estate to be used on projects important to you or simply to fund the work of the foundation.

Your gift would become part of a legacy allowing us to meet our mission to inspire stewardship of Pennsylvania's state parks and forests through public engagement in volunteerism, education, and recreation.

Consider including us in your legacy to future generations.

If you would like to learn more, please contact

Marci Mowery, PPF President.

Parks and Forests Through the Seasons PHOTO CONTEST



Photo credit: Samuel Fraser

*2015 Critic's Choice, Best of Show
Hickory Run State Park*

When Aristotle claimed, "In all things of nature there is something of the marvelous" – he was talking to you! Find that 'something' and share it with us as an entry in our "Parks and Forests Through the Seasons" photo contest. This competition gives everyone with a smart phone (or even an actual camera!) the opportunity to share something marvelous from your favorite state parks and forests.

For Fall 2016, categories will include:

Friends and Family Fun

Fur, Feathers, Fins and Scales

Learn About our Past/Historic Landmarks

My Park and Forests

Nature's Colors

Young Photographers (9-14)

Young Photographers (15-21)

Visit PaParksAndForests.org
and click on "Get Involved/Photo Contest"

Celebrating the Best of the Best

The 10th Annual PPF F Awards



Thank you to all of our silent and ticket auction donors for your support of adaptive recreation in state parks and forests, and thank you to the reception sponsor, Williams.



Joseph Ibberson Government Award: Penn Nursery
Sponsor Dominion's Don Houser, Fran Chadick, Jeff Kozar, PPF F President Marci Mowery, Jason Albright



Improvement Award: Ridge Runners of the Laurel Highlands Hiking Trail
Stu Thompson, Jerry Eicher, Ted Massa, PPF F President Marci Mowery, Laurel Ridge State Park Manager Mike Mumau. Sponsor: Somerset Trust



Cliff Jones Keystone Legacy Award: Rob Wonderling
Sponsor AT&T's David Kerr, Rob Wonderling, PPF F President Marci Mowery



Volunteerism (Group) Award: SONS of Lake Erie
Educator Brian Gula, Jerry Skrypczak, Ed Kissell, PPF F President Marci Mowery, Park Manager Matt Greene



Volunteerism (Individual) Award: Stephen Smetana
Educator Megan Fedor, Stephen Smetana, PPF F President Marci Mowery, Park Manager Dave Madl



Education Award: Pam Karhan
Sponsor Greater Philadelphia Chamber of Commerce's Rob Wonderling, Pam Karhan, PPF F President Marci Mowery



Forest of the Year Award: Tuscarora State Forest
Forester Steve Wacker, PPF F President Marci Mowery, District Forester Gene Odato, Ranger Steve Shaffer. Sponsor: Saul Ewing



Park of the Year Award: Gifford Pinchot State Park
Gifford Pinchot Park Manager Bob Deffner, Wanda Pritulsky, PPF F President Marci Mowery, Assistant Park Manager Gavin Smith, Dennis Williams, Terri Wade, Steven Crone. Sponsor: Buchanan Ingersoll and Rooney



President's Award: Greenwood Furnace State Park Complex
Friends of Greenwood Furnace Mali Campbell, Greenwood Furnace State Park Manager Mike Dinsmore, Friends of Greenwood Furnace's Denson Groenendaal. Sponsor: SAP

Light on the Screen, Heavy on the Outdoors

The average American child spends 40 hours a week in front of some kind of screen, spending more time using electronics than anything other than sleep. That's a whole lot more than what the American Association of Pediatrics recommends for healthy development, which is a maximum of 1-2 hours daily in front of any screen for children over age two, and none for children under two.

With school-free summer days, it seems a daunting task to find something else for kids to do with their time...we can help. We will be doing an online summer campaign to get kids outdoors, away from the screen. (We realize the irony of this!) Check our Facebook page at www.facebook.com/PennsylvaniaParksAndForestsFoundation for ideas, events, and contests to get the whole family outside.

Banishing the screen altogether is not necessarily realistic, but limiting the amount of time is the right idea. Here are some ideas to help you limit their screen time, without too much of a fight.

- **Have a plan.** Set a daily outdoor activity. This can include simple ideas like going for a walk or bike ride after dinner.
 - **Make a day of it** and visit your local park or your state parks and forests for picnics, swimming, or hiking.
 - **Use your PPF F Passport** and get it stamped at every park and forest you visit. See how many stamps you can get by Labor Day. Don't have a PPF F Passport? Get one! www.paparksandforests.org/product/passbook/
 - **Check page 7 for a calendar of events** for things to do in a state park or forest near you.
 - **Include outdoor activity in everyday tasks.** Walk instead of driving whenever you can.
 - **Try something new!** Disc golf, dark sky viewing, or geocaching.
 - **Try something old!** Fly a kite, play kickball, or guess the cloud shapes.
- Getting kids excited about being in the outdoors is the key. Involve them in the planning. They—and you—won't miss the screens!



1845 Market Street,
Suite 202,
Camp Hill, PA 17011
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PaParksAndForests.org



If your current membership has expired, visit our website today www.PaParksAndForests.org and click on *Be a Member-Join* to renew or use our form below. New members, complete the form and become a supporter of your parks and forests!

MEMBERSHIP

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

- \$25 Single Membership I'd like to donate extra money to support the work of PPF!
 \$35 Family Membership \$ _____

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Address: _____

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1845 Market Street, Suite 202
Camp Hill, PA 17011

