Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation • Fall 2012





Weiser State Forest

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www.PaParksAndForests.org

Say "TREES" - Many Years of Living Playfully

PHOTOS ARE AMAZING. There is the historical relevance of photographic records, the art of photography, and the shear hilarity of a lifetime of candid snapshots. As we wind up our "Year of Living Playfully," the staff, board, and friends of the Foundation would like to share some great photos with you. We'd also like to remind you that taking a camera along on your outdoor activities adds another dimension to your play. A camera makes you stop and look; and later, photos give you the day all over again. There are lots of entertaining ways to use your camera. If there is a place you go every year, making a "photographic chronicle" of the same pose, at the same place, can be interesting, particularly if there is a tree that grows along with you!

Photos make memories and the memories hold treasure. Seeing yourself as a child splashing in a lake or toasting a marshmallow is always a great reminder to keep doing the fun things you've always loved. The photo of your child grinning ear-to-ear at a magnificent overlook is great to pull out the next time she tells you she can't do something. ("Remember during the hike you were really hot and your feet hurt but YOU DID IT - and were so happy you did!") Of course old photos are always bittersweet but what better way to remember those no longer with us than in a photo: outside, having fun, living well.

Those old snapshots are important artifacts of our lives and illustrate that enjoying the wild, wonderful outdoors is essential to our health and happiness. Keep having fun outdoors - year after year. And pass on those good times in a photo...smile and say "TREES!"



A teenaged Brittany Howell at Reed's Gap State Park in 2001.



the Elk State Forest. Left to Right: Pap Pool, Teen, sister Diane, Dad, Marci, Mom.



Lisa Salvatore and her daughter Marina preparing for a picnic lunch at Pinchot State Park.



Pam Metzger at Ohiopyle State Park back in 1963.



Board Member Maxine Harrison in 1990 as an Environmental Interpretive Technician at Chapman State Park with one of the great park volunteers, Duke Walters.



Marci at Sinnamahoning State Park in 1977 with brother Joe and sister Diane.

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President's Message

I hope that you have been enjoying our self-proclaimed, "Year of Living Playfully." With this final issue of our 2012 newsletters, we wanted to capture the spirit of play in images, more than words.

For us, the exploration of play has been fascinating; for so often, we forget to make time in our daily lives for the fun things. This constant reminder to us that we are urging YOU to go outside to play was also a reminder to US to step away from the computer to reconnect with parks and forests.

As you see in the images of our younger selves, parks and forests have been a part of our lives for many years. Like many Pennsylvanians we have enjoyed them on family vacations, with friends, and on work outings. Most of us then introduced our children to our favorite parks, and then our grandchildren, too.

Marci Mowery

"...parks and forests
have been a part of
our lives for many years."

Some of the best moments are the stories around the campfires—that down time where the dark makes it safe to share your thoughts and feelings, and the warmth of the fire complements the warmth of being with family and friends.

As you flip through this issue, enjoy the images captured by the winners of our summer photography contest, and enjoy the historical images of the work of the Civilian Conservation Corps. Allow yourself to recall your favorite memories from state parks and forests, and perhaps grab a friend by the hand and head out to make more.

Yours in the Outdoors, Marci

Parks Help Combat Obesity Excerpted from the Foundation's 2011 State of the Parks/State of the Forests Report

An alarming trend has developed over the past few decades—we have become increasingly inactive as a nation. More forms of recreation are available today than ever before, many of which burn few calories. Children, especially, are spending more time indoors in front of electronics, and less time outdoors with estimates as alarming as children spending up to seven hours per day in front of a screen (and as little as seven minutes per day in unstructured play time).

The link between physical inactivity and increasing rates of obesity has been established. In Pennsylvania alone, 64.2 percent of adults are overweight, and 29.7 percent of children between the ages of 10-17 are overweight or obese. If this trend continues, the current generation will experience a shorter life-span than their parents.

Physical activity is clearly important to help reverse this trend. It has been shown to reduce the risk of dying from coronary and heart disease and of developing high blood pressure, colon cancer, and diabetes. It also has been shown to reduce blood pressure, help control weight, reduce symptoms of anxiety and depression, and promote a feeling of well-being.

The connection between natural places and human physical and psychological health has also been well documented. Most community and state leaders now view parks not as amenities but rather as essential features for healthy ecosystems, protection of water resources, recreation, personal well-being, and overall health.

MISSION: PPFF's 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.

PENNSYLVANIA

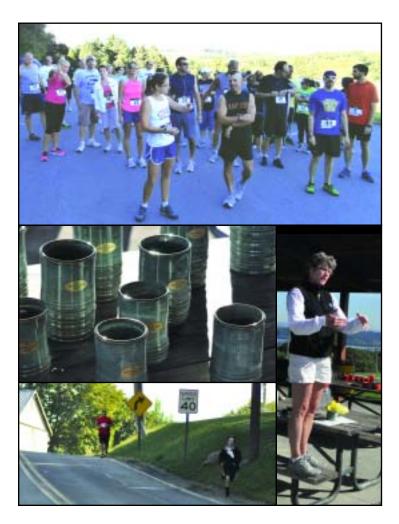
Parks & FO



Thanks to all our runners and volunteers for making the Lace Up for Leah 5K such a fun time. It was an interesting day to say the least and the smiling and laughter of the runners was very much appreciated. Congratulations to Amy Sipe of Wrightsville and Scott Youcheff of Red Lion, our overall winners. And to our youngest runner: Devin Metzger, 12; and Judy Anttonen, who at 71 inspired fitness envy in us all.

Our sincere gratitude to them and to all the Lacer Racers!

Sincere thanks to our race sponsors: George Ely and Asssociates, General Recreation, Inc., The Design House, Metro Bank.



The Samuel **Lewis State** Park Play Area

Donations raised through the Leah Vogel Memorial Playground Fund



The new play area has a wave slide and other fun equipment for kids.

On July 14, the Pennsylvania Parks and Forests Foundation unveiled a new playground at Samuel Lewis State Park, in memory of Wrightsville native, Leah Vogel.

The Foundation, family, and friends worked to raise funds for the playground in hope that Leah's love of the outdoors may be passed on to the other children who enjoy the playground built in her honor. The Samuel Lewis State Park play area is the first fruit of the Leah Vogel Memorial Playground Fund, a larger effort on behalf of the Foundation to build playgrounds in state parks across the Commonwealth.

The playground includes equipment designed to facilitate play for 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. The Foundation also replaced a missing swing with a bucket swing designed for children with limited upper body strength. A second bucket swing will be added later. Other playground highlights include a wave slide, fire pole, and ladder.

"We want children of all abilities to come out and explore our state parks," said Marci Mowery, president of the Pennsylvania Parks and Forests Foundation. "This is just one way that we hope to encourage them to do so."

Many businesses and individuals helped to sponsor the Samuel Lewis Playground through personal donations and events, such as a 5K race, silent auction, bike wash, golf tournament, and sale of wrist bands. The Lancaster County Solid Waste Management authority, Mr. and Mrs. Louis Appell Jr., and a grant from the York County Community Foundation provided additional support for the project.



To learn more about the Leah Vogel Memorial Playground Fund or the Lace-Up for Leah 5k visit www.paparksandforests.org

Kiersten McBride enjoys the Omni Spinner, designed for easy entrance from a wheelchair or walker.

Keystone Recreation, Park & Conservation Fund

For 19 years, the Keystone Recreation, Park & Conservation Fund has consistently delivered tangible and enduring results and made lasting improvements to our communities. As we approach the program's 20th anniversary, let's celebrate some of the Keystone Fund's proven successes.

• Help communities to acquire new parkland, natural areas and green space;

• Support municipal and county park projects including construction and renovation of playgrounds, athletic fields, picnic pavilions and pools;

• Build hundreds of miles of trails:

Investments in our award-winning state parks and sustainably managed state forests;

Enable local libraries to expand and renovate their facilities;

• Preserving Pennsylvania's historical landmarks, structures and museums.

Improvements for new uses like events generate revenues for state parks. A great example is the new kitchen at the Ridley Creek mansion, which transformed the facility into "wedding and event central."

Each dollar of Keystone Fund community grants typically leverages more than two dollars in direct private and local

investments in our parks, trails, community green spaces and libraries. These investments in turn generate hundreds of millions of dollars in economic activity, ranging from recreational purchases and wages to increased values of properties. As we note the twenty years of Keystone Fund success, it is more important than ever to keep a focus on the fund and request that our elected officials continue

to protect these dedicated state dollars

on our behalf.



Parking lots and building upgrades—when you accommodate the needs of visitors...build it and they will come.



Light Posts_

of the public.

Dam Repair—Keystone Funds mitigate the aging infrastructure such as dams, roads, sewage and water treatment facilities in parks and forests.



Restrooms—Out with the pit, in with the flush.



Playgrounds—Due to new safety standards, many of our playgrounds need upgrading or replacing.

KeystoneFund dollars help to prevent larger maintenance projects by nipping deterioration in the bud.

Mary Bowser Wins Goddard Challenge



Maurice Goddard added 45 state parks to our award winning system. In honor of the 100th anniversary of his birth, the Foundation created a challenge card in which participants could visit the state parks he helped to secure, for their chance to win prizes. Participants were required to take a photo of themselves beside each park sign to show proof of visit.

Watching the Goddard documentary, viewing a Goddard historical marker, and visiting a state forest wild and natural area were also part of the challenge. Mary Bowser not only completed a row, she completed the whole challenge card! Foundation staff congratulated her at the Elk Watch in Sinnemahoning State Park on September 19 and enjoyed hearing about her adventures.

"It was a lot like the *Amazing Race*, we would decide on a part of the state to visit, go somewhere for breakfast in the morning, go to a park, find the sign, get out

and take a picture then drive to another park and take a picture. One day we visited seven parks!"

Mary enjoyed visiting the parks and learning about Goddard. "Goddard gave his whole life for state parks," she said.

The Foundation applauds Mary and Jack (her husband and chauffer for this adventure!) for their efforts and encourages all Pennsylvanians to take time to visit their Pennsylvania state parks and forests.



Volunteers Needed!

Do you have an hour or two a week you could give to surfing the web? Pam Metzger, our Membership/Volunteer Coordinator, could use someone to keep an eye on our chapters' various websites and make sure our calendar of events is up to date with their meetings and events. The Camp Hill office is also looking for a volunteer to do filing and photocopying. Contact Pam at pmetzger-ppff@pa.net if you're interested in lending a hand (or a mouse click).



Celebrating Doc Goddard

The Foundation and the Goddard Legacy Committee would like to thank all of the exhibitors who gave their time and talents to help us celebrate the 100th anniversary of Maurice Goddard's birth, including the Pennsylvania Forestry Association, the Pennsylvania Forest Fire Museum Association, the Bureaus of State Parks and State Forests, the Alliance for the Chesapeake Bay, the Yellow Breeches Watershed Association, the Camp Hill Environmental Club and Recreation Department, Green CAUSE, FracTracker, the Appalachian Trail Museum, Central Pennsylvania Conservancy, Audubon Pennsylvania, and the Susquehanna River Trail Association.

It was a wonderful mix of conservation organizations, recreation groups and government agencies - just the kind of coalition-building and "everybody has a voice" gathering that Doc would have loved.

And we cannot forget the wonderful support of our "AV Team" from the Camp Hill United Methodist Church and the Pennsylvania Bakery for their generous donation of the spectacularly yummy and beautiful birthday cake.

As always, seeing the WITF-produced documentary was a moving reminder of why Doc's work was so important. His legacy is truly long-reaching and his accomplishments should be remembered and recited by every single school kid in the Commonwealth.

Camera Play

Many beautiful photos were entered into the Foundation's Summer 2012 Take Five in the Outdoors Photo Contest. The contest winners were chosen by popular vote on the Foundation's Facebook page. Participants chose their favorites out of 191 photos in the following five categories:

Appreciation of Beauty Kids in the Outdoors Volunteers in Action

Dogs in the Outdoors **Outdoor Recreation**

Best in Show winners were awarded a \$50 state park gift card. First place winners received a carton of Hershey's Take Five candy bars and a \$25 state park gift card. Second and third place winners received a PPFF bandana and a campfire mug.

"Nature has a way of sharing spectacular sights, sounds, and smells, if we just slow down and take notice."

Appreciation of Beauty

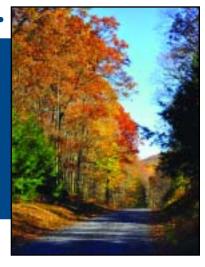


1. Laurie Finch-Presque Isle State Park (Who doesn't enjoy fresh fish?)



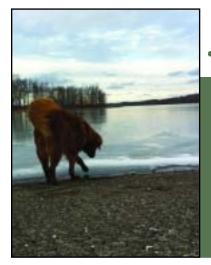
2. Timothy Garlick-Blue Knob State Park (A fawn spotted in the woods.)

Dogs in the Outdoors



3. Kiersten Novick-Weiser State Forest (Walking down an autumn road.)

The Foundation staff would like to thank Ruffwear for donating a



1. Bernetta Dougert-Gouldsboro State Park (Always go paw first!)



2. Erin Ruggles-Blue Knob State Park (Higher! Push me higher!)



3. Marian Miller-Lackawanna State Park (Nothing like a refreshing dip.)

dog bed and collapsible water bowls for the Dogs in the Outdoors photo winners.

Be sure to check the Foundation Facebook page for the next photo contest!

Kids in the Outdoors •••••



1. Jennifer Esken-Lackawanna State Park (David Eskin lets his imagination soar.)



2. Karen Crawford-Clear Creek State Park (Abigail Crawford uses goggles to explore the stream.)



3. Colleen Rhoades-World's End State Park (Jack and Meredith Rhoades enjoy tubing on Loyalsock Creek.)

• • • • • • • Outdoor Recreation



1. Jennifer Wimer-Moraine State Park (Brendan Wimer teaches his son to fish.)

2. Maria Stelacio-Ricketts Glen State Park (A rainbow of boats pleases the eye.)



3. Stephanie Miller-Hyner View State Park (A hang glider takes in the spectacular view.)

"Parks provide us space to recreate and connect with nature while contributing to a person's mental health and emotional well-being. I love PA state parks!" Maria Stelacio

Volunteers in Action



Dot Monahan-Oil Creek State Park (Gary Campbell, Carolyn Worley and Betty Meinstereifel plant flowers.)

People's Choice Best in Show



Tom Dorsey-Oil Creek State Park (A fawn peeks from beneath her mother.)

Critics' Choice Best in Show



Larry Laird-Whipple Dam State Park (A gorgeous fall scene reflected on the water.)

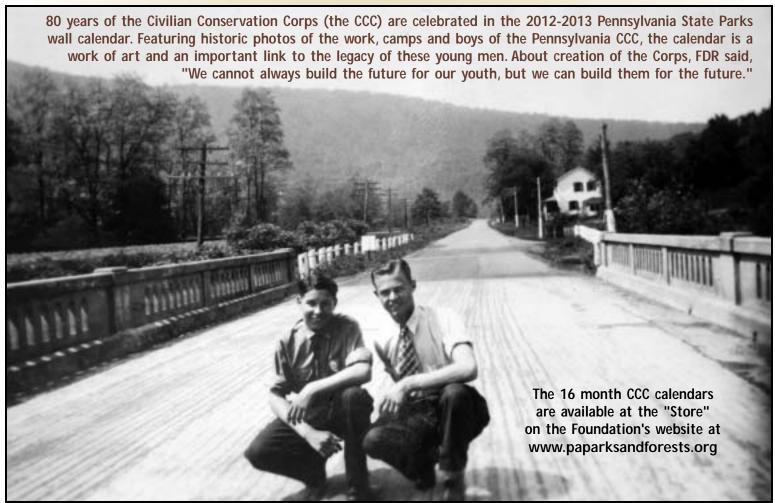
CCC Legacy on Display

DCNR staff in Promised Land State Park still utilizes the Civilian Conservation Corps officer's quarters built in 1934. However, until a few years ago the original structure did not highlight the history of the CCC boys who built it. Instead, the building housed the environmental education center.

Several generous donors contributed approximately \$35,000 to restore the area for use as a Civilian Conservation Corps museum. The money funded an addition to the building so that the environmental education center could be moved to the new section and the original room could be used to display CCC collections. Promised Land State Park could not have accepted the donations without a Foundation account. The account made it possible for even more donors to offer contributions for CCC exhibits and memorabilia throughout the room.

Promised Land State Park staff has hosted several reunions with the remaining CCC boys. They enjoy visiting the museum and remembering their work in the parks. Volunteers run the daily operations of the museum, known as the Masker Museum. Through the generous donations and the Foundation account, the CCC museum at Promised Land State Park will now serve as a source of visual and aural education of the CCC legacy in our state parks and forests.





Focus on Volunteer Ralph Harrison

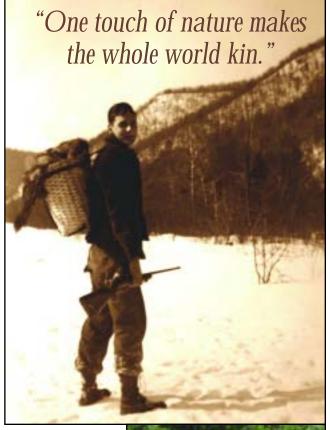
Ralph Harrison may have retired from the Bureau of Forestry, Elk State Forest, as a Forest Maintenance Supervisor, but he remains a champion for conservation. During his 40 year tenure (1951-91), Ralph worked tirelessly - on the job and on his own time - assisting both the Bureau of Forestry and the Pennsylvania Game Commission promoting and expanding the elk herd. He hosted countless groups: elected officials, college and high school students, teachers, local residents, visiting foreign students and professors, and staff of state agencies. Recently, he led staff and donors of the Foundation on a very successful tour of the elk during their fall rut.

Ralph is dedicated. His innumerable volunteer hours involve many hours of hands-on work: mowing food plots, planting trees, fencing trees, etc. Retired for more than twenty years, Ralph shows no signs of slowing down. He continues to host group tours, complete habitat work, build and install bluebird boxes, assist with the golden eagle research program, and write books. He has written two books on the history of elk in Pennsylvania. Ralph's current project is writing the history of the Quehanna Wild Area.

Ralph enjoys his time spent volunteering. He said his efforts were to demonstrate that the Bureau of Forestry's work is more than just trees but conservation of the entire resource – land, animals, water, history and more.

For those astute readers, you may recognize the Harrison name— Ralph is father to Chip Harrison, park manager in a complex that includes eight state parks, including Leonard Harrison and Colton Point and the dark sky of Pennsylvania (Cherry Springs), and is father-in-law to Maxine Harrison, chair of two friends groups and member of the Foundation board.

Ralph has created a personal and family legacy of conservation and love of our forests. His example illustrates Shakespeare's verse that says "One touch of nature makes the whole world kin." From all of us who have learned so much from him, we say: Thanks Uncle Ralph!



Ralph Harrison lifelong conservationist



Ralph Harrison leading a group on a field trip.

Eagle Scout Builds "Vista Wheel" at Big Pocono State Park



Nathan Wise wanted to bring back a park favorite at Big Pocono State Park for his Eagle Scout Project. The park is on land which was owned by Henry S. Cattell near the turn of the 20th century. Mr. Cattell, being very fond of the view from the summit of Camelback Mountain, and knowing that many others shared his love for the area, constructed a stone cabin on the summit in 1908. The Cattell Cabin was left unlocked for many years to be used as a shelter by visitors. Nathan's family has a history with Cattell Cabin, and he wanted to continue that tradition.

Decades earlier the park had a wooden wheel, probably the side of a cable spool, which identified landmarks from the summit of the park. It eventually deteriorated and was removed. The concrete base was all that remained. Using modern technology and stainless steel, Nathan and his design team crafted a beautiful new "vista wheel." The wheel features ceramic tiles laser etched with the names of visible landmarks noting the distance to each as well. The vista wheel was dedicated to the Friends of Big Pocono at their September 12 Board meeting, Board Chairman John Motz presented Nathan with a Certificate of Appreciation and signed off on his Eagle Project 7 days before his 18th birthday. Thanks to Nathan for his tremendous effort to educate and orient park visitors to the geography and landmarks from the phenomenal views atop Big Pocono.

Focus on Friends-Milton State Park

The Friends of Milton State Park formed in 2006. The Friends' primary contribution to the park has been trail construction. The twelve active members have created approximately three miles of an extensive trail network in the southern portion of the island. They've also added a stone walking path in the center of the park. The Friends even "constructed a culvert on the west shore at the bridge to provide a continuous trail from south to north," said chapter leader Tom Deans. The addition of these trails has encouraged more visitors to come to the park for recreation and exercise.

The skills of the Friends members go beyond trail construction, however. The group also cleared a 0.5 acre area of Japanese Knotweed, an invasive species, and planted the area with native flora. The Friends always plant additional native seedlings in honor of Arbor Day. Native species benefit wildlife, migrating songbirds, and waterfowl that use the island as a rest area. The Friends strive to keep the park clean for the species and visitors alike. Every spring they recruit volunteers to assist them in the removal of tires and debris that have washed onto the island.

Despite their many activities the Friends of Milton State Park still find value in play. They encourage children to play on the playground they constructed in January of 2008. The Friends have also hosted several Paddle Between the Parks events to encourage nature-lovers to explore the beauty of the Susquehanna River as it meanders through both Shikellamy and Milton state parks.

Currently the Friends are clearing a trail on the northern end of the park which will connect to the rest of the trail system. "The construction of the trail network and the ongoing maintenance the Friends provide has opened up many areas of the park for hiking, fishing and bird watching. The natural area encourages people to exercise through daily walking while enjoying the natural resources offered by our award winning state park system," said Frank Nanna, Milton State Park Manager.





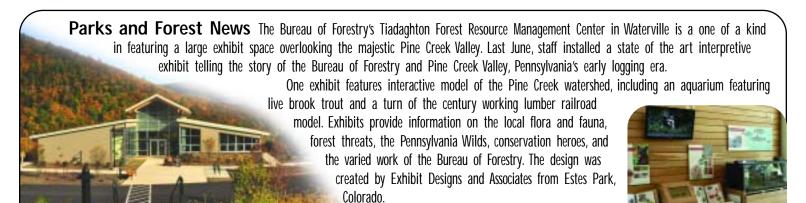
About Milton State Park

Milton State Park is an 82-acre island on the West Branch Susquehanna River, between the boroughs of Milton and West Milton. The northern half of the park has day use facilities and the southern half remains in a wooded state for hiking and nature study.

The Susquehanna River has warm water and cold water fishing. Common species are smallmouth bass, panfish and catfish.

The rich soil of the floodplain supports a diversity of vegetation. The southern part of the island is undeveloped and covered in a forest of predominantly silver maple, river birch and sycamore. The island is a rest area for migrating songbirds and waterfowl.





Living Gifts...Give a gift for the future!

Want to make giving more meaningful? Eager to leave commercialism behind? Consider giving a living gift from the Pennsylvania Parks and Forests Foundation. Show someone you care about them and our environment by purchasing a gift in their name. Honor your family, friends and colleagues while preserving and enhancing our natural resources, for today and future generations!

① A gift of RECREATION...Remember summer days spent on the playground? Support efforts to replace outdated playground equipment in state parks across the state by contributing to the Leah Vogel Memorial Playground Fund, and build memories for the next generation.

All donations receive a certificate of appreciation and updates on the progress of playground construction.

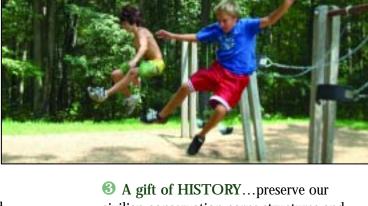


② A gift of TREES, FLOWERS or SHRUBS...
help to purchase native plants, flowers and shrubs planted
in state parks and forests, enhancing habitat, creating plant screens,
controlling erosion, educating visitors and cleaning air. Visit the
native plant garden at Loyalsock State Forest Office to see a
project supported by Living Gifts.

Choose from the following:

Flower... \$10 past, present
Shrub... \$35
Tree... \$50 and future!

⚠ A LEGACY gift...Help support the work of the Foundation and build a voice for state parks and forests! Give a gift of membership... \$25



A gift of HISTORY...preserve our civilian conservation corps structures and history by adopting a CCC structure!

Adopt a Structure....\$35

Receive an adoption certificate.





Or, make a donation...this gift of support from you, or in a friend or family member's name, helps us to continue our work across the state.

Living Gifts Order Form

Fill out the information below and PPFF will send the holiday cards associated with each giving category to you, along with a tax receipt for your donation. Each card will be printed with the following: "A gift has been made in your honor to support the work of the Pennsylvania Parks and Forests Foundation" and will include a brief project description and mailing envelope. If you are purchasing this as a holiday gift, please donate by December 15 to ensure delivery of your gifts. If you purchase four Living Gifts in any category, you will receive a free, year-long membership to PPFF.

ITEM NAME	PRICE	QUANTITY	\$TOTAL
Flower	\$10		
Shrub	\$35		
Tree	\$50		
Recreation	\$		
Adopt a CCC Structure	\$35		
Become a Member	\$25		
Make a Donation	\$		
Gift Cards	\$	·	
Grand Total \$			

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

A NOMINATION or

for information about

sponsoring an award,

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mmowery-ppff@pa.net

AWARD NOMINATIONS

is December 30, 2012

(717) 236-7644,

DEADLINE FOR

please visit our website:

or contact Marci Mowery

conserve enhance enjoy

2012 PPFF Award Nominations

Franklin D. Roosevelt often said that "forests are the lungs of our land, purifying the air, and giving fresh strength to our people." Let's take the time to recognize the individuals and groups who spend so much time focused on the importance



of caring for our "lungs!" Nominate a park, forest, friends group or person that you think should be recognized for their good work this year. The Pennsylvania Parks and Forests Foundation established an awards program in 2007 to draw well deserved attention to the outstanding service, programs and exemplary work being done at state parks and forests. The awards will be presented at the 5th Annual Banquet to be held on April 30, 2013.

AWARD CATEGORIES

AWARD • Cliff Jones Keystone Legacy Award

This is the top honor, given to a group, individual, or business—chosen at the discretion of PPFF.

President's Award

This award recognizes outstanding citizens or businesses that have made an impact in protecting opens space, conservation, outdoor recreation or volunteerism.

· Joseph Ibberson Government Award

This is given to a person or department at any level of government to recognize their work in the stewardship of Pennsylvania's state park and forest system.

· Park of the Year

This award is designed to recognize a park for their exemplary or innovative work in any or all of the following: customer service; education; programming or recreation; stewardship of the natural, cultural, or historic assets; and/or accommodation of special needs of visitors.

Forest of the Year

This award is designed to recognize a forest district for its innovative and exemplary work in both forest management and recreation for a wide range of activities.

Volunteerism Awards

Four awards are given for recognition of achievements made by friends groups, individuals, or non-profits. These include awards for volunteerism, improvement, and education.

Young Volunteer Award

This award recognizes a significant contribution to a park or forest by a person under the age of 25. The contribution could be in volunteer hours, a significant project, an innovative idea, or more.