

Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation • Summer 2011



Pine Creek Rail Trail

Great Pennsylvania Outdoor Challenge

ARE YOU WORTH 30 MINUTES A DAY?

OF COURSE you are! Now we challenge you to take that 30 minutes a day, get outside and engage in your favorite activity, or find a new favorite.

The Great Pennsylvania Outdoor Challenge (GPOC) brings together individuals, businesses, outfitters, organizations, and corporations that understand the value of daily activity as well as the importance of public lands. Between September 10 and October 9, 2011, we challenge all Pennsylvanians to heed the minimum recommendations of the Centers for Disease Control (CDC) and get outdoors each and every day. Better yet, commit to exceeding these daily recommendations and adopt a healthy new lifestyle!

A direct connection exists between health and activity, and state parks and forests have been found to contribute to overall health by engaging people in outdoor recreation, as well as offering places for quiet contemplation and stress reduction.

When you participate, you make the world a better place for our children. GPOC is a simple, yet powerful way to help create a park and forest system for future generations by engaging in healthy lifestyles, as well as in raising funds for outdoor recreation.

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Contact us:

PA Parks & Forests Foundation
105 N. Front Street, #305
Harrisburg, PA 17101
(717) 236-7644
www.PaParksAndForests.org



TAKE THE CHALLENGE

30 X 30 = U
www.TheGPOC.org



Riding the Pine Creek Rail Trail as part
of the Great PA Outdoor Challenge.

Make a difference! Your participation is vital to the success of this event. Our goal is to engage as many Pennsylvania residents as we can in daily outdoor activities. By doing so, we demonstrate the value of our public lands, while improving our personal health.

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President's Message

Marci Mowery



In the spring newsletter, I shared with you the story of my Aunt Helen, and her memories of the Civilian Conservation Corps. I am sad to share with you that my aunt passed away in April at age 91 (almost 92). We miss her dearly but are reminded daily of the lessons she taught us. I'd like to share a few of these with you now.



For Aunt Helen, family was the centerpiece, and she relished in bringing family together and was often the organizer of our family reunion. While we never had a family reunion at a state park—a popular venue for such events—we did utilize community parks. These reunions always included games for the young and the young at heart, and I still chuckle when I think about the time we had to pass pudding from one player to the other while blindfolded!

She also taught us to be politically involved. Aunt Helen was a member of her party's committee and actively engaged in politics. I think it is from both her and my grandfather (her brother) that I learned that if you want to make a difference, you need to be engaged—from voting to writing letters.

Aunt Helen's *carpe diem* approach to life inspired others to take advantage of opportunities presented to them and to seek out new

experiences at all ages.

In this day and age of overloaded schedules, I think it is easy to forget to leave time for discovery of new experiences. Try not to forget.

Lastly, she mastered cultivating and keeping friendships. From the simple act of always walking your guests to the door to the weekly card games she played with three other ladies

(my mom included), she always made time for friends. Engaging in outdoor recreation is a great way to cultivate friendships—and memories—and to build bonds between generations. I have memories of visiting my aunt at her cottage along the river—climbing on rocks, playing in the creek, and exploring nature.

Make a memory today—grab a family member or friend and head out into a state park or forest. Try a new pursuit, take a Get Outdoors Pennsylvania class, or simply organize a picnic. *You'll be glad that you did.*

If you would like a little encouragement to get outdoors, consider participating in the Great Pennsylvania Outdoor Challenge. Our goal is to get all Pennsylvanians out for at least 30 minutes of active recreation per day if you are an adult or 60 minutes for a child. Read on to learn more.

*Yours in the Outdoors,
Marci*

PPFF Welcomes New Board/Staff Members

The foundation is pleased to welcome some new faces: **Joanne Raphael** and **Alicia Kanth**. Joanne joined our Board of Directors in May, and Alicia is PPFF's new Public Relations & Outreach Coordinator, replacing Ellen Zeph who returned to Audubon Pennsylvania.



Joanne H. Raphael serves as the Vice President — External Affairs for PPL. In this role, she oversees communications, as well as community and government relations. Native to Pennsylvania, Joanne earned a bachelor's degree in economics and political science from Wellesley College and a Juris Doctor degree from Stanford Law School. At Stanford, she served as note editor for the Law Review. Joanne also serves on boards of the following organizations: Pennsylvania Chamber of Business & Industry, ChamberPAC, Pennsylvanians for Effective Government's Political Action Committee, Grand View Hospital, and Team Pennsylvania Foundation.



Pennsylvania native Alicia Kanth comes to us by way of her own consulting business, the PA House of Representatives, and the City of York. A Master's of Public Administration degree holder, Alicia is passionate about environmental causes and social services and gives back to her community by volunteering for the Manada Conservancy, United Way of the Capital Region, Fredericksen Library, and Harrisburg Young Professionals. In her spare time (does she have any?), she enjoys biking, gardening, traveling, photography, and various musical pursuits.

Erie Bluffs State Park

Board of Directors:

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Chamber of Commerce

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Buchanan, Ingersol & Rooney

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Saint Vincent Health Center

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President

Lisa Salvatore
Bookkeeper

Pam Metzger
Membership/Volunteer Coordinator

Alicia Kanth
Public Relations/Outreach Coordinator

Great Pennsylvania Outdoor Challenge

continued from front cover

Benefits of the

Great Pennsylvania Outdoor Challenge

- **Provides the Perfect Opportunity to Meet New People and Strengthen Existing Friendships**—Join in events across Pennsylvania to meet others interested in outdoor recreation. Can't make an event? No problem, getting outdoors can be as easy as walking around the block with a friend, strolling through a community park, or paddling on a lazy afternoon.

- **Is an Individual Challenge—Set a Personal Goal for Yourself.** While the CDC has minimum recommendations for daily activity, they are just that, minimum. I had a lively discussion about this with our 15-year-old—who, when I turned the TV off and chased him outside, **INSISTED** that they had learned in health class that you were “only supposed to have 60 minutes a day of activity.” Fortunately, I know better.

- **Is Good for Your Health**—Let's face it, it is easy to make excuses not to exercise. Too much work, too little time, etc. We are taking the excuses away and daring you—no, we're double-dog-daring you—to get outdoors. Just for a month. See how it feels. And let us know.

continued on next page



Marc Mowery

Pam Metzger hikes at World's End State Park.

CENTERS FOR DISEASE CONTROL RECOMMENDATIONS

CHILD — Amount of Exercise per day: 60 minutes of activity

ADULT — Amount of Exercise: 150 minutes per week. For greater benefits, adults should have at least 5 hours of activity per week.

Aerobic Activity:

Most of the activity should be aerobic in nature, but try to include at least some vigorous activity at least three days per week.

Muscle Strengthening per day:

Three days per week should include some muscle strengthening activity, such as jumping or running.

Bone Strengthening per week:

Two or more days.

Thank You

Board members are the backbone of a non-profit organization. We would like to take a moment to thank two outgoing board members for their service—**Rick Carlson** and **Chris Johnston**. Thank you for the time that you shared with the foundation!

In Memory — Joe Ibberson

Joseph Ibberson, a founding member of the Pennsylvania Parks and Forests Foundation, whose generous gifts of land created the first conservation area in our state park system, passed away in May.

Ibberson, who retired as chief of the Division of Forestry Advisory Services for the Pennsylvania Department of Conservation and Natural Resources, donated his 350-acre tree farm in upper Dauphin County to the state. www.dcnr.state.pa.us/stateparks/parks/josepheibberson.aspx

The land was named the Joseph E. Ibberson Conservation Area and allows for passive recreational activities among centuries-old timber stands and forests.

Joe's generosity promoted outdoor recreation close to a major population area. The foundation's Government Award is named after Joe Ibberson to recognize his contributions to our environmental heritage. As he shared with Pat Carroll in a 2003 news article, “The trees connect us to earth, each other, and the universe.” I like that thought.

2nd Annual Dogs in the Outdoors Photo Contest

Shutterbugs and dog lovers: come one, come all! Based on its inaugural success last year, PPFF is thrilled to announce its **2nd annual Dogs in the Outdoors Photo Contest**.

Like the previous year, there will be four entry categories: Action (enjoying our state parks and forests), Canines as Companions (must include interaction with people, children, other breeds of dogs, or animals), Contemplation (dogs enjoying the contemplative moments in nature), and Puppies (just being puppies). Photos must be assigned to a category when submitted. Only one photo can be entered per category. Original, unpublished photos must be submitted by the photographer. No third-party submissions allowed. Submissions must be in jpeg format and labeled with the entrant's name, category entered, and the forest/park in which the photograph was taken (e.g., smithjohnpuppiescoloneldenningsp.jpg). If a person is visible in the photograph, please include their name and contact information as well. Photos improperly labeled will be returned to sender for corrections.



Vanessa Carty

“Nittany” Carty, our photogenic 2010 Top Dog winner, poses at Michaux State Park.

The contest is open to all, not just foundation members. Contestants must submit entries to Alicia Kanth at akanth-ppff@pa.net no later than September 9, 2011, to be considered. Contest entries will be judged by popular vote on our Facebook page. Each email address has only one vote. The winning photos will be displayed at the **2011 Bark in the Park** event on October 1.

continued from page 3

OKAY, OKAY, ENOUGH ALREADY! HOW DO I GET INVOLVED?

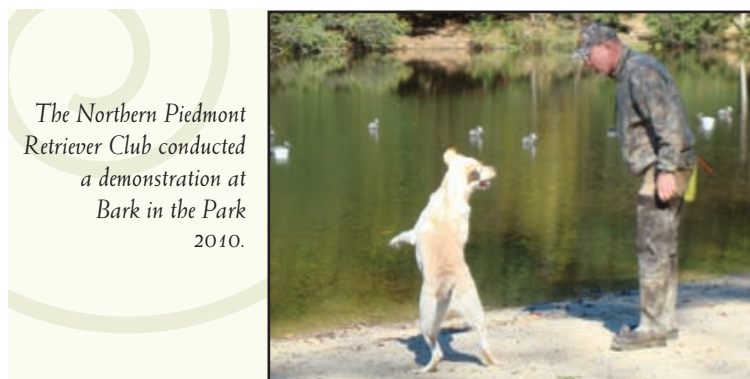
It's easy, we are here to help you.

When you register to participate, you will receive an activity log where you can track both the time spent in activity, as well as mileage traveled (if you are so inclined). You will receive a link to the calendar of events and weekly e-blasts giving you encouragement. Participants can follow us on Facebook and on our blog to learn about healthy living, about different activities, and to follow our escapades—I mean activities—in case you want to take a stroll or ride a bike with a PPFF staff member.

WIN PRIZES!

There will be prizes for children, youth, adults, families, and teams for the most minutes, the most miles, the most interesting outdoor event, and the greatest variety of activities.

All individual registrants and individual members of a team receive a GPOC drawstring bag!



*The Northern Piedmont
Retriever Club conducted
a demonstration at
Bark in the Park
2010.*

GET STARTED TODAY! Here's how—

1) **Register online** (keep an eye on our website-www.PaParksAndForests.org - for details on how it's done) or by mail using the form on page 7. Online registrants can create a free personal fundraising web page where you can tout your accomplishments and enlist the help of your friends and family. You'll receive a welcome letter with ideas on how to make your challenge a success and, of course, your official GPOC drawstring bag!

2) **Tell yourself: I can DO this! I WILL do this! I LOVE the outdoors!**

3) **Build a Team!** Gather your friends, coworkers, family and outdoor club members and form a GPOC team! Be creative! Have fun! Build awareness about your favorite park or forest or activity. Get up and MOVE. Teams must consist of at least three persons. Make your events fun. Use the month to promote parks and forests, offer health tips, and provide incentives to get outdoors.

New PPFF Blog: The Outdoor Muses Muse

Not all muses are mythological! PPFF has its very own three muses who began blogging regularly starting last month about their adventures in the outdoors. These whimsical ladies are



Paddlopie

Marci Mowery,
PPFF President



Bicyclio

Pam Metzger,
PPFF Membership/
Volunteer Coordinator



Yurtopia

Alicia Kanth,
PPFF Public Relations/
Outreach Coordinator

Follow our muses, comment on their posts, and share your own outdoor adventures at <http://blog.PaParksAndForests.org>.

FYI – DCNR Introduces Dog-Friendly Cabins

Bummed because your four-legged friend can't stay overnight with you in a state park cabin? There's good news! The PA Department of Conservation and Natural Resources (DCNR) recently announced that, as part of a pilot program, seven state parks will allow dogs in camping cottages and state park cabins starting in April 2012. Required fees will be \$5/night for modern/rustic cabins and deluxe cottages and \$2/night for a standard camping cottage. DCNR pet camping guidelines allow only leashed, house-trained dogs with up-to-date rabies vaccinations to participate. The seven state parks are Chapman (Warren County), Cowans Gap (Fulton County), Kooser (Somerset County), Poe Valley (Centre County), Prince Gallitzin (Cambria County), Promised Land (Pike County), and Pymatuning (Crawford County). Additional guidelines and program information can be found on DCNR's website: www.dcnr.state.pa.us/stateparks/recreation/pets.aspx.

State of the Parks/ State of the Forests Report

This month, PPFF will publish its first State of the Parks/State of the Forests Report. This document chronicles the history of Pennsylvania's state parks and forests, discusses the current condition of our public lands, and projects future needs. The report will be available on our website. Stay tuned for further details!

Great Pennsylvania

9/10/2011

Keystone Trails Association: Susquehanna Super Hike
Otter Creek Campground, 1101 Furnace Road, Airville, PA 17302
\$60/person before 8/21/11; \$75/person between 8/22/11 & 9/9/11
\$90/person on Race Day
Register online at www.kta-hike.org.

Varden Conservation Area: Varden Day

Varden Conservation Area Tannery Road Access, Hamlin, PA
Call (570) 676-3428 for more information.

Kings Gap Environmental Education Center:

Guided Backpack Trip

Kings Gap Environmental Education Center,
500 Kings Gap Road, Carlisle, PA 17013
\$125/person

To register, contact Penn Trails by phone: (717) 486-4455;
email: info@penntrails.com; or on the web: www.penntrails.com.

9/11/2011

Michaux State Forest: Paddle Long Pine Run Reservoir

Long Pine Run Reservoir, off Route 233 1.5 miles north
of US 30 each of Chambersburg
\$15/person
Call (717) 486-5031 for more information or to register.

9/12/2011

Pymatuning State Park: Harvest Moon Paddle

Pymatuning State Park, 2660 Williamsfield Rd., Jamestown, PA 16134
Contact the park office at (724) 932-3142 - registration is limited.

9/14/2011

Kings Gap Environmental Education Center:

Wednesday Hike for the Work Weary

Kings Gap Environmental Education Center,
500 Kings Gap Road, Carlisle, PA 17015
For more information, contact Penn Trails by phone: (717) 486-4455;
email: info@penntrails.com; or on the web: www.penntrails.com.

9/15/2011

Lehigh Gorge State Park: Confloozies Hit The Trail

Lehigh Gorge State Park, White Haven, PA 18661
Contact Pam at pmetzger-ppff@pa.net for more information.

Yellow Creek State Park: Night Hike

Yellow Creek State Park, 170 Route 259, Penn Run, PA 15765
To register call the park office at (724) 357-7913.

9/16/2011

Delaware Canal State Park: Canal Dog Walk

Bowman's Hill Wildflower Preserve Parking Lot, River Road,
New Hope, PA 18938
Contact Sarah Berg at (610) 982-0161 or sberg@state.pa.us to register

9/17/2011

Laurel Hill State Park: Hawk Watch

Laurel Hill State Park, 1454 Laurel Hill Park Rd., Somerset, PA 15501
\$10/person
Registration is required; contact Kimberly Peck at (814) 352-8649
or ra-laurelhilleved@state.pa.us.

Ralph Stover State Park: Rock Climbing

Ralph Stover State Park, High Rocks Overlook
\$10/person (\$30/up to 5 in a family) • Ages 8 and up
Registration is required; contact Sarah Berg at sberg@state.pa.us or (610) 982-0161.

9/18/2011

Sam Lewis State Park: Lace Up for Leah

Sam Lewis State Park, 6000 Mt. Pisgah Road, York, PA 17406
\$15/person, pre-registered runners; \$20/person, race day registration;
\$10/youth
For more information or to register, call Rick or Christine McBride (717) 471-7058.

Sam Lewis State Park: Play Like a Kid Day

Sam Lewis State Park, 6000 Mt. Pisgah Road, York, PA 17406
Free admission • 12:00pm-4:00pm
For more information, check www.PaParksAndForests.org.

Here is a *sampling* of outdoor hikes and activities around the state during the GPOC. Please use the contacts listed or visit PaParksAndForests.org for more details and additional events.

9/21/2011

Kings Gap Environmental Education Center:

Wednesday Hike for the Work Weary

Kings Gap Environmental Education Center,
500 Kings Gap Road, Carlisle, PA 17015
For more information, contact Penn Trails by phone: (717) 486-4455;
email: info@penntrails.com; or on the web: www.penntrails.com.

9/22/2011

Hickory Run State Park: Weiser State Forest Hike

Meet at the Weiser State Forest parking lot on Stony Mountain
Road off of Route 903, south of the intersection with Route 534
Contact hickoryrunenvdpsp@state.pa.us to register or for more information.

Beltzville State Park: Guided Kayak Program

Beltzville State Park, Preacher's Camp Boat Launch
\$10/person for kayak; \$5/person if you bring your own
Registration is required; contact Stephanie Strub at ss trub@state.pa.us or
(215) 453-5015.

Yellow Creek State Park: Scary Sounds of the Night

Yellow Creek State Park, 170 Route 259, Penn Run, PA 15765
To register call the Park Office at (724) 357-7913.

9/23/2011

Delaware Canal State Park: Autumn Equinox Hike

Delaware Canal State Park, Bristol
Contact Sarah Berg at (610) 982-0161 or by e-mail: sberg@state.pa.us.

9/24/2011

Big Pocono State Park: National Public Lands Day

Big Pocono State Park, Tannersville, PA
Visit their website at www.friendsofbigpocono.org.

Black Moshannon State Park: National Public Lands Day

Black Moshannon State Park, 4216 Beaver Rd., Philipsburg, PA 16866
Pre-registration is required. Contact the park office (814) 342-5960.

Colonel Denning State Park: Volunteer Work Day

Colonel Denning State Park, 1599 Doubling Gap Rd., Newville, PA 17241
Contact Judi Fasick at (717) 567-2013 or by email at fasick@embarqmail.com.

Kings Gap Environmental Education Center:

National Public Lands Day

Kings Gap Environmental Education Center,
500 Kings Gap Road, Carlisle, PA 17015
Pre-registration is required by September 22 by calling (717) 486-379.

Laurel Hill State Park: National Public Lands Day

Laurel Hill State Park, 1454 Laurel Hill Park Rd., Somerset, PA 15501
Please register by September 22 by calling (814) 352-8649.

Oil Creek State Park: National Public Lands Day

Oil Creek State Park, 305 State Park Road, Oil City, PA 16301
Contact the park office at (814) 676-5915 to volunteer.

Promised Land State Park: National Public Lands Day

Promised Land State Park, 100 Lower Lake Rd., Greentown, PA 18426
Contact Carissa Longo at (570) 676-0576 or PromisedLandEnvEdSP@state.pa.us.

Ryerson Station State Park: National Hunting & Fishing Day

Ryerson Station State Park, 361 Bristoria Rd., Wind Ridge, PA 15380
Please call (724) 428-4254 for more information.

Yellow Creek State Park: Septemberfest

Yellow Creek State Park, 170 Route 259, Penn Run, PA 15765
Call the park office at (724) 357-7913.

9/28/2011

Kings Gap Environmental Education Center:

Wednesday Hike for the Work Weary

Kings Gap Environmental Education Center,
500 Kings Gap Road, Carlisle, PA 17015
For more information, contact Penn Trails by phone: (717) 486-4455;
email: info@penntrails.com; or on the web: www.penntrails.com.

Outdoor Challenge

10/1/2011

Colonel Denning State Park: Bark in the Park

Colonel Denning State Park, 1599 Doubling Gap Road,
Newville, PA 17241

Contact Alicia at akanth-ppff@pa.net for more information.

Delaware Canal State Park: Walk It All!

First week: Forks of the Delaware Recreation Area, Easton, PA 18040
Visit their website at www.fodc.org or contact Susan Taylor at friends@fodc.org
for each week's launch point.

Ohiopyle State Park: Monthly Trail Day

Ohiopyle State Park, Dinnerbell Road, Ohiopyle, PA 15470
Contact Barbara Wallace at eehiopyle@qcol.net or (814) 329-0986.

Ridley Creek State Park: Monthly Work Day

Ridley Creek State Park, 1023 Sycamore Mills Rd., Media, PA 19063
Rain or shine. Refreshments afterward. Contact: trails@friendsofrcsp.org.

10/2/2011

Ridley Creek State Park: Run for Ridley

Ridley Creek State Park, 1023 Sycamore Mills Rd., Media, PA 19063
Contact Pamela Cloud at (484) 883-8231 or visit www.friendsofrcsp.org.

Prince Gallitzin State Park: Apple Cider Festival & Crafts Show

Prince Gallitzin State Park, 966 Marina Road, Patton, PA 16668
Call (814) 674-1000 for more information.

Kings Gap Environmental Education Center:

Garden Harvest Day

Kings Gap Environmental Education Center,
500 Kings Gap Road, Carlisle, PA 17015
Contact the park at kingsgapsp@state.pa.us or (717) 486-3799.

Nolde Forest Environmental Education Center:

Mansion Open House

Nolde Forest Environmental Education Center,
2910 New Holland Road, Reading, PA 19607
For more information, call the park at (610) 796-3699.

10/5/2011

Kings Gap Environmental Education Center:

Wednesday Hike for the Work Weary

Kings Gap Environmental Education Center,
500 Kings Gap Road, Carlisle, PA 17015
Contact the park at kingsgapsp@state.pa.us or (717) 486-3799.

10/6/2011

Hickory Run State Park: Delaware State Forest Hike

Meet at the Dixon Miller Recreation Area off Route 115 south of
Long Pond Road, near Pocono Raceway
Contact hickoryrunenvdpsp@state.pa.us to register or for more information.

10/7/2011

Delaware Canal State Park: Canal Dog Walk

Easton Fish Ladder/Lock 24, Route 611, south of Easton
Registration is required. Contact Sarah Berg at (610) 982-0161 or sberg@state.pa.us.

10/8/2011

Keystone State Park: Fall Trail Care Day

Keystone State Park, 1150 Keystone Park Road, Derry, PA 15627
Contact Pam McQuistian at (724) 668-2566 or kpnature@kb.net.

Mount Pisgah State Park: Apple Butter Day

Mount Pisgah State Park, 28 Entrance Road, Troy, PA 16947
Contact Carl Young for information or to volunteer at (570) 297-4612
or young0@prolog.net.

10/9/2011

Big Pocono State Park: Fall Foliage Festival

Big Pocono State Park, Tannersville, PA
For more information, contact friendsofbigpocono@yahoo.com.

Yellow Creek State Park: Fall Foliage by Boat

Yellow Creek State Park, 170 Route 259, Penn Run, PA 15765
2:00pm • Registration is required. Call the park office at (724) 357-7913.

2011 Great Pennsylvania Outdoor Challenge

Pledge Form

September 10 -
October 9, 2011

Gather support for your challenge in one of two ways.

Go online at www.PaParksAndForests.org and register your personal Great Pennsylvania Outdoor Challenge and send to your email distribution list. OR gather pledges using the form below with checks made payable to PPFF and send to: The Great Pennsylvania Outdoor Challenge, The Pennsylvania Parks and Forests Foundation, 105 North Front Street, Suite 305, Harrisburg, PA 17101.



Name: _____

Address:

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

TAKE THE CHALLENGE
30 X 30 = U
www.TheGPOC.org

Need more room? Make a photocopy of this form.

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

2011 Great Pennsylvania Outdoor Challenge Registration Form

September 10 -
October 9, 2011

I am registering as:

- ☐ Individual — \$15 ☐ Student — \$10
☐ Family — \$25 ☐ Team — \$15 per member
☐ Puppy and Me — \$20

I am unable to participate, but please accept my contribution of: \$ _____

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Email: _____

Dog Size (if appropriate): ☐ small ☐ medium ☐ large ☐ X-large

Team (if appropriate): _____

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



TAKE THE CHALLENGE
30 X 30 = U
www.TheGPOC.org

Waiver Form *Everyone participating must sign*

I assume all risk of participation. I, for myself and my child or ward (the Participant) consent to participation in the Great Pennsylvania Outdoor Challenge, including internet-based online activities to benefit the Pennsylvania Parks and Forests Foundation (the Event).

Participant agrees to the use of his/her name and photographs in broadcasts, newspapers, brochures, and web-based media.

Participant acknowledges that he/she is physically fit to participate in the GPOC and its associated activities. Participant acknowledges that there is inherent danger in outdoor activities such as hiking, biking, canoeing, kayaking, disc golf and accepts these risks.

Participants agree not to sue, to forever release, indemnify, and defend PPFF, the parks and forests where the events take place, or state or local government, sponsor, or any entity connected with the event and their affiliates, officers, directors, volunteers, and employees (Released Parties). All are held harmless from claims, actions, liabilities of any type, whether it results from any negligent act or failure to act by the Released Parties (including but not limited to damages for personal injury or death), that arises from participation in the Event.

PPFF does not sell, rent, or loan any personally identifiable information to anyone not acting on its behalf. If any provision of this Agreement is found invalid by a court of competent jurisdiction, the remaining provisions shall not be affected and shall not be enforced.

PARTICIPANTS UNDER AGE 18 CANNOT SIGN THIS FORM; ONLY THEIR PARENT OR GUARDIAN MAY SIGN ON THEIR BEHALF.

Signature: _____

Date: _____



World's End State Park

Friends of Goddard Collaborate on New Osprey Nesting Box

The Friends of Goddard State Park worked with Penn Power to develop and install an osprey nesting box. The box was installed on top of a power line located on Milledgeville Road and overlooks Route 79 as it passes through Deer Creek Township. Power company personnel found that ospreys typically prefer to build their nests on the power lines instead of atop the utility poles. A nest on a power line not only puts the ospreys in danger of electrocution, but also causes a major power outage. The nesting box solution presented itself when the Friends of Goddard reached out to Penn Power with the suggestion, which was received with enthusiasm. **Congrats to Goddard Friends group for creating this new partnership!**



Coming in for a landing!
An osprey now calls
this nesting box home.

Friends Accomplishments

In the spring of each year, PPF asks its chapters to make an "annual report" of their activities for the preceding year. Every time these reports yield an amazing picture of the work being done by these dedicated volunteers. A snapshot?

The chapters produced 38,500 hours of volunteer work for their parks and forests, which translates into \$822,360

worth of often hard physical labor – everything from moving rocks for trails to building habitat to parking cars and flipping burgers.

Over 60,000 people were drawn to 140 special events hosted by the chapters – everything from biking, running, and hiking extravaganzas to arts and crafts shows to music festivals to food, food, and more food!



Workbee, anyone? An industrious band of volunteers clears brush on the Susquehannock Trail.

The Friends sell firewood and boil apple butter; they host at campgrounds and act as cashiers at park stores; and they monitor bluebirds, purple martins, eagles, bees, and bats.

Doesn't this sound like something you need to support? Visit our website at <http://www.PaParksAndForests.org/map.html> to find a chapter near you!

In Memoriam—Leah Morgan Vogel July 14, 2008-June 26, 2011



We at PPF have always felt that contributions from friends and family in the name of someone they loved carry a particular mandate to us – that our work always honors that treasured memory. That belief has now hit home in the most personal way for me, Marci, with the passing of my great niece. You may have met Leah in 2009 as one of our postcard icons during our quest to keep parks open for future generations. Leah embodied the outdoor spirit passed down from generation to generation in our family.

Leah became an angel on June 26, 2011. Her final days were spent surrounded by family and friends that she had touched in some small way throughout her short but memorable life. Her parents, Mike and Stephanie, remind us that Leah's life is one to be celebrated. While we will miss her everyday – especially her charm and the way she brightened a room – we carry her in our hearts, memories, and prayers.

*In Leah's memory, **The Leah Vogel Memorial Playground Fund** was established to build a playground at Sam Lewis State Park. This fund is the start of a*



Leah Vogel explores loose straw at a pumpkin farm.

larger effort on behalf of the foundation to bring playgrounds to parks across the commonwealth in memory of Leah and of all children who found, and find, happiness in play. Leah enjoyed the outdoors—her playground, the sandbox, watching birds and insects, picking flowers, and playing with her brother and dog.

Fundraising efforts are underway for the playground. A wine and cheese auction will be held August 14. On September 18, a 5-K race "Lace-up for Leah" and Play Like a Kid Day occur at Sam Lewis State Park. To make a contribution to the fund, visit http://PaParksAndForests.org/LeahVogel_donate.html or visit our calendar of events.

Take time for play. Life is too precious not to do so.

Friends of the State Line Serpentine Barrens

One of the more uniquely-constituted PPFF chapters is also organized to protect one of the more unique features of Pennsylvania's (and Maryland's) public lands. Unlike most friends' groups; which are organized for the benefit of a state park, a state forest, or a combination of the two; the Friends of the State Line Serpentine Barrens was formed to help protect six specific tracts of land within a 20-mile long stretch of the Pennsylvania/Maryland border in Chester and Lancaster Counties within the boundaries of the William Penn Forest District.

First things first – what is a serpentine barren? “Serpentine barrens are a unique ecosystem found in parts of the United States in small but widely-distributed areas of the Appalachians and along the coast of California, Oregon, and Washington. The barrens occur on outcrops of altered ultramafic ophiolites. They are named for minerals of the serpentine group, resulting in serpentine soils with unusually high concentrations of iron, chromium, nickel, and cobalt. Serpentine barrens often consist of grassland or savannas in areas where the climate would normally lead to the growth of forests.”

Ultramafic who? Help! I think we're talking about geology! Yes, we are - rare geology for our part of the world. Essentially what we have in the Chrome Barrens, Nottingham County Park, Goat Hill Public Wild Plant Sanctuary (all in Chester County), Rock Springs Preserve, New Texas Barrens (of Lancaster County), and Pilot Preserve (Cecil County, MD) are several miniature deserts.

As the Friends' website (<http://statelineserpentinebarrens.org/home>) points out:

“The sun-baked conditions on bare serpentine rock and gravel create desert-like habitat for rare and unusual plant species that are specially adapted to withstand heat and drought. However, while lacking nutrients, this habitat supports numerous species—many rare or endangered—which have adapted to the harsh environment over thousands of years.

“Rare plants found on the barrens include: serpentine aster [found nowhere in the world except on a serpentine barren], long-haired barrens chickweed, glade spurge, flameflower, lyre-leaved rock cress, prairie dropseed, arrow-feather moths, and butterflies; including red-banded hairstreak, cobsew skipper, barrens buckmoth, mottled duskywing, and dusted skipper. The barrens also are home to other rare species, some only found on the barrens.”

It's no wonder the Friends became determined to help coordinate the many different groups responsible for caring for these tracts (including The Nature Conservancy, Lancaster County Conservancy, DCNR, Chester County government, Elk Township, and private owners) into a cohesive “Serps Crew.” Their expertise and commitment gains them access to tracts under private ownership in pursuit of their “special mission...to work with all parties to assist through volunteer activities to preserve and maintain these barrens habitats, archive and preserve the historical documents and maps related to the preservation projects, and educate the public on both preservation and barrens habitats.”

Besides all that, these Friends have a really cool name! Check the Friends of the State Line Serpentine Barrens website regularly for posting of both valuable volunteer opportunities and exceptional excursions into these rare regions.



The Friends' mission is furthered through their relationship with Ursinus College, whose Environmental Studies professor Patrick Hurley brings his students to the barrens for practical lessons in habitat restoration.



Celebrate!

The fifth-annual 2011 Awards Banquet was held at the Country Club of Harrisburg on May 3. This year, 120 people enjoyed the reception sponsored by Fermata, gala dinner, and awards ceremony. Our Emcee and Board Treasurer, Gary Smith, masterfully hosted the evening.



PPFF President Marci Mowery greets DCNR Secretary Rick Allan, his wife Patricia, and other guests.



Elizabeth McCarty, Obiopolis Borough Mayor Mark McCarty, Bill Metzger, and DCNR Director of State Parks John Norbeck enjoy the festivities.



Standing with award sponsor Barb Sexton of Chesapeake Energy, Mayor Mark McCarty and his daughter Elizabeth receive the President's Award from PPFF President Marci Mowery.



DCNR Forest Assessment Team members stand with PPFF President Marci Mowery and show off their Government Award sponsored by Joe Ibberson.



With PPFF President Marci Mowery, representatives of the Friends of Mt. Pisgah hold their Pennsylvania House of Representatives citation, as well as their Volunteerism Award sponsored by the Pennsylvania Recreation & Parks Society.



Keystone Legacy Award winner Bob Griffith with PPFF President Marci Mowery, Brian Mangione, and Gary Gifford and Gary DeGaetano of award sponsor Woolrich.



Education Award winner John Salvetti savors his achievement with Michael Reid of award sponsor Talisman Energy USA and PPFF President Marci Mowery.



Staff members of Park of the Year award winner Pine Grove Furnace State Park with PPFF President Marci Mowery. This award was sponsored by Gecko Group.



Improvement Award winner Thomas Scully enjoys the moment with award sponsor Rob Wonderling of the Greater Philadelphia Chamber of Commerce (also PPFF Board President) and PPFF President Marci Mowery.



The staff of Susquehanna State Forest, standing with PPFF President Marci Mowery and award sponsor John Frith of Dominion, proudly display their Forest of the Year award.

No Time for Boredom in CCC

I have interviewed a lot of Civilian Conservation Corps (CCC) members, and they said that they did not have time to get bored. Outside of their regular work, they had plenty of opportunities for fun and recreation.

During the CCC period, there were two forms of housing. In the early days (circa 1933), the fellows lived in tents and camped. However, when the first CCC boys arrived at a site, they had to clear the brush to make room for the tents. All the brush removal was done with hand tools. The CCC boys and some contractors then built wooden buildings. It took usually six to eight months to go from the tent stage to the wooden stage. This type of housing defined the type of recreation in which the fellows participated. The tents were of World War I vintage and invariably leaked. It was a matter of survival during this period.

In addition to building the barracks, the men had to gather firewood not only to heat the tents, but also for the cooks to prepare meals for hungry young men.

Supported by the army, each camp had a company of 200 men. The tent period saw the guys playing volleyball, softball, swimming, and hiking. Generally, the open areas in the mountain landscape were not big enough to play baseball. The camps all had guitar players, and they would entertain the boys. Early on, there were also drum and bugle corps groups. Initially, the army did not take the fellows to town, but there were enough small villages around for the guys to hike to where they could find pop (soda) and a dance hall.

Recreation changed with the construction of the wooden buildings. One of the wooden buildings at the various camps was built for recreational purposes. Usually, each building had a pool table, ping pong, shuffleboard, room for playing cards, and a library. The Recreation Hall would also include the Post Exchange (PX) where the guys could purchase pop, candy bars, etc. The army started to take the guys to dances and pubs in the local towns. Girls came to the various CCC camps for dances.

There were organized sports as well. Baseball was the favorite. All the camps had teams, and they would play each other and any town or "group" that had a team. The boys from Elmsport (S-125) played the boys at the Lewisburg Prison,



No pressure! Surrounded by his comrades, a CCC worker prepares to sink a putt on the Mehoopany Camp S-102 golf course.

which had a short right field wall. These games were a community social event (except at the prison). Organized basketball was not as popular because of the scarcity of gyms, the winter weather, and poor roads. Some of the camps tried football, but this sport was quickly eliminated because injuries prevented the young men from working. Hockey was played in the Poconos. Several of the camps had tennis courts, and the Mehoopany Camp (S-102) had a golf course. Anyone could play there for a very small fee. The tennis courts and the golf course were probably built because of army officers' hobbies.

Various other activities abounded. CCC work projects took the fellows to some isolated locales, and they took the opportunity to explore these places more thoroughly. The Cooks Run Alabama boys walked to Route 120 (above Renovo) and simply watched the cars go by. There was a hiking group at the Slate Run S-81 camp. Photos from that time show these guys in some picturesque places. The Darling Run S-155 boys hiked the Turkey Path and the 4-Mile Trail to see the waterfalls. The Hicks Run S-131 boys left their names on the house-size rocks on the Fred Woods Trail. Bill Stitler had worked on various forestry projects, and he "knew the layout of 75 percent of the former logging railroad grades of the Allegheny National Forest."

We cannot forget boxing! Some of the camps had outside rings, and there was some boxing done in the recreation halls. The sport was competitive and sometimes used for settling misunderstandings.

Considering the daily life of the average CCC boy, there was a good balance between work and play. I assess it as a well-rounded experience.

You can help preserve the legacy of the Civilian Conservation Corps by adopting a CCC structure through PPFF's Living Gifts program. For more information, visit: www.PaParksAndForests.org



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Keep up with what's happening in the state parks and forests, with PPFF, and with our chapters between newsletter mailings! Sign up for our weekly email e-Blast. It's fun and informative—and short!

E-Blast

www.PaParksAndForests.org

Chapter Happenings The 31 PPFF chapters always have something cooking, but things do tend to heat up in the summer, with fun events and volunteer opportunities in abundance. Be sure to keep an eye on the calendar hosted on our website (www.PaParksAndForests.org/opportunities.html) for the latest.

To find an up-to-date calendar of events in state parks and forests, visit our website www.PaParksAndForests.org, and DCNR's website www.dcnr.state.pa.us for ideas to explore PA's outdoors. You can choose an activity, explore the Get Outdoors listings, browse the calendar of events, get recreation tips, and make a reservation all in one place!

CALENDAR of Events

AUGUST 6: ATTACK THE GAP 10K

Kings Gap Environmental Education Center
The run begins at the Cameron/Masland Mansion and follows the road down the mountain. Runners will turn and ascend the mountain to the finish line at the mansion.

For more information, contact the Appalachian Running Company at 717-241-5674 or e-mail shoes@appalachianrunningco.com

1

AUGUST 18: SUNSET DRUM CIRCLES AT THE POINT

Shikellamy State Park
If you've never tried a drumming circle, this is your opportunity. And what a setting! Come to the Point at sunset and join the fun.

For more information, visit the Friends website at www.friendsofshikellamystatepark.org/

2

AUGUST 20-21: THIRD ANNUAL BLUEGRASS FESTIVAL AND MOUNTAIN LAUREL 5K

Laurel Hill State Park
From noon to 8:00pm on Saturday and noon to 5:00pm on Sunday, come out to the park and enjoy a day of music, food, and fun. The complete schedule is available on the Friends' website at www.friendsofhlsp.org/bluegrass.html.

(The Mountain Laurel 5K takes place on Sunday morning in conjunction with the festival)

3

AUGUST 26-27: BLACK FOREST STAR PARTY

Cherry Springs State Park
The Black Forest Star Party is an annual amateur astronomy observing event hosted by the Central Pennsylvania Observers. Held every year since 1999, the Black Forest Star Party includes guest speakers, kids' programs, vendors, and an excellent opportunity to observe the night sky.

For more information, contact the Observers at www.bfso.org/starparty.

4

SEPTEMBER 2-5: CROOKED RUN CHRISTMAS IN SUMMER

Prince Gallitzin State Park
Campers decorate campsites in Christmas themes; campers vote on best decorated campsite; and Santa will visit the campground on Sunday at 5:00pm with prizes at the amphitheater immediately following.

Contact the park office at 814-674-1000 or princegallitzinsp@state.pa.us.

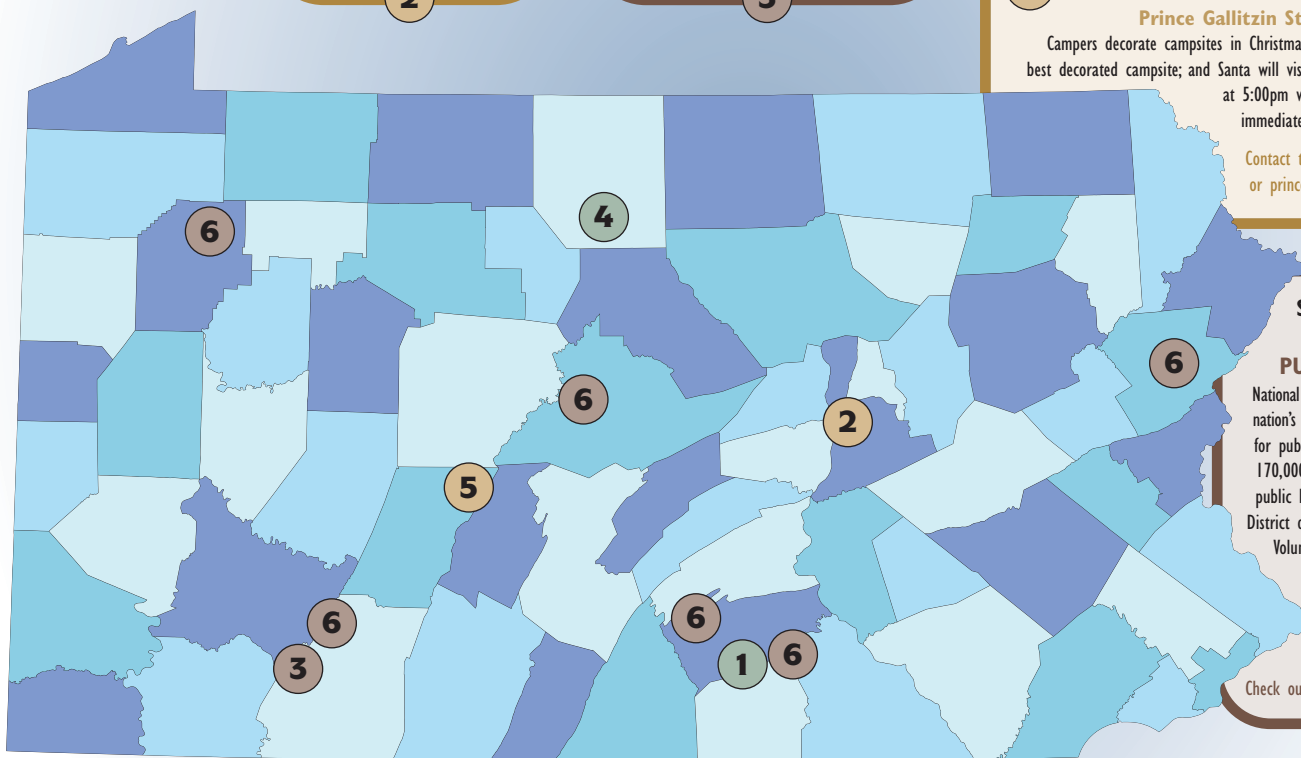
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SEPTEMBER 24: NATIONAL PUBLIC LANDS DAY

National Public Lands Day (NPLD) is the nation's largest hands-on volunteer event for public lands. Last year, more than 170,000 people volunteered at 2,086 public land sites in all 50 states, the District of Columbia, and U.S. territories. Volunteer work days will be hosted (at press time) by the Friends of Big Pocono, Black Moshannon, Colonel Denning, Kings Gap, Laurel Hill, and Oil Creek.

Check our website for more information.

6



Pennsylvania PASSPORT BOOK Now Available

A new recreation opportunity is now available for users of our state park and forest system. The Pennsylvania State Parks and Forest Passport book contains a myriad of enticing experiences to be had in our park and forest system. Funded by a grant from Chesapeake Energy, the Passport program promotes healthy activity and awareness of the scenic wealth we have in our public lands. The book includes maps, a history of our park and forest system, information and a memorable feature about each park and forest, and a record-keeping system to track progress and report to PPFF. To order, visit www.PaParksAndForests.org or mail a check for \$10 (plus tax, shipping & handling) made payable to Pennsylvania Parks and Forests Foundation.



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GOT A SMARTPHONE? State park and forest resources are now available at your fingertips...literally!

The Official Guide for Pennsylvania State Parks & Forests app recently became available for iPhone and Android.

There is a free version, as well as a \$3.99 version.

The free version includes park and forest maps, history, information, event schedules, and online reservations; on-the-go search by recreational activity; search by park, forest, or region; news, alerts, and location-based weather updates; social networking; and photo-sharing on Flickr. For \$3.99, the app offers the capability to work with content, maps and features offline; GPS mapping options including road, satellite, hybrid, and terrain; pre-programmed state park GIS and points of interest; a friend-finder feature to keep track of companions while on a trail; a built-in compass; a way to record, save, and recall tracks or waypoints; and let family and friends know your whereabouts with the alert communication feature.

Download it today at www.stateparkapps.com, and forge a deeper connection with our forests and parks.

PENNSYLVANIA STATE PARKS APP!



*The front page of the new
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