

Our mission is to promote and support the natural and cultural resources of Pennsylvania's state parks and forests through leadership in recreation, education, conservation and volunteerism.

The Pennsylvania Parks and Forests Foundation began in 1999 to give users and supporters of Pennsylvania's parks and forests a positive way to contribute to the conservation of the commonwealth's publicly owned lands and water. We work to engage people in the outdoors through recreation and volunteerism; we establish friends groups in parks and forests; we assist the Department of Conservation and Natural resources in accomplishing projects and acquiring goods and in creating more accessible parks and forests; we educate on the value of public lands; and we provide a tax deductible vehicle for donations to parks and forests.

We work every day to make sure that there is a place—and an experience—for everyone in Pennsylvania's state parks and forests.

To learn more about us, visit our website at: www.paparksandforests.org

Find us on Facebook and follow us on Twitter



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Cover Photo: Pymatuning State Park
Photo by Mary Thall
First Place, Outdoor Recreation
PPFF Parks & Forests Thru the Seasons Photo Contest

THE TAKE FIVE TOP FIVE



Relax.
They're YOUR State Parks and Forests.
Take Five and Enjoy Them!



Who doesn't love a list? From Rolling Stone magazine's Top 100 Rock Guitarists to David Letterman's nightly Top 10 of the day's quirks and foibles, we love to put things in order.

We're no different at Pennsylvania Parks and Forests Foundation! And while we would NEVER presume to list the Top 10 Pennsylvania state parks or forests (how about the Top 120 parks and Top 20 forests instead?) we did decide early on to include a Top Five list in each week's Take Five/Fridays With Pam.

The whole idea behind Take Five was to remind you to do just that. Take five minutes away from your desk or chores to look around at the great places that surround you. Take five hours each month and volunteer for a cause that's meaningful to you (and, of course, we hope that involves your parks and forests). Even take five days out of the year to go outside and experience all that nature provides us.

We focus the Top Five on health and happiness in whatever form that may be in a given week. Here, we've taken a few Take Five Top Fives and paired them with some of our favorite photos from 2013. Some are from our photo contest, some from our Facebook page, some from our Great Pennsylvania Outdoor Challenge and some from our own trips to the parks and forests.

So Take Five with our little booklet - and, more importantly, Take Five in your Pennsylvania state parks and forests!

Take Five Resources:

Alternet: alternet.org/5-top-regrets-people-have-end-their-lives

American Heart Association Go Red for Women Day: goredforwomen.org/home/get-involved/national-wear-red-day

Backpacker: z2systems.com/neon/resource/ppff/files/scandog.jpg

DCNR Calendar of Events: apps.dcnr.state.pa.us/Calendar/list.asp

Gorp: gorp.com/hiking-guide/travel-ta-camping-hiking-sidwcmdev_057991.html

Great American Backyard Campout: nwf.org/great-american-backyard-campout.aspx

International Mountain Biking Association: imba.com

Mayo Clinic: mayoclinic.com/health/dash-diet/H100047

Mother Nature Network: mnn.com/family/family-activities/blogs/5-kid-friendly-ways-to-celebrate-earth-day

National Public Lands Day: publiclandsday.org

Savvy Sassy Me: savvysassyme.com/2013/01/23/5-reasons-to-let-go-of-perfection

Shape: shape.com/lifestyle/mind-and-body/5-simple-ways-prevent-heart-disease

Social Times: socialtimes.com/5-ways-to-use-social-media-to-keep-your-new-years-resolutions_b114914

Vegetarian Times: vegetariantimes.com/article/how-to-pack-the-perfect-picnic/

Yale Medical Group: yalemedicalgroup.org/stw/Page.asp?PageID=STW000799

Pennsylvania Parks & Forests Foundation Resources:

Design-a-Tea: designatea.com/products.php?cat=7 (find our four signature blends near the bottom of the page; use coupon code PPFF at check-out to direct 25% of your purchase price to PPFF and receive a reduced shipping charge)

Facebook: facebook.com/PennsylvaniaParksAndForestsFoundation?ref=hl
Goddard Legacy Project/Pennsylvania's Conservation Heritage:
paconservationheritage.org

How Green is Your Office : paparksandforests.org/press.html (check out Fact Sheets and Flyers)

Pinterest: pinterest.com/ppff

Twitter: twitter.com/PaPFF

You Tube Video Channel: youtube.com/user/PAParksandForests

Change a bike tire: youtube.com/watch?v=2TfikW7eSlo

Size a mountain bike: youtube.com/watch?v=sUyA0ENlrbl

We love our volunteers!

Perhaps the biggest Volunteer Day of the Year is [National Public Lands Day](#), held the last Saturday in September each year. This year we presented our somewhat tongue in cheek suggestions for the Top Five Ways to Celebrate NPLD:

- Gather a group of your friends to sing NPLD carols (we suggest starting with *America, the Beautiful*)
- Go from house to house dressed as your favorite conservation hero (like [Maurice K. Goddard](#)) and ask for candy
- Take a park or forest employee to lunch
- Resolve to get outside more in the coming year
- Volunteer! Check out the [DCNR Calendar of Events](#) (search "Activity" for *Volunteers* or *Volunteer Work Day*).



Clockwise from left:

Friends of Lyman Run - Spooktacular 2013

Photograph by Maxine Harrison

Friends of Laurel Hill - Salute to the CCC Boys

Photograph by Kimberly Peck

Friends of Pinchot - Work on the Lakeside Trail

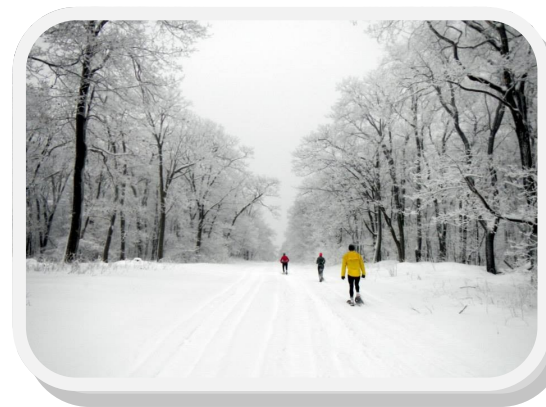
Photograph by Patricia Sabold

Thirty-five chapter friends groups work under PPFF's nonprofit umbrella. Each is as unique as the park or forest it supports. To find one near you, visit our website and click on *Be a Friend-Volunteer!*

Like a lot of people, we started 2013 with a nod to New Year's Resolutions

Yes, it is that time of year again for resolutions and making changes. Can social media help you stick to them? According to [SocialTimes.com](#)*, indeed it can.

- Tweet your resolutions. The more people who know what you're seeking to accomplish, the less you will wish to risk public failure. You can talk with us on the PPFF feed; we promise to offer encouragement and sources of fun!
- Share on Facebook. Enlisting your friends in your quest gives you added incentive and provides a fun record of your adventures. And you know our page can provide lots of adventures!
- Use Meetup to find others with the same goals. Who knows who you'll meet?
- Hone your skills with help from YouTube. I am constantly amazed by the level of expertise being shared there.
- Track your progress on Tumblr. Visual evidence of progress made!



Laurel Ridge State Park
Photograph by Ted Massa

Critics' Choice, Outdoor Recreation

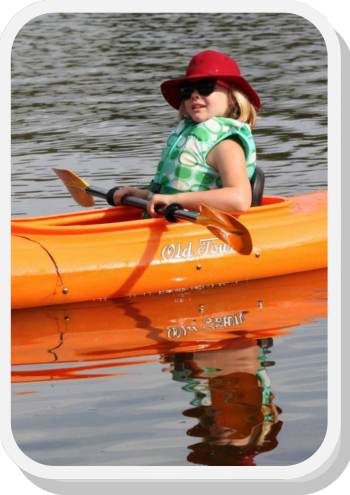
PPFF Parks & Forests Thru the Seasons Photo Contest

* Find information on web and other resources cited in Take Five on page 11

The health benefits of outdoor recreation are a key focus for Pennsylvania Parks and Forests Foundation - and in February, we were all about heart health

Like people across the US, on the first Friday in February the gals in the office always wear scarlet in support of the American Heart Association's **National Wear Red Day**. The Go Red for Women campaign was begun to publicize the very real danger that heart disease poses to women. When the movement began in 2003 nearly 500,000 women a year died from heart disease. Thanks to the campaign and the awareness it has raised, that figure has decreased by 21%. But, face it, 395,000 women a year is still too many. So, from the good people of *Shape* magazine, here are **Five Simple Ways to Prevent Heart Disease**:

- Know your numbers. When your doctor last checked your blood pressure, did you get what those numbers are and what they mean? Next time, find out.
- Go bananas. If the numbers are high-ish, then a dietary change may be in order (check out the **DASH diet**) and bananas are good and good for you!
- Get good sleep. People who sleep five or fewer hours a night have a 39% greater risk of heart disease.
- Put that banana on a peanut butter sandwich. High fiber bread spread with two tablespoons of peanut butter provides a significant portion of your daily requirement of magnesium (which helps fight inflammation).
- Perhaps you should rethink your birth control. If you smoke, oral contraceptives might not be the best choice for you.
- Tip #6: If you smoke, STOP. Chances are good you'll live longer and have more time to spend outdoors with family and friends.



Chapman State Park
Photograph by Julie Greenawalt
Critics' Choice, Kids in the Outdoors
PPFF Parks & Forests Thru the Seasons
Photo Contest

A special thank you to Kristina Everetts, our Fall 2013 intern, for her assistance in pulling together a year's worth of Take Five Top Fives for this booklet. Best of luck, Kristina!

We dubbed 2012 our Year of Living Playfully and 2013 our time to show The Outdoors is For Everyone

Pam's salute to husband Bill's birthday in October produced **Five Ways to Age Gracefully** from the Yale Medical Group. The parentheticals may have been just for Bill, but the advice is timely for all of us!

- Eat healthy (and that means keeping the "greasy fish" drive thrus to a minimum).
- Exercise regularly (let's get the handcycle on the trail this weekend).
- Perform mentally stimulating activities (although I don't endorse the "changing careers" idea).
- Get preventive health care tests (checked that one off this week - good job).
- Maintain a positive attitude (well, nobody does that better than Bill!)



Point State Park - Venture Outdoors Festival
Photograph by Bill Metzger
A Bike That Squirts Water!
A Life of Living Playfully



Ohiopyle State Park
Photograph by Pam Metzger
Rolling Down the Great Allegheny Passage
The Outdoors is For Everyone

Take Five/Fridays With Pam is written by PPFF Membership Coordinator Pam Metzger. For delivery to your inbox each week, drop her a line at pmetzger@parksandforests.org

We talk about food a LOT when we Take Five

When our Great Pennsylvania Outdoor Challenge weekly focus was picnics, we learned packing pitfalls to avoid from [Vegetarian Times](#).

- A layer of oil or pesto can protect bread from moist veggies like tomato and lettuce.
- Pack toppings and dressings separately and keep everything crisp.
- Forget the charcoal. Just prepare hotdogs or soup at home and pack in a thermos.
- Mom was right! Mayonnaise or creamy sauces spoil more quickly than vinaigrettes, so choose carefully.
- Bars or brownies will hold up better than fragile cookies.



Leonard Harrison State Park
Photograph by Amy Molitoris
 Enjoying a Family Picnic
 Great Pennsylvania Outdoor Challenge

And sometimes that also means relaxing with a cup of tea

When frustration strikes, sometimes you need at least one of Savvy Sassy Me's [Five Reasons to Let Go of Perfection](#):



PPFF Signature Teas Available from [Design-a-Tea.com](#)
Photograph by Marci Mowery

- You are not called to be perfect.
- What you have is enough.
- Any struggle you face now is for a reason.
- There is always tomorrow.
- Focus on the now—not worries, wishes, anxieties or failures.

Spring is a good time to consider what's important

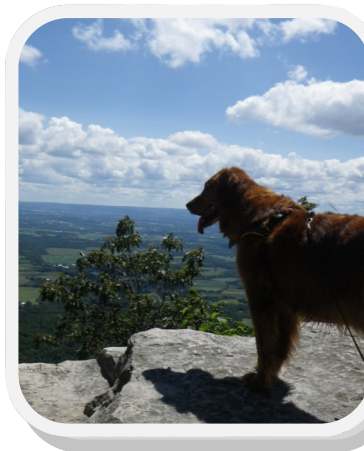
A blog entry from [Alternet.org](#) was too poignant not to pass on. Bronnie Ware's work as a palliative care nurse gave her special insight into the wisdom (and a share of the wit) of people at the end of their lives. These from her experience are their Top Five Regrets :

- Having lacked the courage to simply honor themselves before giving in to the expectations of others.
- Having spent too much time working.
- Having failed to express true feelings.
- Having lost track of good friends.
- Having feared the choice to find true happiness and joy.



Goddard State Park
Photograph by Dot Monahan
 Critics' Choice, Honorable Mention
 PPFF Parks & Forests Thru the Seasons Photo Contest

Like the author of *Teacher Pet* in the November issue of *Backpacker* magazine, PPFF's Marci says that everything she knows about hiking, she learned from her dogs. From Axel, the world's most beautiful Golden Retriever, to Izzy the Boxador, dogs do seem to have it all figured out:



- Smell more (and not just the flowers)
- Don't be afraid of a little dirt
- Sleep when it's hot!
- Wander around in the dark on occasion
- Always keep the group together

Colonel Denning State Park
Photograph by Bernetta Dougert
 Molson Golden Takes in the View at Flat Rock
 Great Pennsylvania Outdoor Challenge

Spring - April 22 to be precise - means Earth Day



Leonard Harrison State Park
Photograph by Shelby Brett
 Saluting Great-Grandpa and the Civilian Conservation Corps
 Great Pennsylvania Outdoor Challenge

Mother Nature Network gave kid-friendly ways to learn to Be Green. These easy steps offer an opening to talk about the bigger picture:

- Use your feet (or a bus or a bike)
- Switch off the lights (and use CFLs)
- Turn off the tap while you brush
- Reuse as the alternative to trash
- Recycle!

Our flyer on the green office can help the grown-ups make an Earth Day difference at work.

It's warm? Time to bike!

Frank Maguire of the International Mountain Biking Association gave us tips to consider when buying a bike.

- You needn't spend a fortune.
- The latest bells and whistles aren't that important.
- Be realistic about where and how often you'll ride.
- Fit is key. Extend leg fully at the bottom of the stroke, feet flat when you dismount - with "appropriate clearance."
- Most importantly - enjoy!

Find Frank's video on our YouTube channel, along with another from JC of Holmes Bike Shop on changing a flat tire.



Ohiopyle State Park
Self-Portrait by Pam Metzger
 Me & My Frog Bike
 Great Pennsylvania Outdoor Challenge

Every June you have a chance to discover a little magic in your own backyard (or favorite park or forest)

In celebration of the Great Backyard Campout, the writers at Gorp.com provide tips for selecting the perfect tent site. They work in the back country or your own back yard!

- Choose even surfaces. A hard but flat surface is more comfortable than a soft, bumpy one.
- Double check your spot. It might look promising, but it doesn't hurt to lay down on your groundcloth and make sure nothing's protruding.
- Look up. See that branch that's only supported by other branches? They don't call it a widow-maker for nothing.
- Look down. See that little gulley you're lying in? Bowls hold water. Like overnight rain water.
- Light breeze, good. (Keeps the mosquitoes moving.) Potentially windy, bad. Try to keep the wind to the back of your tent. And pound those stakes in good!



Tiadaughton State Forest
Photograph by Pam Metzger
 Marci & Pam's Perfect Campsite
 Great Pennsylvania Outdoor Challenge



Keystone State Park
Photograph by Chuck Wagner
 Entry, Appreciation of Beauty
 PPFF Parks & Forests Thru the Seasons
 Photo Contest



Keystone State Park
Photograph by Patty Clark
 Entry, Appreciation of Beauty
 PPFF Parks & Forests Thru the Seasons
 Photo Contest