

Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation

PENNSYLVANIA
Parks & Forests
FOUNDATION

Spring 2014



Credit: Michele Geiser

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**Has this happened to YOU? Or IS this you?
Well, it CAN be you...**

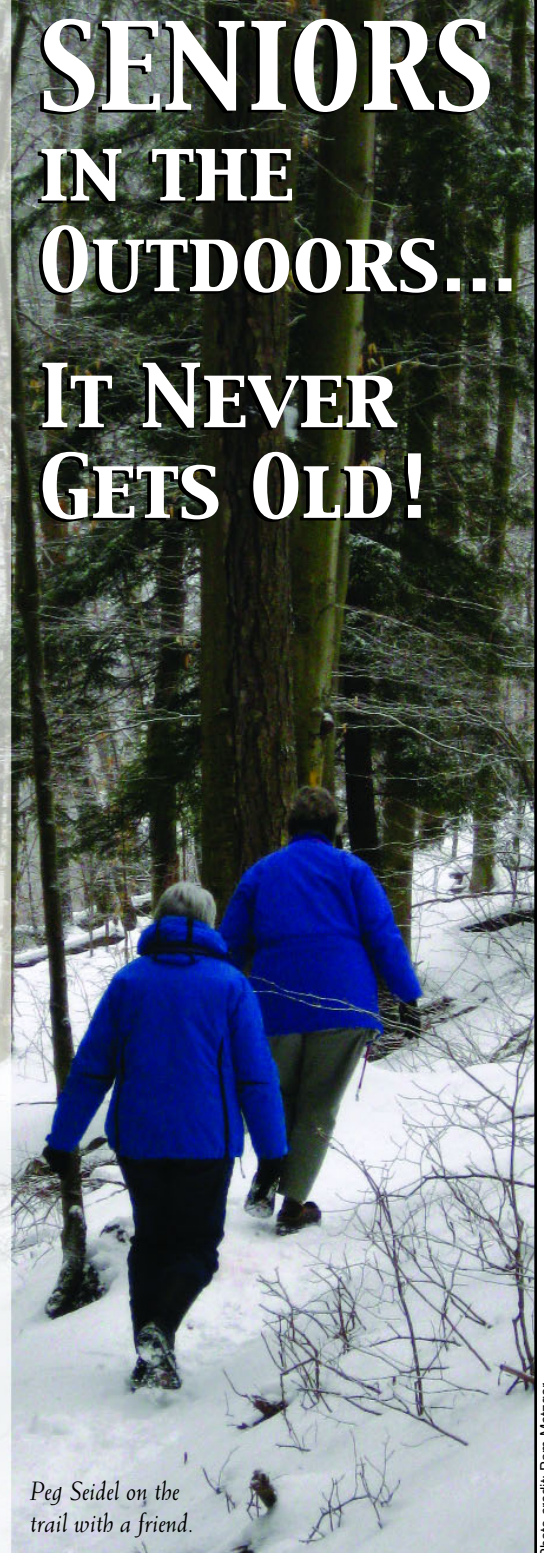
Two hikers are halving the distance behind you on the trail. As they prepare to pass you by with a cheerful greeting of "On your left! Gorgeous day, isn't it?" You glance their way and immediately notice the heavily muscled calves, sprightly pace and... what's this now? Loads of smile lines and gray hair? Aren't people their age supposed to be home playing pinochle?

As it turns out, they can probably wipe the floor with you at pinochle but they're also spending a Wednesday morning doing what we all aspire to – enjoying a healthy retirement. Even after a grueling hike or hours of biking on a trail, active seniors will tell you that physical exertion is not work. Enjoying the outdoors is what they worked FOR.

One of the most famous hikers of all time was Emma Gatewood, an Ohio farmwoman who went by the trail name "Grandma Gatewood." She hiked the Appalachian Trail in 1955 at the age of 67, wearing Keds sneakers and carrying an army blanket, a raincoat, and a plastic shower curtain in a homemade bag slung over one shoulder. She became a familiar picture to Americans through articles in newspapers, a profile in *Sports Illustrated*, and an appearance on the *Today Show*. In addition to completing the Appalachian Trail, she took a 2,000 mile-walk (averaging 22 miles a day) following the route of the Oregon Trail from Independence, Missouri, to Portland, Oregon.

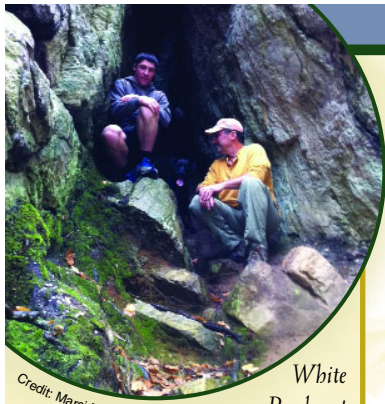
Of course, most of us can't chart a course based on the accomplishments of Emma Gatewood, any more than we could swim from Cuba to Florida like 63-year-old Diana Nyad or peak Mt. Everest like 80-year-old Yuichiro Miura. What we can do is continue to look forward to the chance to get outside, breathe some fresh air, and explore the beautiful state parks and forests in our own back yard. *continued on page 3*

SENIORS IN THE OUTDOORS... IT NEVER GETS OLD!



Peg Seidel on the trail with a friend.

Photo credit: Pam Metzger



Credit: Marci Mowery

White Rocks at Michaux State Forest

President's Message

Marci Mowery



"Spending time outdoors is important, and we hope to inspire you..."

When we started discussing a story on active seniors, we looked to the internet for some ideas of what seniors were doing...and were disappointed to find suggestions on how to organize shuffle board tournaments and chess matches, but very little on the active lifestyles in which many of you are engaged. Polls show that baby boomers are an active generation who has not allowed age to slow them down. We see this in many of our friends groups, whose members cut and split trees, plant gardens, maintain trails, organize events, host events, and so much more.

So we dug deeper, talking to family and friends while looking for sound advice on how to stay active across the life span. You know it's good for you, but how do you address concerns such as safety and falling so that you can enjoy your time outdoors? No matter what your age, we hope you find some answers in our piece...as well as motivation for outdoor exploration.

Spending time outdoors is important, and we hope to inspire you with our day in a life of a state park or state forests (page 9) and our upcoming Great Pennsylvania Outdoor Challenge. If you haven't attended one of our banquets I can guarantee you'll find inspiration in the stories of the award winners—so mark your calendars and plan to join us in May.

As 2013 closed, we at the Foundation created a list of our 2013 accomplishments and surprised ourselves by how much our small team of four accomplished in a year. From grants awarded for projects in parks and forests, (see We Did It Together page 10), to presentations and events, we could be found

across Pennsylvania making a difference in our state parks and state forests, and in the lives of people who use them. See what some of our friends have to say in the quotes scattered throughout this newsletter or visit our Facebook page and see what others are saying.

Our team of four is actually much larger—it includes friends groups, board members, volunteers, and supporters such as you! We depend on our members and donors to make it all happen. We thank you for your support... and hope you take advantage of the many benefits "paid forward" to you by your membership and support. Check out Getting More From Your Membership (page 11).

I'd like to end with a quote that hangs in my bedroom, reminding me each and every day to be creative in my decision making... *Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference.* –Robert Frost

Join me on the trail and make all the difference.

Yours in the Outdoors,

Marci



P.S. Thank you to all who purchased our new signature line of teas. The teas will be available year round at designatea.com. Just place PPF in the coupon code.

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Lenwood Sloan



Maria Montero

PPFF Welcomes New Board Members Maria Montero and Lenwood Sloan!

We are pleased to welcome two new members on the PPF Board of Directors, Lenwood Sloan and Maria Montero. Maria serves as executive director of the Governor's Advisory Commission on Latino Affairs, leading state outreach efforts for women and Latino-Hispanics, including diversity education at state agencies. Lenwood is the head of Harrisburg's new Arts, Culture, and Tourism office, is a creative consultant for the Cameron Museum in North Carolina and resident playwright for the ASHE Cultural Center of New Orleans. Previously he served for 6 years as director of Pennsylvania's Cultural and Heritage Tourism Program. *The Foundation would like to thank former board Chairman Rob Wonderling for his exceptional service as board chair and are pleased that he will continue to serve on the board. A warm welcome to new Chairman George Asimos to his position.*

SENIORS IN THE OUTDOORS *continued from front cover*

Boomers Lead the Way

The old cliché of the sedentary retirement years has been changed by a more modern trend reflecting the goal-oriented baby boomers entering their retirement years with a renewed appreciation for fitness. Geriatric physicians are adamant in their message: **Humans are not designed to sit.** Your body is designed to move, to be walking and running throughout your life. You can make profound changes for your health no matter what your age.

Many senior athletes launch into fitness only in midlife, prodded by doctors telling them they need to shape up, lose weight, and get their cholesterol under control.

Researchers know that when older adults do even light amounts of exercise — walking, strength training, and working on their balance and flexibility — the result is that they take fewer medications and go to the doctor less often. They're less likely to fall. They are hospitalized less often and recover more quickly from injury and illness.

Take It Outside

The New York Times published an interesting feature stating that emerging science suggests there are benefits to exercising outdoors that can't be replicated on a treadmill, a recumbent bicycle, or a track. In studies comparing the exertion of running on a treadmill and the exertion of running outside, treadmill runners expended less energy to cover the same distance as those striding across the ground outside, primarily because indoor exercisers face no wind resistance or changes in terrain, no matter how subtle.

A study last year of older adults found that those who exercised outside exercised longer and more often than those working out indoors. The science and the survey showed that the volunteers who exercised outside, usually by walking, were significantly more physically active than those who exercised indoors, completing, on average, about 30 minutes more exercise each week than those who walked or otherwise exercised indoors.

Studies haven't yet established why, physiologically, exercising outside might improve dispositions. A few small studies have found that people have lower blood levels of cortisol, a hormone related to stress, after exerting themselves outside as compared with inside. There's speculation, too, that exposure to direct sunlight, known to affect mood, plays a role.

But the take-away seems to be that moving their routines outside could help reluctant or inconsistent exercisers. "If outdoor activity encourages more activity, then it is a good thing," says Jacqueline Kerr, a professor at the University of California, San Diego, who led the study of older adults. While gyms have a role in our fitness regime, a mixture of indoor and outdoor exercise is ideal.

How to Get Out There

Walking and hiking are obvious activities for getting out there. Pick your location and put one foot in front of the other. In addition, other exercise and recreational opportunities are available in many of Pennsylvania's state parks and forests. We have some ideas for ways to choose and plan an activity or how to locate groups to educate you on the best ways to enjoy that activity at your current fitness level.

continued on page 4



Photo credit: Dot Monahan

First catch of the day at Maurice Goddard State Park.



Photo credit: Dot Monahan

Volunteers in action at Oil Creek State Park.

SENIORS IN THE OUTDOORS continued from page 3

Before we get to specifics, you shouldn't overlook the best way to engage in the outdoors – become a volunteer at one of the Foundation's Friends group at a state park or forest closest to you.

The Foundation's Friends groups offer a wide variety of opportunities to put your own special skills to work, explore new activities, and meet new people. You can help with trail building or just offer to show up for what needs done. Pennsylvania's state parks and forests have a role for you.

To learn more, go the paparksandforests.org site and Click on "What is a Friends group?" to find inspiration from the efforts of your neighbors. Then click "Opportunities" and find out where and when you can connect.

Where to Go – What to Do

One of quickest ways to figure out which activities might be of interest to you is to check out DCNR's website (www.dcnr.state.pa.us) where you can search by either activity or location. For example, if you clicked on "What to Do," then by activity, such as "Winter Activities," then "Cross-country Skiing," you'll see a map that indicates all of the parks and forests that maintain the trails and a link to each park or forest.

You can search for many activities in PA's parks and forests, like bike riding, camping, fishing, hunting, swimming, hiking, horseback riding, geo caching, orienteering, rock climbing, scuba diving and many winter activities like skiing and sledding.

Join a Group or Club

Some of the most active members of local outdoor activity clubs are seniors. While the group may not be specific to seniors there are often subgroups within the club that focus on training and outings for novices of any age.

• Walking and Hiking

Like all hikers, seniors need to work within their stamina, personality, and fitness. There are many trails from flat to hill for walking and hiking pleasure.

• Canoeing and Kayaking

Have you always wanted to be in one of those sleek, silently moving kayaks or canoes winding their way down a sun-dappled stream or across the lake? It could be you. Many parks have concessions where you can rent watercraft or look for canoe and kayak demo days through your local outfitters.

• Bike Riding

Even seasoned bikers love riding the trails in state parks and forests. Away from the noise and hazards of traffic, there is no greater fountain of youth than reclaiming the pure joy of riding a bike.

And more good news: riding a bicycle is low impact and easy on the joints. It's aerobic, improving cardiovascular fitness and reducing the risk of heart attack and helps prevent obesity, colon and breast cancer, type 2 diabetes, mild depression, hypertension, and arthritis.

• Birding and Nature Observation

Kick start your outdoor fitness goals by combining with another activity like bird watching. There 2.5 million acres of state forest and park land available for birding and nature observation, so whether you are looking to take a walk in the wetlands, grasslands, or forested ridge tops, you will encounter many colorful and interesting species on state forestland.

Resources to Find Outdoor Groups

Hiking:

- The Keystone Trails Association is a volunteer-directed organization serving as a federation of membership organizations and individuals. They can direct you to an active club in your area. Check their website at www.kta-hike.org.

Birding:

- The online Pennsylvania Birding and Wildlife Guide includes an interactive guide and map that features birding locations and a searchable database. web1.audubon.org/pabirdingtrails.org

Biking:

- The list of bicycle clubs is extensive, so you should "google" search "bicycling clubs in _____ (your city, county, or region)" to find a local club.
- The International Mountain Bicycling Association's website includes a "Near You" feature that allows you to locate a mountain bike club in your area. (www.imba.org)

For Women Only:

- For women looking to cultivate a new outdoor skill, consider participating in one of several women-based events in state parks. Chapman, Mt. Pisgah (August 9) and Black Moshannon (May 10) state parks are offer a day of classes in topics such as canoeing, kayaking, archery, woodworking, candle dipping, trapping, bluebird habitat, and more. For the specifics (dates, registration, program details) check with the state parks.

Canoeing/Kayaking:

- Harrisburg Canoe Club www.ccgpha.com
- Conewago Canoe Club (York) www.conewagocanoecub.org
- Lehigh Valley Canoe Club www.enter.net/~lvcc
- Philadelphia Canoe Club www.philacanoecub.org
- Three Rivers Paddling Club (Pittsburgh) www.threerivers.org

Equestrian Activity:

- You can find equestrian maps and trail guides at DCNR's Bureau of State Forests at: www.dcnr.state.pa.us/forestry/recreation/equestrian/equestrianmaps/index.htm
- For information about the PA Equine Council: www.pennsylvaniaequinecouncil.com or Bud & Gwen Wills at gwills@pennswoods.net

Trails:

- Find all types of trails at www.explorepatrails.com

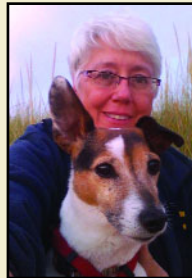
SENIORS IN THE OUTDOORS

We caught up with a few of our senior outdoor enthusiasts to talk about their thoughts and experiences. YOU try and catch them – they are busy, active, and downright inspirational!

Meet Peg Seidel:

Do you have a favorite outdoor activity?

I love many outdoor activities like hiking, biking, camping, and water sports.



Do you have a group or partner for this?

I go on my own, with a friend, a group of friends, or with my grandson. It depends what we are doing, where we are going, and how long. When I am with others, we just plan to go for the time and distance that works for the group. We're not in it for endurance testing! Just to enjoy being outdoors.

Where are your favorite trails?

I have so many! One of my favorites is the Great Gorge Trail in Ohiopyle State Park. We have a tradition of going hiking over Mother's Day weekend and eating at the River's Edge Café in Confluence. I've camped with groups of friends at Ricketts Glen, biked the Great Allegheny Passage, and hiked trails all over.

Is there a particular experience or location in PA that you'd like to share?

I think it's worth mentioning that I moved to Pennsylvania from Michigan in 1991 because of how much I loved and used the Ohiopyle State Park trail system. The trails (in these gorgeous natural areas) offer something new to experience during every season. Spring on the Meadow Run Trail is full of wonderful wildflowers like jack-in-the-pulpit and trillium. In the fall, McCune's Trail takes you to an overlook of the Ohiopyle and Youghieny River Gorge – the foliage really is something to see.

Do you have advice for new retirees who want to become more active in the outdoors?

You really don't need fancy equipment – just locate a park and pick a trail. It's easy enough to identify the difficulty level of trails in the park and forest system. Most are suitable for novices and are not so untraveled that you feel isolated. I say – invite a friend and take your dog. You don't need a weekend or even an entire day. Take the time you have and find a trail.



Photo credit: Pam Metzger

A healthy, happy group of seniors taking the Great PA Outdoor Challenge.

Meet Joe DeMarco:

How long have you been backpacking?

I've been a hiker and a fisherman most of my life. As I neared retirement, I asked my friend Bernie (a life-long backpacker), to establish a regular backpacking schedule. We were both in our mid-fifties when I started and we've been at it for nearly 15 years, going at least once or twice a year. In addition, our wives join us for five days cross-country skiing in (January or February) each year.



Do you ever hike with groups?

Bernie and I often include other family and friends. One of our recent hikes included Bernie's two sons and my son and a friend. On our last hike, my son and 14-year-old grandson (his first three night overnight) hiked along the Batona Trail in the Pine Barrens of New Jersey – 30 miles, three nights.

Where are your favorite hikes?

We've tried to do as many and as varied trails as we can over the years – Adirondacks, New Hampshire, and a lot in Pennsylvania. Pennsylvania has many wonderful trails. I've loved them all. Pennsylvania's public lands system and the trails within it impress me. And, I'm told, we are the envy of many states for the extent and the quality of our public lands.

I get particular pleasure hiking in places where I can indulge my passion of birding. I've done the Chuck Keiper Trail three times, because I've found the birding there to be great. I've done parts of the West Rim Trail many times.

Photo credit: Joe De Marco



One of the many areas Joe could access on his adventures.

How many days/and distance is your usual trip?

These days, we usually go 30-40 miles over 3-4 nights, 8-12 miles per day. Every year, it's more challenging for me, and I'm uncomfortable pushing it. Our longest outing was the 85-mile Susquehannock Trail. We stashed extra clothes and food at a halfway point, so our packs would be manageable.

Is there a particular experience you'd like to share?

I did a one night hike along the Loyalsock Trail with my grandson, who was 11 or 12 at the time...his first overnight. We spent the night at the Haystacks along Loyalsock Creek, a marvelous place. We saw a bear and a bobcat, exciting us both. We heard a Barred Owl. I'll never forget it.

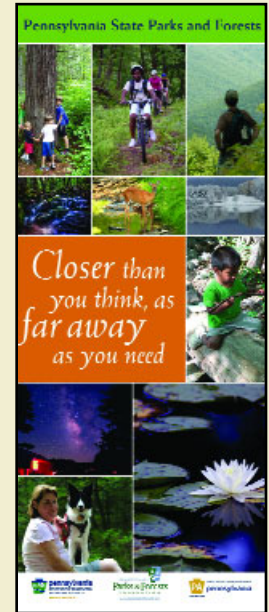
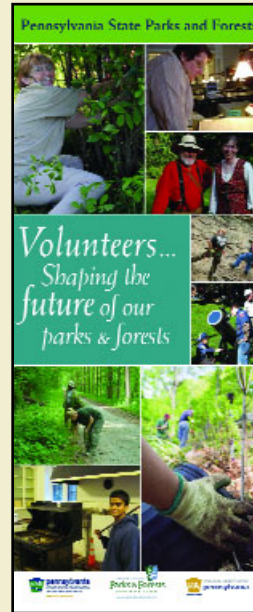
Another memory I'll have forever is hiking the falls trail in Ricketts Glen, one of the most beautiful places I've been in Pennsylvania. I was with two of my grandsons. As we moved along, I heard the younger one call out to his brother...“Oh, wow, look at this. This is incredible!” He was stooped over, exulting upon finding an orange salamander, a creature he'd never seen before. I was thrilled.

Overall, I'm delighted to access areas one cannot get to without some serious walking. There are so many places in Pennsylvania to enjoy. I hope we keep them and avoid the crush of development. Once they're developed, they're gone forever.



The OUTDOORS Is for EVERYONE

Are you counting off the days until we unveil the **2014 Great Pennsylvania Outdoor Challenge**? Stay tuned, as we'll be announcing soon! Keep an eye on our website for more details on how you can get involved, have fun, and explore your state parks and forests.



PPFF recently unveiled three new banners to spread the word about volunteerism and recreation in Pennsylvania Parks and Forests through funding from the Department of Community and Economic Development.

MEMORIAL OR HONORARY GIFTS

You can honor the memory of a special person or joyous occasion while supporting PPFF's work in conservation, recreation, education, and volunteerism in our state parks and forests.

Send gifts to:
PPFF, 1845 Market St, Suite 202,
Camp Hill, PA 17011
or download a form at
www.PaParksAndForests.org

2014 Upcoming Calendar of Events

- March 1** Friends of Oil Creek Free Night Ski
Friends of Ohiopyle Monthly Volunteer Day
Friends of Ridley Creek Monthly Volunteer Day
- March 2** Friends of Nolde Forest Mansion Open House
- March 4** National Hug a GI Day
- March 8** Friends of Mt. Pisgah Sugar on Snow
- March 9** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- March 15** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- March 20** PA Bird Day/First Day of Spring
- March 21** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- March 22** Friends of Nolde Forest Pottery Show
- March 28** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- March 30** National Take a Walk in the Park Day
- April 5** Friends of Nolde Forest Volunteer Work Day
Friends of Ohiopyle Monthly Volunteer Day
Friends of Pine Grove Furnace: Volunteer Work Day
Friends of Ridley Creek Monthly Volunteer Day
Friends of Ryerson Station Annual Spring Clean-up
Friends of the State Line Serpentine Barrens: Volunteer Work Day
- April 6** Friends of Nolde Forest Mansion Open House

- April 9** Joseph T. Rothrock's Birthday
- April 12** PPFF's Day in the Life of the State Forests
- April 18** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- April 19** Earth Day (Check Friends of Prince Gallitzin Easter Egg Hunt)
- April 22** Earth Day (www.EarthDay.org)
- April 25** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- April 26** Friends of Parker Dam Woodsy Owl Weekend
- May 2** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- May 3** Friends of Ohiopyle Youth Fishing Day
Friends of Ohiopyle Monthly Volunteer Day
Friends of Ridley Creek Monthly Volunteer Day
- May 4-12** National Wildflower Week
- May 4** Friends of Nolde Forest Mansion Open House
- May 6** PPFF Awards Banquet
- May 10** Friends of Black Moshannon Women in the Wilds
Friends of Oil Creek Beginning Backpacking
Friends of Ryerson Station Tails on Trails (dog hike and rabies clinic)
Friends of the State Line Serpentine Barrens: Volunteer Work Day
- May 11** PPFF Donors' Wildflower Walk at Goat Hill Wild Plant Sanctuary
- May 16** Friends of Mt. Pisgah Chief Wetona Challenge
- May 17** Friends of Lyman Run Kids' Fishing Derby

- May 17** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- PPFF at Venture Outdoors in Pittsburgh
- May 23** Friends of Weiser Barn Dance
- May 24-26** PPFF Day in the Life of the State Parks
Friends of Prince Gallitzin: Red White & Blue Weekend at Crooked Run
- May 28** National Senior Health & Fitness Day
- May 30** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- June 1** Friends of Kings Gap Music on the Mountain
- June 6** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- June 7** National Trails Day
Friends of Pine Grove Furnace Iron Run Half Marathon/Charcoal Challenge 5K
- June 14** Friends of Big Pocono Mountain Laurel Festival
Friends of Black Moshannon PA Wilds Child
Friends of Nockamixon Youth Fishing Contest
Friends of the State Line Serpentine Barrens: Volunteer Work Day
PPFF/Cowans Gap State Park Music in the Gap
PPFF/Lackawanna State Park Bio-Blitz
Prince Gallitzin State Park Get Outdoors Day
- June 18** National Go Fishing Day
- June 20** Friends of the State Line Serpentine Barrens: Volunteer Work Day
- June 21** Friends of Mt. Pisgah Square Dance

Focus on Friends

Friends of Keystone State Park

The Friends of Keystone State Park formed nearly 10 years ago with just one volunteer maintaining hiking trails. Soon others joined, and in 2006 the Friends of Keystone became a Pennsylvania Parks and Forests chapter. Since that time, the group has helped to raise funds and install a new playground at the beach, sponsored movie nights, Easter egg hunts, a farmers market, and a car show, and helped with the spring Youth and Family Outdoor show, drawing 5,000+ people to the park in 2013.

The 1,200-acre Keystone State Park is located 35 miles west of Pittsburgh and features a 78-acre lake, fishing, and a sand beach. Visitors can stay the night at the modern campground, or in the park's cabins, yurts, or camping cottages. In addition to six miles of hiking trails, the park also hosts a variety of winter activities including cross-country skiing, sledding, ice fishing, and ice skating.

"Over the last six years the Friends of Keystone have been eager to bring events and improve visitor experiences at Keystone," park manager Kristian Baker said. "All of those involved have a deep interest and care for the park." Baker praised the group's part in building a new playground at the beach area in 2008, an effort that included raising funds and organizing volunteers to help install the equipment.

Outgoing chapter president Jim Delesandro counts the playground as a major accomplishment for the group, and for him personally, "That playground is going to be there for a long time. I could pass on tomorrow, and if some kid gets some enjoyment out of it five years from now, that's something that's made my life worthwhile." Delesandro will continue to work with the group as its vice president, and says he expects more great results under incoming president John Kozubal's leadership.

Kozubal says future projects include installing a primitive playground near the campground and a kitchen at the park's Pavillion #2. He's also looking forward to the Youth and Family Outdoor Show on May 4, 2014. "Our group got involved more heavily last year with the Westmoreland County Sportsmen's League/DCNR event, and this year we're hoping to recruit new members to the Friends group from people who come to the show."

For his part, park manager Baker says the volunteer group's work is a good reminder that "great things can truly be accomplished from a magnificent few. Just ask the kids!"

For more information, or if you would like to volunteer at events, please go to the Friends of Keystone's website at <http://bit.ly/1aLrnB0> or visit them on Facebook.



All photos credit: Friends of Keystone State Park



The new playground installed at the beach area.

The friends purchased a pellet stove to heat the environmental education center.

PPFF FRIENDS GROUPS

Cherry Springs Dark Sky Association

Friends of Big Pocono

Friends of Black Moshannon

Friends of Canoe Creek

Friends of Colonel Denning

Friends of Cook Forest & Clear Creek

Friends of Delaware State Forest & Promised Land State Park

Friends of Goddard

Friends of Greenwood Furnace

Friends of Keystone

Friends of Kings Gap

Friends of Laurel Hill

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 Swatara State Park

Friends of Varden Conservation Area

Friends of Weiser

Friends of White Clay Creek

Friends of Yellow Creek

Laurel Mountain Volunteers

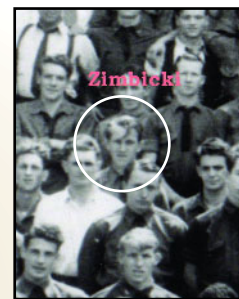
The CCC's Joseph Zimbicki – A Lifetime of Hiking — By John Eastlake

Joseph Zimbicki was a CCC boy at the S-96 Hillsgrove Camp on the then Wyoming State Forest, now the Loyalsock State Forest. In addition to his regular CCC duties, he liked roadwork and was also the night watchmen for a short time. He had to keep the fires going in the various buildings.

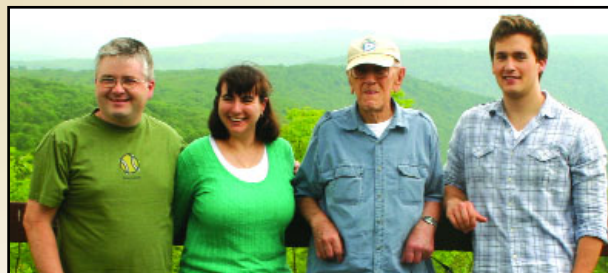
The camps were pretty isolated and the CCC boys' free time consisted of playing cards or hiking. Joseph's favorite pursuit was to hike the Jackson Flats CCC Trail to the High Knob vista which had been an earlier project of the camp. There he acquired the hiking bug and has been walking ever since. Over the years, he has participated in various charity walks, such as juvenile diabetes, breast cancer and heart walks.

His granddaughter, Julie Senchak wrote a book - *The Many Hats of Joseph Zimbick* - about his life. The book was for Joe's 95th Birthday. He's among what Tom Brokaw calls the *Greatest Generation*, having spent four years in the U S Army. We owe these guys our freedom. Last year he was among a group of former civilian corps members who received a recognition plaque from the Pennsylvania Parks and Forests Foundation honoring service to the CCC.

Right:
This photo was taken at the
CCC Camp 96



Below:
Joseph Zimbicki and
his family visiting
High Knob vista.



A SNAPSHOT IN TIME *John James and Lucy Audubon*

In honor of Pennsylvania Bird Day (March 21) and International Migratory Bird Day (May 10), we present a unique piece of Pennsylvania history featuring John James Audubon and his wife Lucy Audubon. A French-American naturalist and painter, John James is best known for his study and illustrations of birds in their natural habitats. After a childhood spent largely outdoors in the French countryside he trained briefly in Paris and in 1803 was sent to America to oversee his father's estate — Mill Grove - near Philadelphia.

At the Mill Grove, he met the great passions of his life: American birds and his neighbor's daughter, Lucy Bakewell. Eighteen years old at the time of his arrival, John spent a majority of his time roaming the wooded hills along the Perkiomen Creek and the Schuylkill River hunting, observing, collecting, and sketching. During these years he built a substantial base of interest in ornithological art, and his experimentation resulted in rapid development of his skill as an artist.

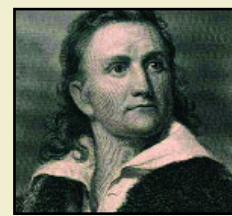
While at Mill Grove he made drawings and performed the first recorded experiment of bird banding in America. Also, he developed his "wire armature," a device that gave life to his freshly shot specimens and subsequently his drawings of the birds. This unique method of holding his specimens put him years ahead of his contemporaries. Many believe that in spite of the advantages of photography and state-of-the-art technology, no modern bird illustrator has equaled his achievements.

Interestingly, he had to take his work to London in order to publish *The Birds of America*. Audubon is best known today for his highly dramatic bird and animal watercolors, several of which were drawn in Pennsylvania. Visit: <http://delawareandlehigh.org/index.php/audubons-lehigh> to learn more about these paintings.

English-born, Pennsylvania-raised Lucy Bakewell met and married John James in 1808. Lucy was a tower of strength to her husband as he struggled to find his calling. While John traveled as a portrait painter, music and fencing instructor and, eventually, painter of *The Birds of America*, Lucy remained at home to raise their family.

She worked as a teacher, first in exchange for board in a friend's home, then on her own. Later, she established a lucrative second school, where she was given a house and earned respect and social standing on her own - a remarkable feat in an era when women were barely allowed to earn wages. While John spent years in England, laboring over press plates and publishing challenges, Lucy supported him and their sons, working steadily behind the scenes to bring John's book into print.

In addition to helping write and edit the entries for *Birds of America*, she later joined John on his second trip to England, managing financial details and assisting as he planned his next book.



John James Audubon



Lucy Audubon

Also of interest, the Audubon Autotour:

This 53 -mile road trip highlights John James Audubon's 1829 visit to the Upper Lehigh River in Northeastern Pennsylvania, where he explored the variety of birds and other wildlife. This road trip retraces some of his Footsteps through the "Great Pine Forest" and provides the "Explorer" the opportunity to experience the natural beauty of the region and it's rich industrial and natural heritage.

Visitors will travel through the heart of the Pocono Mountains, enjoying scenic views, bird watching, historic sites, shops, and recreational areas.

For more info:

www.delawareandlehigh.org/index.php/things-to-do/road-trip/

A Day in the Life

Did you participate in last year's inaugural Day(s) in the Life of a State Park/State Forest? The idea is to document the wondrous things happening in our parks and forests on a particular day. Help us capture the moments—from ordinary to extraordinary—during a day in the life of one of Pennsylvania's 120 state parks and 20 forests.

Saturday April 12: Joseph T. Rothrock, the father of Pennsylvania forestry, was born 175 years ago this April 9th. He devoted his life to the conservation and management of a healthy forest ecosystem. Have we cared appropriately for his legacy? Is there a little more you can do? Our state forests need friends. Snap pictures of your time spent in a state forest and share with us at ppffnewsletter@pa.net. A photograph of volunteers acting in support of Rothrock's dream would be a wonderful gift to our public lands.

*Joseph T. Rothrock,
father of forestry in Pennsylvania*

Saturday May 24: Visit a state park in honor of the establishment of the first Pennsylvania state park, Valley Forge, in 1893. We may have gifted the park to the nation in honor of the bicentennial but fortunately for us that first state park was the beginning of a beautiful friendship. You'll be out celebrating Memorial Day—remember to take your camera with you on Saturday and send us a picture or two of your time spent in a state park at ppffnewsletter@pa.net.

On these special anniversaries, consider bringing a trash bag to pick up litter and leave your park and forest cleaner.

Parks and Forests Through the Seasons

There is something for everyone to enjoy in a Pennsylvania state park or forest. Show us what makes these public lands meaningful to you in pictures. Do you enjoy fishing in the spring? Hiking with your dog in the fall? Cross-country skiing in the winter? Volunteering with your family in the summer? Showcase your favorite state park and forest photos in our photo contest.

Categories include:

**2014
PHOTO
CONTEST**

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

Three prizes will be awarded in each category as well as a Best in Show, Critic's Choice, and People's Choice. The winning photographs will be featured on the foundation's website, Facebook page, newsletter, and other electronic and print communications, as well as a state-wide tour!

Photos may be submitted to ppffnewsletter@pa.net through September 3. Voting runs from September 10-17th at www.facebook.com/PennsylvaniaParksandForestsFoundation. All photos must be taken in a Pennsylvania state park or forest. Check www.paparksandforests.org for a complete set of rules.



Last year's First Place "Dog In The Outdoors"

"I value our state parks and forests for the recreational spaces they offer for us to play in. The value of play for children has been proven numerous times, but I think sometimes we overlook the need for play in the busyness of our adult lives. The abundant family recreational opportunities in our state parks and forests are what I value most."

- Julie Greenawalt, Critics' Choice, Kids in the Outdoors, 2013 Through the Seasons Photo Contest

8th Annual Awards Banquet Celebrates Leadership and Service



This is the 8th year for our Pennsylvania Parks and Forests Foundation awards banquet. Join us on May 6th, 2014 at the West Shore Country Club in Camp Hill to celebrate the accomplishments of:

- Cliff Jones Keystone Legacy Award:** Caren Glotfelty
- Ibberson Government Award:** Bushkill Township
- President's Award:** Ralph Harrison
- Park of the Year:** Prince Gallitzin State Park
- Forest of the Year:** Gallitzin State Forest
- Volunteer of the Year:** Friends of Pinchot State Park
- Education Volunteer of the Year:** Promised Land State Park's Nature Arts and Crafts Program Volunteers
- Improvement Volunteer:** Kathy and Gary Diegan
- Young Volunteer of the Year:** Eleanor (Ellie) Davis

Date: May 6th, 2014

Place: West Shore Country Club, Camp Hill

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

Program: Cocktail reception, dinner, awards program

Emcee: Gary Smith

Cost: \$50 (registration deadline April 25, 2014)

For more information visit: www.paparksandforests.org and select Events, Contests, and Awards

WE DID IT TOGETHER

Folks of all ages have the opportunity to try their hand at archery at parks in western Pennsylvania. **Through financial assistance from the Foundation, Raccoon Creek State Park and Ryerson Station State Park were able to purchase archery equipment for first time archer programs.**



Visitors to Hills Creek State Park are invited to use a new canoe and kayak holder supported via funds from the Foundation. The holder not only expands the opportunity to store canoes and kayaks, it provides revenue to the park from rental space.



Disc golf fans have a new course to enjoy due to the efforts of volunteer Eric Grosh with the support of the Pennsylvania Parks and Forests Foundation and local sponsors.

Eric designed, raised funds for, and built a disc golf course at Sam Lewis State Park. Eric, an avid disc golf enthusiast, approached PPF to see how we might work together to make his dream a reality for all. The foundation set up a project account and assisted Eric in his fundraising efforts. Thank you Eric for helping people connect to their outdoors.



Ruth (left) and Orran Kelley visit the road named after them at Laurel Hill State Park last October

We Will Miss...

Great friends and good volunteers are hard to come by and even harder to lose. We were remiss in not noting the passing of Jack Bowser last August. Readers may recall that Jack and Mary completed our Goddard Challenge in the summer of 2012, visiting all 45 of the state parks added to the system during Doc Goddard's tenure as Secretary of DCNR and its predecessor departments. Mary led the charge to complete the Challenge and Jack was her willing, if not always completely enthusiastic, chauffeur.

In recent months, three more dedicated and virtually irreplaceable volunteers have also passed away. We lost Jack Ray of the Friends of Pinchot, Jan Keller of the Friends of Goddard, and Orran Kelley of the Friends of Laurel Hill, leaving holes in the hearts of their friends and family and large shoes to fill in the ranks of their respective groups.



MEMBERSHIP HOW TO GET MORE

from your Pennsylvania Parks and Forests Foundation Membership

Members of the PA Parks and Forests Foundation are now eligible to become members of the PA State Employees Credit Union. **PSECU**
Go to our website for more details

Your PPF membership is more than just a card with your name on it. A PPF membership has a multitude of benefits; it opens doors and minds. Learn, change, grow, and be a part of an authentic legacy.

1. **SAVE MONEY** Show your card at more than 40 affinity members across the Commonwealth to receive discounts on items like outdoor outfitters, hotels, restaurants, and unique gifts. such as discounts at Quiet Creek Herb Farm.

www.paparksandforests.org/benefits.html

2. **BECOME INVOLVED** As a member of the foundation, you receive timely information on events and activities in state parks and forests – activities for you, and your family, and friends to enjoy. Statewide, there's always unique goings on. We'll keep you updated.

"Beauty, peace, serenity. The parks always give me a destination when I ask myself, "What to do today?"

-Larry Laird



Hay Bale Room at Quiet Creek Herb Farm

Pennsylvania Parks & Forests Foundation: Making Sure There is a Place - and an Experience - for EVERYONE in Pennsylvania's State Parks and Forests



3. **BECOME INFORMED** In addition to our well-traveled website, our three times a year newsletter not only entertains and educates, it connects you to resources and opens a window on the plans and work of our foundation, our partners, and volunteers. We use every media at our fingertips to keep you updated, like a weekly eBlast, an online blog for sharing ideas and experiences, and a bimonthly eZine. We're on Facebook, Twitter, YouTube, and Pinterest.

4. **IMPROVE YOUR HEALTH** We have an ongoing conversation about how to set fitness goals using recreation in parks and forests, so we'll regularly introduce you to different ways to get up and get moving. Our wildly popular Great Pennsylvania Outdoor Challenge builds awareness of the exceptional outdoor recreational opportunities available here in the commonwealth. Every year since 2008, the GPOC brings together individuals, businesses, outfitters, organizations and corporations who hike, bike, walk, swim, ride, or paddle all that we have to offer in Pennsylvania.

"I started running in late June (I'm a smoker and started at about 255 lbs) and I've logged over 100 miles already! I'm running more than a quarter mile at a time! When I started, I couldn't even jog 30 yards without getting winded. And I'm down about 15 lbs! The GPOC has been a great way for me to track my progress and make sure I GET OUTSIDE. I love it!"

-Tami, GPOC participant

5. **MAKE A DIFFERENCE** Your membership continues the legacy of conservation. Your involvement ensures that our parks and forests are here for the next generation. By supporting the work of the foundation, you help to make parks and forests more accessible, more relevant, more visible. We show up and speak out on behalf of funding for state parks. Keeping conservation alive is our focus as we continue protecting the Keystone Fund for its intended purpose and ensure that parks and forests remain a line item in the state budget.



Facilitators demonstrate climbing techniques for paraplegics

Facilitators demonstrate climbing techniques for paraplegics



MEMBERSHIP

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!

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
- \$ _____

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

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



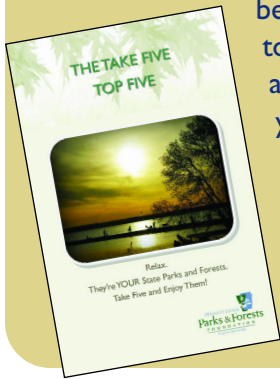


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 Follow us on Twitter!
 Check us out on Pinterest!

conserve enhance enjoy

The Take Five Top Five



Do you read our weekly eblast *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). Reward yourself and take five days out of the year to go outside and experience all that nature provides us.

We focus the weekly *Take Five Top Five* on health and happiness – however that looks in a given week. Now, we've taken a few *Take Five Top Fives* and paired them with some of our favorite photos you shared with us in 2013. Our booklet is available to you as a free download in our online store. There's no need to add it to a shopping cart or register for an account. Just click and download. (If you've missed them, also available are our *Cinquain Poetry* booklet and *Happiness Over a Flame*, our easy campfire recipes compendium.) Visit www.PaParksAndForests.org and click on Browse & Shop.

BMW RIDES FOR GODDARD PARKS

The BMW Dutch Country Riders (BMWDCR), a motorcycle club located in the lower Susquehanna Valley area, announced the theme of their ninth annual "All Pennsylvania Ride" (APAR9) as the "Maurice K. Goddard Memorial Ride."

The fee is \$20. If you are interested in participating or to learn more about the BMWDCR and its All PA Ride, email: bmwdcr@yahoo.com or check for details at our website www.paparksandforests.org

Plan Ahead Continue the legacy of conservation of our state parks and forests for future generations through a bequest or life income gift to PPF. For more information visit our website at www.PaParksAndForests.org/ways_to_give.html