

Penn's Stewards

News from the Pennsylvania Parks & Forests Foundation



Spring 2016



Mehoopany
Golf Course

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A Long Walk ...or a Short History of Recreation in Pennsylvania

“Leave all the afternoon for EXERCISE and RECREATION, which are as necessary as reading. I will rather say more necessary because HEALTH is WORTH MORE than LEARNING.”

We should all work for that guy – right? (Sorry, it was Thomas Jefferson). In OUR century, most Americans spend their days working and attending to the demands of family, home maintenance, and their DVRs, and then – take a hike, go for a run, or enjoy seasonal fun like cross country skiing. Despite Jefferson's enlightened philosophy, recreation was never part of anyone's day until the 20th century.

Most scholars regard Aristotle to be the “father of leisure” as he was the first to write about it as an ideal – or an end in itself. Ancient Romans considered leisure a right of citizenship. When “Rome – the Empire” became “Rome – the Church,” work became the ideal of value and pleasurable pursuits were equated with immorality.

From the early days of Puritanism when leisure time was a sin to today when it is identified as a human right under the United Nation's *Universal Declaration of Human Rights*, recreation has taken a long walk to become an essential part of our lives.

Hunting in Pennsylvania

The Early Days

Hunting and fishing were survival tools for the earliest settlers of Penn's Woods. They rode horses, rowed boats and walked to get where they were going. They tilled, dug, lifted, and chopped – and got up and did it again.

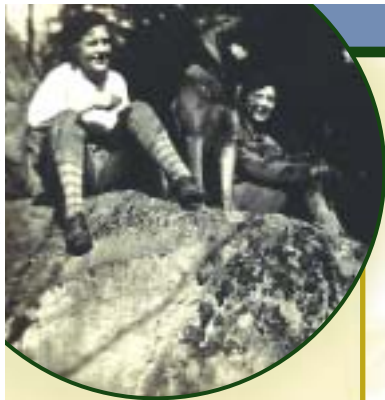
Recreation became more acceptable when it was attached to work. For example, country fairs and market days brought amusements. Social gatherings held in conjunction with house-raising and sheep shearing, or civic events such as elections, were all opportunities to get together for games and contests.

In 1828, brothers Titian Ramsey and Franklin Peale formed the United Bowmen of Philadelphia, the nation's first society of archers. Fishing for sport with hand-tied flies was already popular on the limestone streams around Easton in the 1840s when Samuel Phillippe lightened the heft of the rods by building them with split bamboo.

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Photo courtesy of Mary Soderberg



Enjoying the outdoors

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President's Message

Marci Mowery

*Embrace your inner child and
enjoy the outdoors in new ways.*

I am super excited about our first newsletter of 2016. Based on your feedback, it's longer, more informative, and motivating. When you call or email us about your concerns or things you would like to know more about, we listen. We see one of our jobs as helping you to find your connection to our state parks and forests. How are we doing? Feel free to let us know.

Some of our readers provided feedback as we started our 2015-2020 strategic plan. Thank you! Found on our new website (have you seen it yet?!), the plan outlines five goals for the next five years. We simplified our mission statement to read: to inspire stewardship of Pennsylvania's state parks and forests through public engagement in volunteerism, recreation, and conservation.

And our vision to read: Building the voice for Pennsylvania's state parks and forests.

As the year unfolds we'll introduce you to the new strategic plan—bookmark our website and follow our news page as part of this journey.

On new year's eve, while hiking, my friend suggested we live 2016 younger. As I pondered this concept—I'm going to be seven—it struck me as a good philosophy for life, as it really is about embracing the moment, saying yes to new experiences, spending time in the outdoors like we did as children, and having a sense of play—good at any age. Ironically, these mindsets can actually lead to being younger, by reducing rates of depression, diabetes, heart disease, and other physical ailments tied to inactivity and a screen-centered life. So as we move through 2016, you can be sure we'll be sharing with you many opportunities for tapping into your inner child.



Photo credit: Marci Mowery

PPFF's MISSION: to inspire stewardship of Pennsylvania's state parks and forests through public engagement in volunteerism, recreation and conservation.

We'll also be offering you ways to become engaged—whether it be adding your voice to important issues, joining a friends group, taking part in a volunteer opportunity, or becoming a steward of Penn's Woods. You'll notice on page 14 the myriad of health benefits of being outside, yet another way to live younger.

You'll notice that we've added five new board members this year—spanning occupations from the medical profession to recreation to communication. Our board members care about our parks and forests, and chances are, you may see them at a park or forest near you!

As always, I want to thank all of our readers, friends, and donors for your support. We could not do it without you. As we pulled together success stories for the "You Made it Happen" and "Friends in Action" sections, we actually had to pare down the list due to copy space! We are pleased to share with you the many ways that your financial investment in PPFF reaps long-term dividends.

I look forward to seeing you outside sometime soon.

Yours in the Outdoors,
Marci

New Website! PPFF - Building the voice for Pennsylvania's state parks and forests

PPFF is thrilled to unveil our new website, funded in part from a grant from the William Penn Foundation. The new website makes it easier to find opportunities to get engaged in your state parks and forests. Visit the new website and let us know what you think. Is there a topic of interest you'd like us to feature in our news section? Let us know, we are here for you!

Paparksandforests.org

Free Time – What a Concept

In the nineteenth century, industrial and economic growth brought many Americans increased time and disposable income to spend on pursuing various forms of recreation. In 1816, a promising young state lawmaker named James Buchanan made his first visit to a rural hotel in Bedford Springs. Partial to its restorative mineral waters and bucolic vistas, Buchanan would return when he was president of the United States. By the end of the century, the hotel had built one of the first golf courses in the state and, in 1907, one of the first indoor pools in the country.

In the 1880s, golf had its early popularity fanned by the Foxburg Golf Course in Clarion County. Philadelphia's Main Line established golf and country clubs, adding equestrian activities, tennis, shooting, skating, and swimming.

In Dr. Silas Chamberlin's *"New Paths Toward a History of Pennsylvania Outdoor Recreation,"* he describes the early years of hiking and biking for recreation in Pennsylvania.

"Walking clubs were more egalitarian than the hunting associations, but their members tended to come from similar backgrounds. Pennsylvania did not have an organized club until Reading's Blue Mountain Eagle Climbing Club and the statewide Pennsylvania Alpine Club were founded in 1916 and 1917, respectively. They hiked as a way to 'work' vicariously through leisure, as evidenced in club literature. For example, a 1932 meeting of the Allentown Hiking Club featured a lecture that linked hiking to 'the necessity of keeping mind and body occupied in our spare time in a healthful way...with the progressing of the machine age.'"

Dr. Chamberlin also discusses Pennsylvania's cyclists, writing that the "urban bicyclists of the late nineteenth century were some of the most vocal proponents of the *Good Roads Movement*, which led to the paving of thousands of miles of roads."

Viewing the sport as recreation and exercise, bicyclists were encouraged by the metabolic benefits of cycling. An enthusiastic Philadelphia cyclist (or wheelman as they called themselves) in 1892 wrote: "The average wheelman can eat and drink anything with an impunity surpassed only by the ostrich and the Harlem breed of goat."

Athletic clubs were forming across the state to promote all sorts of sporting activities – fishing and hunting, cricket, baseball, rowing, and boxing – using the improved roads and railways to reach the resort hotels designed to lure well-heeled urbanites away from dust, noise, and heat of the city with the refreshing promise of open air.

In Pennsylvania, the early days of recreation can be traced to the individuals and groups who formed constituencies for the protection of fish and game, natural places, and public access to land. As recreation became part of American lives, Pennsylvanians became more interested in the places they enjoyed. With this came the rise of state parks, forests, and game lands.

The 1920s brought skiing to the United States, as a handful of mountains in Pennsylvania's Poconos and the Adirondacks of New York began to offer instruction and equipment.

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Friends enjoying the day at Laurel Lake, Pine Grove Furnace State Park



Four cyclists stop for a photograph on the Alameda Avenue Bridge, Denver, Colorado, circa 1905



Photo courtesy of Blue Mountain Eagle Climbing Club

Members of the Blue Mountain Eagle Climbing Club on the Skyline Trail, the original name of the Appalachian Trail.

Under the Stars

Once Americans began to enjoy spending a beautiful day outside they wanted to stay there...enter camping. Magazines from the 1890s describe in enthusiastic detail the particular advantages of various styles of tents, stoves, and clothing, as well as tips for successful outings.

Bringing just what they needed to set up a temporary home in the shelter of the woods, early campers arrived in natural areas on foot, horseback, or wagon. The first camping club was formed in 1910, calling themselves the “Tin Can Tourists.” In 1912, the US Forest Service reported 231,000 campers in the national forests. Mountain forests close to urban areas were the most heavily used.

One of the greatest culinary achievements of modern society can be traced to the camping movement: the s’more. In 1927, the first official recipe for s’mores appears in a Girl Scouts’ manual, *Tramping and Trailing with the Girl Scouts*.

For the Kids!

Fueled by a national interest in recreation generally and better lives for children specifically, Dr. Henry Curtis’, *The Play Movement and Its Significance* (published in 1917) opened a conversation that continues to this day. Along with child welfare legislation, settlement houses, hygiene movements, and industrial democracy, the play movement was one of society’s remedies to the changes brought by industrialization.

Pennsylvania’s first chapter of the Boy Scouts, the Warren County Council, was founded in 1908, followed by more recreational and social recreation groups. The YWCA, the Girl Scouts, the Campfire Girls, the Woodcraft League, the Boys Clubs and many other groups organized in an attempt to “train youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities and educational programs,” which was (in part) the stated goals of the Boy Scouts and recommended by the Play Movement.

In 1874, the YWCA established the first camp for “ladies” in Asbury Park, New Jersey. *Sea Rest* was created specifically for “tired young women wearing out their lives in an almost endless drudgery for wages that admit no thought of rest or recreation.” This was marketed as a low-cost summer “resort” for women who worked outside the home.

Pennsylvania Leads the Way

No review of recreation in Pennsylvania could be complete without mentioning the contributions of Maurice Goddard. In 1955, Goddard was appointed director of the Department of Forests and Waters. There were 44 Pennsylvania state parks.

Dr. Goddard proposed building a state park within 25 miles of every resident of Pennsylvania.

Published in 1957, *Pennsylvania’s New State Parks: A Report to the General Assembly on Act 256* reviewed 175 potential state parks. The new parks were evaluated on water, location, topography, subsurface conditions, availability, and scenic and historical significance. Acquisition of some of the new state parks began immediately. Visitation of state parks went from eight million visitors in 1955 to 24 million visitors by 1961. Pennsylvanians were getting outdoors and loving it!

Today, according to the Washington Post, recreation-related business is an important factor in the economy. It has been estimated that the outdoor recreation sector alone contributes \$730 billion annually to the U.S. economy and generates 6.5 million jobs.



Photo is Ektachrome by Paul M. Penny

This vintage postcard’s enticing caption reads: “The beach at Shawnee State Park, Schellsburg near Bedford. Thousands come here every day to enjoy the many recreational features of this fine park. Here one may enjoy swimming, boating, fishing, picnicking, camping, and just plain loafing.”

Linking Recreation to Health

Studying the links between recreation and health is a topic unto itself. In recent research for the Statewide Comprehensive Outdoor Recreation Plan, Pennsylvanians identified recreation as an important component of their overall wellness or health plan. At this point there are so many studies supporting this that the National Institute of Health states “We confirm that there is irrefutable evidence of the effectiveness of regular physical activity in the primary and secondary prevention of several chronic diseases (e.g., cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis) and premature death.” (see *Penn’s Stewards Fall 2010*) So Jefferson was right after all. In a perfect world we should “leave all the afternoon for exercise and recreation,” and in the meantime, let’s make time for it every day.

Sources: Penn State University Press, *Pennsylvania History*, Vol. 79, No. 4, Special Issue: Environmental Histories of the Mid-Atlantic (Autumn 2012), pp. 463-472

Legend Has It...

It is widely believed that Francis X. Kennedy (1923-1997), former Tiadaghton District Forester, was the first to develop cross-country ski trails on state forest lands. He was a veteran of the prestigious 10th Mountain Division during WWII and their story is amazing!



Francis X. Kennedy

Photo credit: John Eastlake

Francis Kennedy, the eldest child of Sidney and Margaret McMahon Kennedy, graduated from Emporium High School and attended the Forestry School at Mt Alto. In 1943, he joined the US Army, where he trained at Camp Hale, Colorado and then served successively with the 10th Mountain through Italy. Serving as Squad Leader and holding the rank of Staff Sergeant, he was wounded in the leg at Mt. Belvedere, Italy. For some time he was listed as missing. He was discharged from the service at Halloran General Hospital in New York City on July 3, 1946.

For his service he was awarded the Bronze Star, the European Theater of Operations Medal with 2 Battle Stars, the Combat Infantry Badge, Victory Medal, and the Good Conduct Medal. After the war, he attended the Pennsylvania State University, graduating in 1949. Francis served as the district forester at Tiadaghton State Forest from 1955 to 1989, when he retired.

The 10th Mountain Division started out as an experiment to train skiers and climbers to fight in the most difficult, mountainous terrain in Europe. Some of the men who joined the division were skiers already, while others had never seen a ski in their lives.

Their training at Camp Hale, near Pando, Colorado, included skiing, snowshoeing and rock climbing. They also learned cold-weather survival tactics, such as keeping warm by building snow caves. The men lived in the mountains for weeks, working in altitudes of up to 13,500 feet, in five to six feet of snow and in temperatures that dropped to 20 degrees below zero at night.

In the postwar years, many veterans of the 10th returned to Colorado, Wyoming and Montana, and formed the foundation of the U.S. ski industry. They worked as ski instructors, ski school directors, Olympic and college coaches, and helped found resort areas in Colorado, such as Winter Park, Arapahoe Basin, and Vale.

The Tiadaghton State Forest cross country ski trails were the first to be built on state forest land in Pennsylvania, and owe their creation to Kennedy, and foresters Bob Webber (Forest Maintenance Supervisor) and John Eastlake (Forester), who can also be credited with laying out the scenic Black Forest Trail. These pioneers were ahead of their time in promoting cross country skiing.

The first trail was built in the early 1970's and was named the George B. Will Ski trail in honor of an early forest ranger who skied the Black Forest as early as 1914. His wife, Ruth, 'manned' the area fire tower for over 40 years, and has a trail named after her, as well.

Today, approximately 40 miles of trails exist in Tiadaghton State Forest, in addition to the Pine Creek Rail Trail. Statewide, more than 3000 miles of skiing can be found on designated trails and accessible roads throughout our 2.2 million acres of state forest.

Sources: Tiadaghton State Forest Ski Trail Maps; This story is part of NPR's audio history, "Radio Diaries: Extraordinary Stories of Ordinary Life."

MORE CABINS for DOGS in State Parks in 2016

Pennsylvania State Parks began allowing dogs to stay overnight in select cabins/cottages in designated state parks as part of a pilot program four years ago and more have been added each year. Here is a list of the specific sites that will permit dogs in 2016. No more than two dogs are allowed to stay in any one cabin at a time. State parks not listed prohibit pets in cabins at this time.

**Bald Eagle
Moraine
Chapman
Nockamixon
Clear Creek
Ohiopyle
Cook Forest
Parker Dam
Cowans Gap**

**Poe Valley
Hills Creek
Prince Gallitzin
Kooser Rustic
Promised Land Rustic
Linn Run Rustic
Pymatuning
Little Buffalo
Yellow Creek Camping**

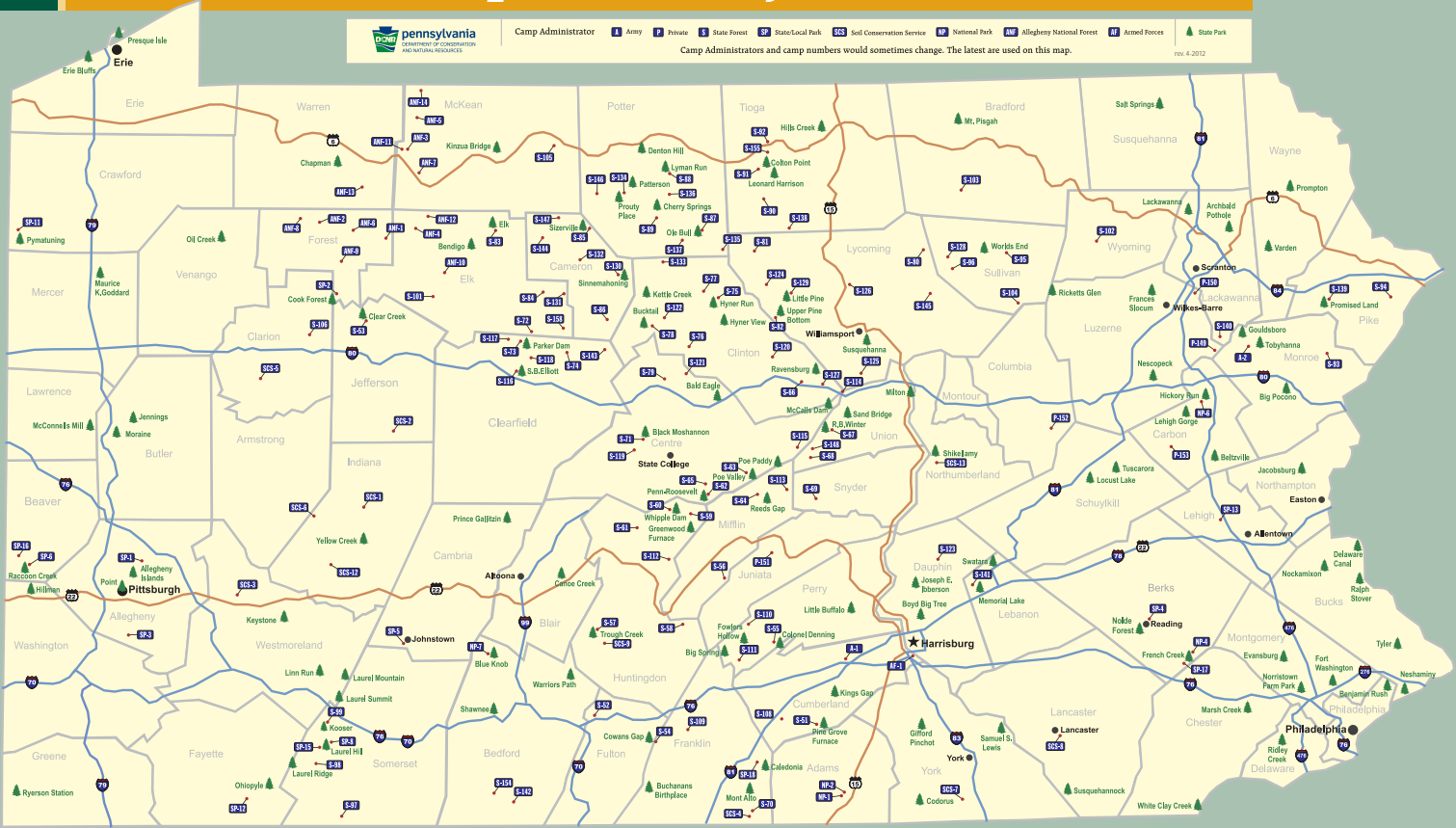
Call toll free 1-888-PA-PARKS, 7 a.m. to 5 p.m. Monday to Saturday. These parks have limited sites, so be sure to specify to the Call Center Operator that you desire a cabin/cottage that permits dogs. To make online reservations 24/7 or to get information about all 120 state parks, check out www.visitPAParks.com. Additional information is available at any Pennsylvania state park office or www.dcnr.state.pa.us/stateparks/recreation/pets.aspx



Photo Credit: Colin Gillette, taken at Mt. Pisgah State Park

The CCC Brought Recreation to You

CCC Camps in Pennsylvania 1933-1942



A historical synopsis of recreation would not be complete without a summary of the work of the Civilian Conservation Corps. Numbers vary as to the total number of camps—the Corps averages that Pennsylvania had 78 camps a year. In some years this was as high as 97 or as low as four. We know that in Pennsylvania 194,572 young men passed through the camps from 1933 to 1942.

At the halfway point, the then Department of Forests and Waters estimated that the 'boys' had constructed 390 foot-bridges, 617 vehicle bridges, 83 cabins, 1,414 other buildings, 2,115 miles of truck trails, 692,036 acres of forest improvements, 14,061 acres of reforestation, 53 recreation dams, and had planted 12 million trees. By the end of the program in 1942, some statistics state that: 791 miles of telephone line were strung; 3,483 miles of foot and horse trails were blazed; 61,046,160 trees were planted, and 1,783 fish-rearing ponds stocked.

While much of the work was done 'in the woods,' the CCC boys also worked in city parks and on farms.

Prior to the CCC, only 18 states—one of them Pennsylvania—had set aside funding for state parks. Because of this, the CCC and the Civil Works Administration, also worked on park improvements such as cabins, picnic benches, pavilions, and dams. The largest single project in Pennsylvania was the Laurel Hill Recreational Development area dam, built by company #2332 to provide a 60 acre recreational lake. Today, this park contains a museum dedicated to the men of the CCC, and PPFF recently received a grant from the Allegheny Foundation to restore some of the historic era buildings.

Source: At Work in Penn's Woods, The Civilian Conservation Corps in Pennsylvania by Joseph Speakman, The Pennsylvania University Press, University Park, PA 2006.



CCC constructed dam at Greenwood Furnace State Park

Did You Know? PPFF is able to accept your TAX DEDUCTABLE donations of stock to support our work and/or projects in state parks and forests.

Visit www.PaParksAndForests.org for more information



UPCOMING CALENDAR OF EVENTS

MARCH

- 3/6 Friends of Canoe Creek: Mountain Pie Madness
- 3/10 PPFF and Friends of Beltzville: Meet Mira Lloyd Dock documentary
- 3/11 Pennsylvania's Conservation Pioneers: Presentation at Jacobsburg Environmental Education Center with PPFF President Marci Mowery
- 3/12 Friends of Mt. Pisgah: Sugar on Snow
- 3/14 PPFF President Marci Mowery presents at the Pennsylvania Association of Environmental Educators Conference
- 3/19 Friends of Cowans Gap: Volunteer Day
- 3/25 Friends of the State Line Serpentine Barrens: Volunteer Work Day

APRIL

- 4/1 Photo Gallery Showcase: Columbia Kettle Works
- 4/2 Friends of Ohiopyle: Monthly Volunteer Day
- 4/2 Friends of Ridley Creek: Monthly Volunteer Day
- 4/3 Friends of Cowans Gap: 2nd Annual 5k Run
- 4/3-30 Photo Gallery Showcase: Sinnemahoning State Park
- 4/9 Vintage baseball game at Greenwood Furnace State Park
- 4/14 Friends of Beltzville: Meet Gifford Pinchot. Presentation with PPFF President Marci Mowery
- 4/16 Friends of Cowans Gap: Volunteer Day
- 4/16 Friends of the State Line Serpentine Barrens: Volunteer Work Day
- 4/16 Hammond's Rock Clean Up Day, Michaux State Forest, Kickoff Stewards of Penn's Woods Program
- 4/17 Rain date for Hammond's Rock Clean Up
- 4/22 Earth Day - Look for Volunteer Opportunities across the State (today and on the weekend)
- 4/24 - 5/1 Dr. J.T. Rothrock Memorial Conservation Week: Week in the Life of Pennsylvania's State Forests & Parks
- 4/24 PPFF President Marci Mowery presenting Conservation Heritage Program at Market Square Church, Harrisburg, 10AM

MAY

- 5/1 -28 Photo Gallery Showcase: Jennings Environmental Education Center
- 5/7 Friends of Ohiopyle: Monthly Volunteer Day
- 5/7 Friends of Ridley Creek: Monthly Volunteer Day
- 5/7 Friends of the State Line Serpentine Barrens: Volunteer Day
- 5/7 Tank Hill Tract Clean-up: Cornplanter State Forest
- 5/11 10th Annual PPFF Awards Banquet *(see below for details)*
- 5/12 PPFF and Friends of Beltzville present the Ralph Abele and mini-MK Goddard Documentaries, beginning 6:30PM
- 5/13-15 Friends of Pine Grove Furnace: Woodsy Owl Weekend
- 5/14 PPFF tabling at Healthy You Health Fair, Harrisburg Area Community College
- 5/14 Friends of Lyman Run: Kids Fishing Derby
- 5/15 Friends of Mt. Pisgah: Chief Wetona Trail Challenge
- 5/19 PPFF tabling at Fort Indiantown Gap
- 5/21 Friends of Cowans Gap: Volunteer Day
- 5/21 PPFF at Hershey Wellness Fair
- 5/21-22 Hammonds Rock Graffiti Removal, PPFF
- 5/28 Friends of Prince Gallitzin: Red White & Blue Weekend (Memorial Day Salute to the Veterans)
- 5/28 Friends of the State Line Serpentine Barrens: Volunteer Work Day

JUNE

- 6/3 Friends of the State Line Serpentine Barrens: Volunteer Work Day
- 6/4 National Trails Day - Look for Volunteer Opportunities Across the State
- 6/5 Friends of Kings Gap: Music on the Mountain 2016
- 6/10 Friends of the State Line Serpentine Barrens: Volunteer Work Day
- 6/11 Friends of Pine Grove Furnace: Iron Run/Charcoal Challenge
- 6/16 Photo Gallery Showcase: Sly Fox Brewery Tastin' Room
- 6/17 Friends of Mt. Pisgah: Square Dance
- 6/25 Friends of the State Line Serpentine Barrens: Volunteer Work Day

**We Invite You to Celebrate Your
State Parks and Forests at the
10th Annual Awards Banquet
Celebrating Leadership and Service**

DATE: May 11th, 2016

PLACE: West Shore Country Club, Camp Hill

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

PROGRAM: Cocktail reception, dinner, awards program

COST: \$50 (*registration deadline April 25, 2016*)

Join your friends and fellow conservationists to celebrate the accomplishments of:

Cliff Jones Keystone Legacy Award Rob Wonderling, CEO, Greater Philadelphia Chamber of Commerce

Ibberson Government Award Penn Nursery

President's Award Greenwood Furnace State Park Complex

Park of the Year Award Gifford Pinchot State Park

Forest of the Year Tuscarora State Forest

Volunteerism Education Pam Karhan, Cherry Springs State Park

Volunteerism Improvement Ridge Runners, Laurel Highlands Hiking Trail

Volunteerism, Individual Stephen Smetana, Nescopeck State Park

Volunteerism, Group Save Our Native Species (S.O.N.S) of Lake Erie, Presque Isle

Young Volunteer Zachary Jones, Gouldsboro State Park

PPFF FRIENDS GROUPS

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

Your Friends In Action: *Friends Lyman Run State Park*

By Maxine Harrison

Located in the northcentral region of the PA Wilds, Lyman Run State Park arose from crisis and remade itself literally from the ground up. Closed for many years to repair the ailing dam, the park stood quiet and empty. Even after completion of the new dam, the campgrounds were then closed for renovation. Then, with almost a newly reconstructed park, there was one vital element missing...a friends group.

Thus the Friends of Lyman Run was created to help find funding for needed park projects, programs, and more importantly, to involve area residents in this new and beautiful park – their park. Many young families reside in and around nearby Galeton. The park has two campgrounds, picnic facilities, a great swimming beach, excellent fishing and boating and several easy to hike trails - a perfect place to spend the day.

The Friends of Lyman Run began their programming ventures with a **Kid's Fishing Derby**. The dam's spillway pool provided an ideal spot to concentrate fish so that even the smallest participant could come home with a "catch." Friends group volunteers worked hard to get enough donations so that the entire derby was free, including lunch for the kids. The Derby is now an annual event held each May.

Halloween Spooktacular was the next popular event. Volunteers arrived early in the morning to spread thousands of yards of gossamer spider webs all over the campground along with tombstones, ghosties, and ghoulies. They then donned costumes and distributed candy during the Haunted Campground hayride, helped with pumpkin painting, face painting, and bobbing for apples.

Money donated by the Friends group helped to provide electricity to the park's only pavilion and to install a wall of shelves and counters. This year an amphitheater and stage were added to the area so that the Friends Group can sponsor **Movie Night** and local speakers during the summer camping season. A "premiere" event has already been held showing PPFF's documentary on Maurice K. Goddard. Popcorn and drinks will be sold in the future to help raise funds for other programs in the park, like the much-anticipated kayak program series to begin this year.

Recent programs have included the illumination of Lyman Dam with hundreds of luminary bags and a monthly **"Fly a Kite Daze"** in the summer. This event is held on the dam breast where the wind is usually brisk – and thanks to business member Galeton Drug – the kites were provided free of charge. The amazing legend of the *Prehistoric Lyman Run Ice Shark* that is purported to still be alive under the ice of Lyman Lake is a delightful highlight of the winter Ice-o-Rama. The event includes an underwater camera for shark sightings, as well as sledding, snowshoe and cross country ski lessons, and snowmobile rides.

Past programs like **Yoga in the Park**, **Creative Arts in Nature**, and **Women in the Wild** still make an appearance. Last year a new program called **Stars in the Arts** combining the amazing talents of PA Wilds Artisans and the hundreds of people who come to neighboring Cherry Springs State Park to stargaze was met with almost torrential downpours! But the 2016 event will be bigger and better thanks to a grant from the Elk County Council on the Arts. Music, food, art dealers, and craft activities followed by an evening of looking at thousands of stars...fingers are crossed that the rain will stay away.

None of this could be accomplished without the love and dedication of the volunteers who make up the Friends of Lyman Run. Our membership isn't huge in numbers but its huge in heart. Thanks to these committed individuals our programs and projects get done without a hitch...their caring is what makes being a part of the PPFF family so special. There aren't words enough to thank them for all that they do. The Friends of Lyman Run are what makes this park one of the "jewels" of the Pennsylvania park system.

To learn more: www.facebook.com/Friends-of-Lyman-Run



Right: Kid's Fishing Derby participant
Below: Halloween Spooktacular



More Friends In Action:



Beltville on the Move is just one way the **Friends of Beltville State Park** created to get folks out and moving in 2016. You can also join a weekly walking club—a great way to chase the winter blues away! To learn more, visit: <http://www.fobsp.org/>



Photo credit: Friends of Caledonia SP

Caledonia State Park

Speaking of moving, our friends led '*First Day Hikes*' popped up all across the state! These hikes, which take place on New Year's Day, provide an incentive to start the year off right!



Friends and staff started on amphitheater improvements at **Prince Gallitzin State Park**. The improvements include ADA compatibility, walkway lighting, and new seating.

Photo credit: Curt Weinhold



Friends of Lyman Run illuminated the night, one of many gatherings to attract folks to winter recreation in parks and forests.



The **Friends of Mt. Pisgah** hosted their second annual *Patriots in the Park* picnic for veterans and active military personnel and their families with a free lunch, music, and fishing, canoe/kayak, archery, and other outdoor fun.



The **Friends of the State Line Serpentine Barrens** ramped up their outreach campaign on this unique Pennsylvania ecosystem, including walks, talks, and tabling at events.



The **Friends of Canoe Creek** apparently hosted the largest First Day Hike in the state in 2015 with 150 people. This year? 160!



The **Friends of Nockamixon** came together to clean-up and improve trails.



Before

After

Jonathan Run Trail

The **Friends of Ohiopyle** learned a LOT at our trail workshop in October, and they put their knowledge to use improving the stairs on the Jonathan Run Trail. Good weather also allowed them to replace a bridge on the popular and well-worn Great Gorge Trail.



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

YOU Made it Happen

Your Support and a grant from the Partnership for Better Health enabled staff and volunteers to visit parks in Cumberland and Perry counties to assess for accessibility and make recommendations for improvement.



Being a Voice

Your support of our work enabled us to provide detailed comments and input on the State Forest Resource Management Plan, spanning topics from improved recreational opportunities; water and air quality; pressures on forests; education and



outreach; and citizen engagement. With your support, we can continue to be a strong voice for parks and forests.



Visitors to the Great Allegheny Passage in Ohioyle State park can thank Wendy and Jim Homerosky for the placement of new benches along the trail.



Freewheeling Will be Accessible to more people due to your support of our accessibility work and banquet silent auction. Two bikes were purchased - a hand-crank and a recumbent - for programming in state park region 2, western Pennsylvania.



Friends Retreat

Friends from across the state gathered to share ideas, learn new skills, and celebrate their accomplishments at the annual PPF Friends group retreat. Your support enables friends to make a dynamic difference in our state parks and forests.



Visitors to Laurel Hill and Kooser State Parks and Forbes State Forest may witness the preservation of historic Civilian Conservation Corps structures and an iron furnace through your support and a grant from the Allegheny Foundation. Preservation of our rich conservation legacy is a priority of the foundation and helps to inspire the next generation of conservation leaders.



The South Penn Enduro Riders presented PPF with a check to purchase equipment for trail maintenance in the Michaux State Forest.



Department of Conservation and Natural Resources charted the future of the Foundation through a five-year strategic planning process. Your support—and your input—were valuable in making the process occur. We would also like to thank the National Environmental Education Foundation for their support. Stay tuned to the summer newsletter for an unveiling of the Strategic Plan.

Flip chart pages were flying at the Pennsylvania Parks and Forests Foundation's fall retreat, where board members and staff from the

Public Education

From Smokey Bear to Conservation Heritage, PPF could be found about the state engaging the public in dialogue about our state parks and forests.



Photo credit: BRAPPmag.com

ACTS of (UN)KINDNESS

by Marci Mowery

Section 27, Article I of the Pennsylvania Constitution states “the people have a right to clean air, pure water, and to the preservation of the natural, scenic, historic, and esthetic values of the environment. Pennsylvania’s public natural resources are the common property of all the people, including generations yet to come.”

Often when we cry ‘foul’ that our environmental rights are being undermined, we point to big business or industry. Yet I will argue that there are those among us who are chipping away at the preservation of our natural assets through random acts of unkindness—littering, illegal dumping, graffiti, and vandalism. Whether accidental (litter blowing out of the car window) or intentional (grabbing cans of spray paint and heading for the nearest rock outcropping), these small—and sometimes large—incidences negatively impact the aesthetics of an area, and can have impacts on air and water quality, as well as create safety hazards for outdoor recreationists and wildlife.

According to Keep Pennsylvania Beautiful, the nation’s largest community improvement organization, the difference between littering and dumping can be defined as:

Litter is primarily small items that are scattered about – items such as paper, food containers, beverage containers, convenience products, newspapers, vehicle debris, and cardboard. Littering can be an intentional act or it can be accidental.

Illegal dumping is always an intentional act and is done for many reasons – cost, convenience, ignorance, habit, profit, or to hide other illegal activities. Illegal dumping often involves large items or large quantities of small items – appliances, tires, bags of daily trash, furniture, construction and demolition debris, and other household wastes. Illegal dumpsites are often difficult and costly to clean up, and they take a greater toll on the environment and surrounding communities.

Our state forests are often targeted for illegal dumping, as well as littering, placing the burden of clean up on state employees, local municipalities, and volunteers. Who among us has not encountered the cans of beer, bottles of water, or loads of trash strewn along a forest road?

Compounding the problem of illegal dumping is vandalism—intentional destruction of public property, owned by the citizens of the commonwealth. This may be defacing signs, destroying benches, starting fires in illegal areas, or carving into benches or tables.

Last on my list of ways in which your fellow Pennsylvanians impact your right to an aesthetic environment is through graffiti of unique geological features such as Bear Rocks, Hammonds Rocks, and Pole Steeple Trail. While one might argue that graffiti portrays an artform, I would argue



Photo credit: Amanda Trimmer

Graffiti, vandalism, and trash ruin our precious state parks and forests.

that covering natural features with paint negatively impacts the environment in two ways—in the painting and in the removal of the paint.

The Pennsylvania Parks and Forests Foundation, with the help of a grant from Exelon, launched a new program in 2015 to help reduce these random acts of (un)kindness by replacing them with acts of stewardship. **The Stewards of Penn’s Woods** program pairs people—individuals, groups, businesses, etc—with features in the landscape. The commitment is to monitor and steward these gems of our forest, such as rock outcroppings, islands, overlooks, vistas, trail heads, and boat launches. The goal of the program is to reduce the incidents of littering and vandalism, improve the visitor experience, and to provide regular observation of these locations.

We will be kicking off the program in April, with clean-up events on April 16th at Hammonds Rock and Tank Hill Tract on May 14th. This will be followed by graffiti removal at Hammonds Rocks on May 21st and 22nd. Interested volunteers can note the dates and register on our website at paparksandforests.org.

To participate in the **Stewards of Penn’s Woods** program, visit our website to preview the options available for stewardship and choose one today! Each steward commits to a minimum of one year, with at least four visits to your location made in a year’s time. All supplies are included.

Be a part of the solution, become a **Stewards of Penn’s Woods** today and practice random acts of kindness.



CONSERVATION and YOU Milkweeds and Monarch Butterflies

by Chotty Sprenkle

In 2015, the Chester County Conservation District distributed more than 5000 milkweed seeds to teachers and students that participated in the Chester County Envirothon. The seeds were part of the District's Milkweeds for Monarchs program to encourage residents of Chester County to plant milkweed plants for the continued survival of the monarch butterfly.

The monarch butterfly is coming under increasing threat for many reasons, including the decline of resting areas the butterflies use. Commonly called "way stations", these resting areas are critical to the monarch on their long migratory journey across the United States. The monarch butterfly population is in danger because they cannot survive without milkweed. The caterpillars eat the plants and the butterflies lay their eggs on the milkweed leaves and stalk. Scientists estimate that 33 million monarchs remain - more than a 90 percent drop across North America.

Let's learn from the Chester County Conservation District's goal to replant old fields, and create new gardens of milkweeds for monarchs to feed upon during their amazing migration. We encourage you to do the same in your county. Perhaps we can see amazing fields of milkweeds flowering, just as we marvel at those beautiful fields of sunflowers laid out in late summer. Milkweeds for Monarch – spread the word, join the efforts, plant a seed – plant a lot of seeds.

To find seeds native to Pennsylvania, visit:
<http://www.xerces.org/milkweed-seed-finder/>

Thanks to the USDA NRCS flier, *The Butterfly Effect: Conservation Help Rare Butterfly* by Elisa O'Halloran www.nrcs.usda.gov for the technical information.

You can also learn more by contacting the North American Pollinator Protection Campaign at www.nappc.org or, The Xerces Society at www.xerces.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 PPFF.

For more information visit our website at
www.PaParksAndForests.org/ways_to_give.html.



Photo credit: Thomas Caldwell at
Norristown Farm Park

2016 Parks & Forests Thru the Seasons Photo Contest

It's that time again, photojournalists and artists!
Time to think about (and maybe even start capturing)
your images for the annual PPFF photo contest.

We have new categories this year and a new way
to enter. Keep an eye on the Photo Contest page of
our new website for the official rules and gather
your favorite images in these categories:

Friends and Family Fun

Fur, Feathers, Fins, and Scales

**Learn About Our Past/Historic
Landmarks**

My Parks & Forests
*(What's **your** special place?)*

Nature's Colors

Young Photographers
Ages 9-14

Young Photographers
Ages 15-21

By reorganizing our categories, Young Photographers
now compete with their peers and wildlife of all stripes
and levels of domestication find a home together.

Our new category, 'My Parks & Forests' is meant to
capture your happy place. We hope you'll share the place
(and the story of) where you love to go for peace,
calm, and a reminder of what's important.

From historical landmarks to nature's dazzling beauty -
we can't wait for you to show us what you see!

Visit PaParksAndForests.org to learn more.

A SNAPSHOT in TIME *Mary Hirst (1960 to present)*

Mary Hirst is one of the Commonwealth's first female park managers. We talked with her to learn about her interesting life experiences and her success in a traditionally male occupation.

Do you have an early "fun/interest in the outdoors" memory?

I grew up close to Black Moshannon where I spent summers swimming and winters ice skating and fishing. The first day of fishing season, from the time I could walk through college, I spent at Kettle Creek State Park. My family spent many weekends camping or visiting parks – Poe Valley and Little Pine were favorite spots. From the time I was in elementary school – I wanted to be a "park ranger."

What are the highlights of your education and career path?

My first job with parks was in 1976 in the Youth Conservation Corps. I graduated from Thiel College with a degree in Environmental Sciences in 1982. My goal at that time was to work as a park naturalist (EIT). My senior year, I did an internship at Pymatuning State Park where I learned the multiple aspects of running a park. That solidified my goal of going into management. In 1987, I became the assistant superintendent at French Creek State Park. In 1990, I transferred to Sizerville State Park and in 1996, to Kettle Creek/Ole Bull Complex.

What professional accomplishment are you most proud of?

Becoming a park manager and being dedicated to parks for 33 years. I was told early on that it was not a profession for women. I think representing myself well as a manager and hopefully setting a good example opened up the field to other women.

What has surprised you most about your work or position?

The amazing people you get the chance to meet, both employees and customers and the loyalty they have to "their" specific parks. How much they (especially the customers) pay attention to what happens in the park, how it looks, what changes are made.

What do you wish other people knew about your work?

What they see is just the tip of the iceberg. I constantly answer the question – "what do you do all year?" Customers sometimes just see me in a customer service role – the "meet and greet." They don't see all of the behind the scenes stuff – the budget planning, hiring, personnel issues, project planning, purchasing, meetings, trainings, and reports, reports, and more reports.

What's your personal philosophy on conservation?

Basically—all living organisms, animal or vegetable, including humans, are all part of a diverse and dynamic system. When we as humans, start messing with the parts, the system becomes in danger of collapsing.

Where would we be without conservation? I can't imagine folks not having the opportunity to hike a trail and hear true silence. Or not being able to find a clean flowing stream to fish, swim, wade in or sit next to and reflect. Or to not hear the songbirds that move through in migration. I still get a thrill when I see a Bald Eagle (even though I see them almost every day). It is part of my job as a steward of this little piece of public land – to give folks the ability to experience nature.

Has anyone influenced your career choices? Probably every park employee I came in contact with as a kid influenced my desire to work in parks.

What might (someone) be surprised to know about you?

I am an avid birdwatcher. I like football and hockey, I love the beach and surf fishing, and my yard and garden are my therapy.

What can you share about being a trailblazer for women in your position?

It's all in your attitude. I identify myself as a park manager, not a female park manager. I do the same job as my peers, male or female. I felt that as one of the "first," I had an obligation to represent myself as a professional, as a team player, as someone who was confident in my skills, my ability to work with all types of people. I wasn't afraid to ask questions or take on any challenges offered to me. Building on positive relationships and ignoring any negative vibes kept me focused and helped me to grow as a manager. My philosophy is that of a working manager – I am willing to learn what I need to in order to keep a park operational, and am not afraid to pick up a shovel as readily as a pen (or a plunger or a mop or a chlorine test kit or a paint brush etc.)

For her commitment to our shared public lands, Ms. Hirst has been awarded the Department of Environmental Resources' Award for Excellence in Service (1990-1991) and the 2012 DCNR Secretary's Achievement Award (Search and Rescue Committee)



Nature at Nolde

Nolde Forest Environmental Education Center and the Friends of Nolde Forest hosted their first *Nature of Nolde* arts competition, open to all Berks County students in grades K-12. Schools registered students to participate and other local young artists were invited to register and compete independently. Contest coordinator, Russell Slocum, of Art Plus Gallery, pronounced the contest a success in all respects and displayed the art throughout the month of January. "Many got to know Nolde Forest and the artistic process, and the quality of the artwork that made it to the finals is amazing. The awards ceremony itself drew nearly 100 people to the Nolde mansion, the majority of whom had never visited before. That's a win, too!"

Thanks to the local A.C. Moore store for donating \$300 in gift cards and \$600 in art supplies in support of the show.

A Week in the Life of Your State Forests & Parks – April 24 to May 1

Did you know that in 1961 the Pennsylvania legislature designated the last week in April as Dr. J.T. Rothrock Memorial Conservation Week? It's true!

Somewhere over the years, this celebration of the Father of Pennsylvania Forestry's work has been lost. The law states that "during [this] week the citizens shall be encouraged to consider through suitable activities the broader subject of the conservation of all of the natural resources from which the wealth of the Commonwealth is derived."

We know just what those suitable activities should include! Our annual Day(s) in the Life of a State Forest/State Park – consolidated into one giant salute to the beauty and inspiration to be found in our public lands. The idea is to document what you see in our parks and forests during this week. Let's capture the moments—from ordinary to extraordinary—during A Week in the Life of one of Pennsylvania's 121 state parks and 20 forests.

Submit your photos (before 5/2/16) to intern2@papakrandsforests.org.

Get Healthy in the Outdoors

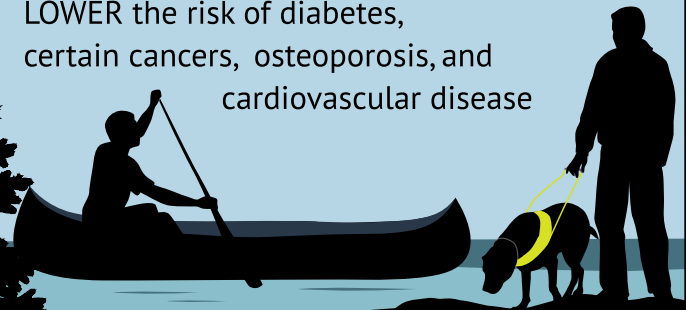
121 state parks
2.2 million acres state forest
5,700 local parks
➤ **11,100 miles of trails**

Regular outdoor activity:

- PROMOTES weight loss
- REDUCES arthritis pain
- LOWERS blood pressure



Outdoor activity can:
LOWER the risk of diabetes,
certain cancers, osteoporosis, and
cardiovascular disease



Outdoor settings
REDUCE stress,
anxiety and
depression



**NATURAL
SETTINGS**
CALM
the
MIND



Outdoor recreation IMPROVES
confidence and
self-esteem



#1
BENEFIT
of Outdoor
Activity:
STRESS
Reduction

3/4 of
Pennsylvanians
believe PARKS,
TRAILS, and
OPEN SPACES
are an essential
part of their
healthcare system

Outdoor recreation IMPROVES
memory and creativity



Outdoor
activity
RELAXES



#1
**Outdoor
Recreation:
WALKING**

PENNSYLVANIA
Parks & Forests
FOUNDATION

WELCOME New Board Members... and our THANKS to Those Who Served

We welcome four new board members this year! Our new members come from across the state, representing careers in business, conservation, recreation, and government.



Mr. George Fernandez, President and CEO of The Latino Connection (TLC), hopes to encourage more members of the Latino community to use the state parks and forests for a healthy lifestyle. George has recently discovered the fun of exploring our state parks and forests.

Ms. Tina Molski currently serves as the Director of Operations, east coast division, for Recreation Equipment Incorporated (REI). Tina is an avid user of state parks and forests and wants to ensure that they are available for recreation and educational purposes for all.



Dr. James Grace is a recent retiree having served as the Goddard Chair in Forestry and Environmental Resources at Penn State, as well as State Forester and Deputy Director of Parks and Forestry at DCNR. Jim was central to championing the effort to designate Pennsylvania's state forests as one of the nation's first certified public forests.



Senator Stewart Greenleaf has represented the state's 12th district since 1978 and brings a long history of commitment to our state parks and forests. He will be an asset to our efforts to protect the resources and long term sustainability of our public lands.



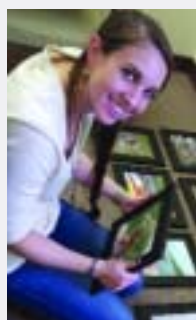
Thank You to Bill Forrey

Founding board member and vice-chairman **Bill Forrey** has stepped down from the Pennsylvania Parks and Forests Foundation board of directors after serving for 16 years. He hasn't gone far, though, as he will remain on the advisory board, along with advisory board members **Mary Webber Weston** and **Darla Cravotta**. Bill is also putting the final touches on his book focused on the history of state parks.

THANK YOU to PPFF board member
Andrew Mowen for his time on the board.



Welcome Interns



Stephanie L. Keiffer is a graduate of Shippensburg University. While she is with us she will focus on engaging youth in conservation and volunteerism, and will facilitate showings of the Conservation Heritage documentaries on college campuses. *So pass it on!* Interested student groups may contact Stephanie at intern@paparksandforests.org.



A non-traditional student, **Angela Hanwell** recently completed her BS and is working on her MS at Shippensburg University. Her strong interest in recreation and open space protection will serve her well during her time at PPFF, where she will be

focusing on the Stewards of Penn's Woods program and engaging seniors in outdoor recreation. She can be reached at intern2@paparksandforests.org.

DCNR Employment

Civil Service testing is now open for Recreation & Conservation Advisor Trainee and Advisor I & II.

Interested, qualified professionals are encouraged to apply through the State Civil Service Commission Website.

Go to www.scsc.pa.gov and follow the prompts to Open Test Announcements.

The positions are listed under Engineering and Environmental Control category. Potential applicants must meet PA residency requirements and are encouraged to schedule an opportunity for testing as soon as possible. The closing date for testing is 06/25/2016.

For more detailed information concerning the position description, examination process and additional opportunities, please visit the PA State Civil Service website at <http://www.scsc.pa.gov>.





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Our New Mission and Vision Statements

We take time every year to take a look at who we are, where we've been, and where we want to go. This year we also engaged in a five year planning process. With these aspirations in mind, we've streamlined our mission and vision to the 'heart of the matter.'

PPFF's mission is to inspire stewardship of PA state parks and forests through public engagement in volunteerism, education, and recreation.

Our vision: Building the voice for Pennsylvania's state parks and forests.

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

MEMBERSHIP

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

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

Name: _____

Address: _____

Phone: _____

Email: _____

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

