Preserving the natural beauty and wildness of the Wissahickon Valley for 91 years.

FRIENDS OF THE WISSAHICKON

FALL 2015 VOLUME 24 • NUMBER 3

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Toleration. Photo by Charles Uniatowski
A MESSAGE from the PRESIDENT

The friends of the Wissahickon's 90th Anniversary last year was not only a time to celebrate the work FOW completed over nine decades, but a time to recognize the people who made it happen: the founders, volunteers, members, supporters, and partners. We celebrated our accomplishments while also hailing the contributions of enthusiastic and dedicated community members, without whom FOW would never be able to care for Wissahickon Valley Park.

Recently, FOW partners and volunteers completed improvements to the Wissahickon Environmental Center, affectionately known as the Tree House (see p. 8). Tree houses hold a special charm wherever they are built. But the Tree House in Andorra also serves a special purpose. It is the primary source of environmental education in Wissahickon Valley Park. FOW chose to restore this structure largely because of its importance to the community, as an educational resource for park users today and as an investment in creating the park stewards of tomorrow.

All of us, through our support, membership, and active stewardship of the Wissahickon, have the ability to leave a legacy for the future that is meaningful and impactful.

The Tree House is a community legacy. Indeed, the entire Wissahickon Valley Park fits that description. Just ask James Corner, the renowned landscape architect and designer of the High Line in Manhattan. A long-time FOW member and Chestnut Hill resident, Corner recently shared his unique insights on the park with us. According to him, the Wissahickon is a unique asset that most cities would “kill for” (or at least pay lots of money to replicate). But it is fragile, and requires ongoing care and maintenance. Those who become involved with it now have a unique opportunity to create a legacy for the future.

We at FOW couldn’t agree more. All of us, through our support, membership, and active stewardship of the Wissahickon, have the ability to leave a legacy for the future that is meaningful and impactful. As Mr. Corner also stated, it is most often private philanthropy that leads audacious public investment in the creation of our most valuable public assets. Join us today and become a part of the force that is creating a legacy for generations to come.

Will Whetzel, President

Own a Piece of Wissahickon History!

FOW is removing old tombstone signs throughout the Wissahickon this fall and installing new ones as part of the Wissahickon Valley Park Upper Trails Wayfinding and Signage System. For the first time ever, these trail signs are being offered for sale to FOW supporters. This is your chance to support the preservation of the park and own a piece of Wissahickon history. There is a limited quantity of signs, which are of various sizes and selling for $100 each. Contact Giulia Morrone at morrone@fow.org to reserve a sign today!

MORE INFORMATION ON THE NEW SIGNAGE SYSTEM WILL BE FEATURED IN THE WINTER NEWSLETTER!

United Way Donations

The Friends of the Wissahickon can receive membership/donations through the United Way. Our United Way number is 9882. If this is the most convenient way for you to give, please do so. Visit our website (www.fow.org) to learn about the benefits of membership in Friends of the Wissahickon.
FOW Awarded $10,000 from REI

FOW has received a $10,000 grant to support all of its in-park volunteer work from REI, whose grant program aspires to care for and increase access to inspiring outdoor places. FOW volunteers perform a wide variety of work in the park, from trail building to invasive plant removal to bench repair. REI is a national outdoor retail co-op dedicated to inspiring, educating, and outfitting its members and the community for a lifetime of outdoor adventure and stewardship. It is committed to promoting environmental stewardship and increasing access to outdoor recreation through volunteerism, gear donations, and financial contributions. More information at www.rei.com.

Public Meeting

FOW will host a public meeting to discuss progress to date on the Sustainable Trails Initiative (STI), upcoming projects, and new park signage for Wissahickon Valley Park on Tuesday, December 1, 2015, at 6:00 p.m. The Sustainable Trails Initiative is a multi-year project to make the 50 miles of National Recreation Trails in the Wissahickon an environmentally and socially sustainable system that works for all park users. The meeting will take place at Cathedral Village, 600 East Cathedral Road. Those wishing to attend the meeting should register with FOW by contacting Outreach Manager Sarah Marley at marley@fow.org or 215-247-0417 x109.

Philadelphia Student Launches Meadow Bird Count

Desmond O’Donovan, a senior at Science Leadership Academy in Philadelphia, is conducting a survey of bird species in the meadows of the Wissahickon gorge during the fall migration season. “I am doing this to further understand and show others the importance that these meadow ecosystems have for migrating birds species,” he says. O’Donovan will post the data of his ornithological surveys of the Houston and Andorra Meadows on a blog so that readers will know what is passing through the park’s meadows during the fall migration. He expects the blog (http://wissahickonmeadowbirds.blogspot.com/) will serve as a valuable tool for birders, and illustrate how important meadows are for migrating birds. Readers can follow him on Facebook under “Wissahickon Meadow Birds.”

Happy Winner of FOW’s Basket Raffle

Emily Crane of Mt. Airy was the lucky winner of FOW’s Basket of Wissahickon Fun at WXPN’s XPoNential Music Festival in August. Thanks to all the local businesses who donated gift certificates and items to the basket: Valley Green Inn (gift certificate), Hideaway Music in Chestnut Hill, and Iron Hill Brewery. She also won a year-long family membership to FOW, a guided walk in the Wissahickon with Trail Ambassador Brad Maule, and lots of Wissahickon swag! Thanks to Brad Maule, everyone who stopped by FOW’s table at the festival, and the volunteers who helped out!

State of the Wissahickon

with Lindsay Blanton
Wissahickon Valley Watershed Association

Wednesday, November 11 • 6:00 pm • Valley Green Inn

The Wissahickon Creek is a community gem, giving natural and recreational value to Montgomery and Philadelphia Counties. In this presentation, Lindsay Blanton, Water Quality Outreach Coordinator for the Wissahickon Valley Watershed Association, will discuss the history and development of the Wissahickon Watershed and how this has impacted the health of the creek. The focus of the presentation will center around what we can do individually and as a community to improve the quality of the Wissahickon and protect its health moving forward. This event is jointly sponsored by the Friends of the Wissahickon and WVWA. Registration is not required.

Valley Talks

Sponsored by Valley Green Bank

Valley Green Inn • 6 pm

Birds, Beans, and Conservation: Simple Ways to Save Migratory Birds

Thursday, September 24

The migration of birds is spellbinding: The smallest species traverse immense space the way we cross the street. While the populations of many migratory birds are in decline, there are many things we can do to save them. Naturalist and author Scott Weidensaul explores the wonder and mechanics of migration, and the simple, effective ways we can preserve birds, from what we plant in our backyards to what we pour into our morning coffee. Weidensaul is the author of more than two dozen books on natural history, including the Pulitzer Prize finalist Living on the Wind, Return to Wild America, and The First Frontier: The Forgotten History of Struggle, Savagery, and Endurance in Early America.
Houston Meadow Trail Restoration

This summer FOW restored a segment of the Yellow Trail that runs from Houston Playground to Courtesy Stable. This particular segment was only a few years old, but a perfect storm of conditions was causing it to rapidly erode. Moreover, reduced sight lines from encroaching meadow plants were contributing to dangerous conflicts between cyclists and equestrians who could not see around bends in the trail.

Why so much erosion in a short amount of time?

Houston Meadow has uncharacteristically sandy soil that lacks the clay and gravel material we find throughout the rest of the park. While there is no “ideal” type of soil for use as a trail tread, predominantly sandy soils are generally avoided. Due to its physical properties, clay is a good soil binder. When dry it is extremely hard and resistant to erosion. Gravel and rocks tend to increase the ability of a soil to resist shear forces and, partially because they are heavier, resist displacement or movement.

Soil is displaced by trail traffic, and each mode of transportation effects the trail tread differently. The Houston Meadow trail is open to all trail users, but sees a disproportionate amount of horse and bicycle traffic, which cause more soil compaction and displacement than human feet alone. In comparison, bikes cause medium soil compaction and displacement, while horses cause very high compaction and high displacement.

Soil is also displaced by rain. By definition, meadows have a low percentage of tree canopy. Trees protect trails from splash erosion—erosion caused by drops of water hitting bare soil—by slowing down and intercepting rain before it reaches the ground.

Well-built trails are carefully engineered to shed water and provide a stable tread, but excess soil displacement can change the shape of the trail enough to destroy these properties. Splash erosion, sliding bicycle tires, and clomping hooves all likely contributed to the quick displacement of soils on the Houston Meadow trail and to the formation of numerous troughs with bermed sides. Once formed, the troughs concentrated stormwater flows lead to increased erosion. In just a few years, large sections of the trail in Houston Meadow had become deeply eroded.

How did FOW restore the trails?

To begin, sight lines along the trail were aggressively cleared. Increased sight lines decrease the likelihood one park user will crash into another, and diminish the need to change speeds quickly. Slamming on brakes or moving a horse quickly to avoid a collision are both factors that increase soil displacement and contribute to a bad trail experience.

Next, FOW built a series of terrace steps out of black locust, a naturally rot-resistant material harvested from the park. These steps serve two very important functions. First, they minimize running trail grade or reduce the steepness of the trail. The steeper a trail is, the more likely it is to erode, with the potential for erosion increasing exponentially with trail grade. Second, the steps hold the trail tread in place, acting as dams to limit the movement of soil along the trail, especially during rain events.

Finally, FOW imported material containing higher percentages of clay and gravel and used this to reform the trail tread. This new material should be more resistant to displacement, although the trail will likely require some maintenance over the years to replace displaced soils if the trail continues to see high levels of use.
FOW Welcomes Our New Staff Members

Lorraine Awuku of Philadelphia is FOW's new Development Manager. She brings many years of experience in database and project management to her position. She served as Development Associate/Raiser's Edge Database Manager at Project HOME and Raiser's Edge Database Coordinator for The Pennsylvania SPCA, in addition to holding several positions at Independence Blue Cross over seven years. She has an AS in Computer Technology from the Computer Learning Center and has studied Music Education at the Community College of Philadelphia.

FOW's new Development and Outreach Assistant Giulia Morrone is from Brooklyn and speaks fluent Italian. She has a BA in Geo-science from Skidmore College, where she was a member of the Skidmore Student Conservation Corps. She has experience as a research assistant in the Skidmore College Department of Foreign Language and Literatures and a Peer and Group Tutor for the Office of Academic Services. She has also worked as an English Language Teacher for the Associazione Culturale Linguistica Educational in Italy and in various positions with the Brooklyn Bridge Park Conservancy.

Ashley Velez, Executive Assistant to Maura McCarthy, has experience supplying thorough and organized administrative support to numerous senior executives throughout Pennsylvania. She served as an Administrative Assistant at Mutual of Omaha in Blue Bell and also worked at Movers Specialty Service in Montgomeryville, The Solebury Club in Buckingham, and Lick Your Chops Pet Service. Originally from Massachusetts, she has a BS in Biology from Delaware Valley College, where she was a member of the The Wildlife Society and Positive Awareness of Wildlife and Zoos (PAWZ).

FOW Increases Presence in the Park with Field Assistants

by Erin Mooney, Publicist

Thanks to our new Field Assistants, Dajuan Banks, Jacob McLean, and Rosemary O'Connor, FOW had a daily presence in the Wissahickon this summer. For the first time, FOW was able to hire three seasonal employees who worked full-time in the park, from June through August, clearing trails and maintaining the area around Devil's Pool. As they cleared trails and educated park users about the rules and regulations at Devil's Pool, the crew served as a daily FOW presence in the Wissahickon. Wearing FOW staff t-shirts and work pants, they were able to help with daily trash removal from Devil's Pool as well as sight line clearing—keeping brush off and away from the trails.

“They have been the eyes and ears of the park this summer,” says Henry Stroud, FOW Project Manager. “They have been liaisons between park users and FOW, and have been a great conveyor of information to us. The public has seen an FOW presence in the park as never before.”

With such heavy use during the summer, Devil's Pool quickly becomes littered with trash. The crew was able to tend to this daily, including on Saturdays. As a result, FOW was able to remove garbage from the site several times throughout the day. The crew also served as a frequent presence in the Devil's Pool area, talked with people about park rules and regulations, and reminded them of the risks of swimming in the area.

According to Stroud, FOW hopes to hire a seasonal crew to work in the park next summer and will be hiring for these positions in the spring of 2016.
TRAIL AMBASSADOR WALKS

Registration is recommended for all hikes (required if indicated) so that participants can be informed of weather or other emergency cancellations. Unless otherwise specified, Trail Ambassador Walks may be on rocky, rugged trails that may be wet and slippery. Wear sturdy shoes or boots with socks. Long pants are recommended for protection against occasional poison ivy and possible ticks. Bring water and a snack if desired. Unless otherwise noted, children over six are welcome if accompanied by a responsible adult. Walks are cancelled in heavy rain or icy conditions. For more information or to register, contact Sarah Marley at marley@fow.org.

Visit www.fow.org for updated information.

Woods and Meadow with Kimberly Quinn
Sunday, September 27 • 3-5 pm
Sunday, October 18 • 3-5 pm
Sunday, November 15 • 12-2 pm

Hike the Andorra Meadow. Learn about the former Andorra Nursery and visit the Wissahickon Environmental Center (Tree House); see the Great Beech and Fallen Magnolia. Bring binoculars, cameras, and water! Level: moderate. Distance: 3 miles. Wear good sneakers or hiking boots. Children 8+ with responsible adult welcome. Meet at Cedars House, Northwestern Ave. and Forbidden Drive.

Wissahickon Walkers with Kris Soffa
Wednesdays, September 30-November 18 • 9-10 am

Join us for a brisk 2 mile walk on Forbidden Drive from The Cedar’s House Cafe to the Covered Bridge and back. Learn fitness walking tips about posture, stretching, fitness poles, weight vests, etc. Suitable for adults/no pets please. Rain cancels. Meet at Cedars House-Northwestern Ave. and Forbidden Drive.

Moth Night in Andorra Natural Area with Kris Soffa
Thursday, October 1 • 7:30-9:30 pm

Watch a short Moth Powerpoint. Learn how to lure and observe moths, construct a simple moth trap, set up Ultra Violet light lures, and how to “sugar bait” trees. Environmental Scientist Vaughn Shirey will explain how to participate in his smartphone moth identification project (www.inaturalist.org/projects/philabug.org). Bring flashlights and smartphone. Wear sturdy hiking shoes and be prepared to walk quietly in the dark woods. Children 10+ with responsible adult welcome. Rain cancels. Meet at the Wissahickon Environmental Center, 300 Northwestern Ave., 19118

Geology Hike with Sarah West
Saturday, October 17 • 3-4:45 pm

This hike covers about 1.5 miles along a rough, steep trail on the east side of the creek upstream from Valley Green. It can be slippery or muddy in places. We’ll discuss the likely formation of Wissahickon rocks as the result of plate tectonics and learn to identify several different types of rocks. Children 10+ with responsible adult welcome. Meet at Valley Green Inn.

Family Friendly Hike with Marv Schwartz
Sunday, October 25 • 1-3 pm

We will walk along Forbidden Drive and visit the Lively Dam and Gorgas Creek cave, cross the Mt. Airy Bridge and hike the hillside trail, then pass through Fingerspan Bridge. We’ll snack, then continue on to Devil’s Pool and Pee Wee Rock on our return. Children 6+ with a responsible adult welcome. Level: moderate difficulty. Hiking shoes or sneakers are required. Pack your own snacks and drinks. Meet at the Valley Green Inn.

Varied Terrains of the Wissahickon with Scott Quitel
Saturday, November 7 • 9 am

Hike up the gorge to Houston Meadows, discover where a suspension bridge from Roxborough to Chestnut Hill was planned but never built, visit a schist barren, upon which Tedyuscung peers across the gorge, and pass a bubbling cascade that looks like a mountain stream. Brisk pace. Meet at Forbidden Drive and Balls Mill Road.

Lower Forbidden Drive with Sarah West
Saturday November 21 • 3-4:45 pm

We will see two historical sites connected to the Revolutionary War era, including the Henry Rittenhouse Mill foundation, the Blue Stone Bridge, and the foundation of the Lotus Inn. We will discuss the history of the Wissahickon Turnpike and Forbidden Drive and the construction of the Walnut Lane Bridge. Duration: 1.75 hours. Distance: 1 mile along lower Forbidden Drive on level ground as far as Walnut Lane Bridge. Meet at the small parking lot where Forbidden Drive meets Lincoln Drive, a short distance downstream from RittenhouseTown.

Trails Less Traveled I: Monoshone Creek/Lower Wissahickon with Gerry Schweiger
Friday, November 27 • 1 pm

Did you know that there is a trail along Monoshone Creek? Or that trails lead up to the Yellow Trail from the Lincoln Drive bike trail? We will hike over these little-used trails. Cover legs and arms due to poison ivy. Children 10+ with responsible adult welcome. Duration: 2 hours. Meet at Johnson St. and Lincoln Drive.

Mouth of the Wissahickon with Scott Quitel
Saturday, December 5 • 9 am-12 pm

In this mildly rigorous hike, we follow the lower portion of the Orange Trail to the confluence of the Wissahickon and the Schuylkill. We will return via parts of the Yellow Trail and a special, seldom trodden trail. Along the way, see old Wissahickon Hall, the Philadelphia Canoe Club, 100 Steps, Hermit’s Cave, Lover’s Leap, awesome vistas, and impressive folded rocks. Meet at the lower parking lot at RittenhouseTown.

Trails Less Traveled II: Cresheim Creek—the South Trails with Gerry Schweiger
Sunday, December 6 • 1 pm

There is limited usage of the north side trail of Cresheim Creek, but there are trails covering the hillside along the south (Mt. Airy) side. We will hike two of these less-used trails and visit Climber’s Rock. NOTE: These trails cross several steep drawstравines. Meet at St. Martin’s Lane and Huron St. in Chestnut Hill. Both streets can be accessed from Mermaid Lane, where there is ample parking. For GPS and internet use: 7500 St. Martin’s Lane, Philadelphia, 19118.

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Trails Less Traveled II: Cresheim Creek—the South Trails with Gerry Schweiger
Sunday, December 6 • 1 pm

There is limited usage of the north side trail of Cresheim Creek, but there are trails covering the hillside along the south (Mt. Airy) side. We will hike two of these less-used trails and visit Climber’s Rock. NOTE: These trails cross several steep drawstравines. Meet at St. Martin’s Lane and Huron St. in Chestnut Hill. Both streets can be accessed from Mermaid Lane, where there is ample parking. For GPS and internet use: 7500 St. Martin’s Lane, Philadelphia, 19118.

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Student Conservation Association

The crew from the Student Conservation Association (SCA) completed six-weeks of project work in the Wissahickon. Six high school students from around the city, plus Crew Leader James Schlichting, put in many hours at Devil's Pool, Blue Bell Park, the Andorra Natural Area, Forbidden Drive, and just about everywhere else in the park. This summer our SCA Crew worked hard on removing invasive species, including hundreds of pounds of devil's walking stick, cleaning up trash and debris, collecting dozens of bags of trash from Devil's Pool, and maintaining trails to prevent soil erosion and creek sedimentation. That doesn't even cover all the individual projects they tackled, such as rebuilding a cobble stone storm-water gutter, resurfacing an access driveway, building a beautiful split rail fence, and monitoring and maintaining all of our recent reforestation sites. Phew!

Volunteer Workdays

Saturdays • 9 am to 1 pm

Held most Saturdays unless it is a holiday or there is inclement weather. Projects include trail maintenance, invasive weed removal, planting, and clean-ups.

Wednesday • 9 am to 12 pm

Can't volunteer with FOW on the weekends? Still want to help out? Come work with the Wednesday Workers. This volunteer group takes on whatever needs to be done that week.

Volunteer Highlights

Volunteers have been busy, as usual, in the Wissahickon Valley this spring and summer. FOW has hosted church groups, office groups, school groups, families, conservation groups, and many individual volunteers. All helped in accomplishing FOW’s mission to preserve the park.

Wednesday Workers

Not everyone has the weekend free to come and work with us, which is why we’ve had so many people interested in coming out mid-week to work on lots of different park projects. Wednesday Workers have conducted trail maintenance, such as building retaining walls, deboxing trails, clearing drains, and clearing sight lines. They helped install map panels in the new kiosks. They worked on the Houston Meadow trail project (see Project Update on p. 4.) They helped remove fallen trees from trails. They closed rogue trails. They picked up trash. Anything else? You bet, but on to our other volunteers. . . .

Volunteer Karl Scheuerman hard at work.

Crew Leaders

Dan Mercer and other Crew Leaders spent a Saturday morning working on a trail segment known as Demo 1, the first trail restored under the Sustainable Trails Initiative in 2006. Dan and the crew performed some much needed upkeep on the rebuilt trail section. Projects such as narrowing the upper section of the trail, creating some trail nicks and clearing drains, and reworking a wet trail section were all completed. Thanks to Kenn, Lance, the other Lance, John, Nick, and Dan.

REMEMBER TO VOTE FOR US!

Friends of the Wissahickon • Fall 2015
It is known as the Tree House, but the tree growing through the porch roof that gave the Wissahickon Environmental Center (WEC) its name was removed long ago, followed by the porch itself in 1981 due to safety concerns. When FOW began the restoration of the Andorra Natural Area in 2011, improving conditions at the Tree House and replacing the missing porch, which will be used as an outdoor classroom, was a priority.

“It reengages that side of the tree house, which had been forgotten,” says FOW Project Manager Henry Stroud. “The staff does a lot of their outdoor activities out on the lawn, so the porch allows a natural movement from the house out to that space.”

The WEC, part of Philadelphia Parks & Recreation, plays an important role in the community. By educating park visitors of all ages, it helps secure current and future stewardship of the Wissahickon Valley. According to FOW Executive Director Maura McCarthy, it is the only city operated environmental center in the Wissahickon. “The WEC is one of the primary modes of communicating with children and families about the importance of our wildlife and habitat in the Wissahickon,” says McCarthy, “so our relationship with Philadelphia Parks & Recreation staff at the Tree House is very important to FOW.”

The Community Comes Together

FOW worked with professional trail builders and dedicated volunteers to overhaul the trail system. With contractors, architects, and conservators, they installed a compost toilet, restored the Tree House, and added the porch with a green roof to the building. This work was made possible with grants from the Pennsylvania Department of Conservation and Natural Resources (DCNR), the McLean Contributionship, the Marshall-Reynolds Foundation, REI, PECO Green Region, and individual donors. The projects are part of the Sustainable Trails Initiative, which will make the 50 miles of natural surface trails in Wissahickon Valley Park an environmentally and socially sustainable system that works for all park users.

Designs for the porch were developed by Archer Buchanan Architects of West Chester with input from the Tree House staff. The Fairmount Park Conservancy was hired to restore the exterior of the building and construct the porch. The Trust removed the existing paint, which was contaminated with lead, from the original building and replaced damaged siding. The building was then repainted to match the time period in which the structure was built. Construction of the porch began in 2014.

Built with sustainability in mind, a green roof designed by Roofmeadow of Mt. Airy was installed in the spring of this year by Roofmeadow Services, Inc. The green roof is part of an effort to reduce the

WHO VISITS THE TREE HOUSE?

4,127 are children
1,916 are adults
50% are from Philadelphia public schools
80% of visiting groups are from Philadelphia

Figures from 2014
building's impact on the park's sensitive habitat, as green roof systems have many environmental benefits over traditional roofs.

More Than Just a Porch

FOW has done its best to pay homage to the tree that used to grow through its roof. According to Stroud, FOW enhanced the Tree House theme by using tree cutouts in the railing around the porch and placing a round cutout beneath the skylight in the porch roof. FOW plans to place a “tree cookie” into the porch floor directly below the skylight. This slice of a fallen tree will be flush with the floor so visitors can walk on it. “We are trying to mimic the shape of the tree so a person can stand there and think about the tree that used to grow in that space,” he says.

The new Tree House porch does more than provide additional space for environmental education programs. It gives the Tree House staff the opportunity to educate visitors on the benefits of green roofs. Green roofs absorb rainwater instead of letting it, with the pollutants it carries, run into storm drains and waterways. Plants and bacteria that live in the soil filter rainwater before it flows into the landscape. Native plantings host beneficial insects and provide food and habitat for other wildlife. In hot summer months, green roofs absorb far less heat than traditional building materials like wood or asphalt shingles. This reduces cooling costs and overall energy consumption.

Visitors to the Tree House will learn all of this and more. The Wissahickon Environmental Center connects with a truly unique trail resource, adjacent to a remarkable section of the park with a beautiful meadow. It is also positioned at the intersection of Philadelphia and Montgomery Counties. This makes it a part of Philadelphia that is frequently visited by residents of the suburbs, and thereby expands the Wissahickon Valley Park community.

“"The Andorra Natural Area is a bridging zone of the park," says McCarthy. “We welcome all our Philadelphia friends and suburban neighbors to visit and enjoy this inspirational project at one of the most loved landmarks in the Wissahickon.”

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READ MORE in FOW Newsletters for Winter 2014 and Spring & Summer 2015.

Green Roof Fast Facts

- The roof was established with eight varieties of sedum cuttings and a few perennial plugs. The plants can survive in extreme conditions.
- The roof supports an additional twenty-two pounds per square foot, the weight of the green roof when it is fully saturated.
- The protective vegetation will extend the life of the roof by two to three times.
- The green roof installation took a day and a half. According to Nate Johnson from Roofmeadow Services, Inc., workers had to use a ladder and a hand hoist to pull all the soil and stone up to the roof in buckets.
- Maintenance of the green roof will require three to four visits a year.

Thanks to those who donated services and materials:

Lafayette Hill Paint Company
Roofmeadow

FOW Project Manager Henry Stroud contributed to this article.
Life at the Tree House

I was born in an old stone house, burnt down now. It was less than a hundred yards from the Tree House. We moved out of there to the Tree House when I was about twelve. We lived there, my brother, sister, and I, and my mother and father, and my grandfather.

Any nursery employee could rent those houses on the property and live in them for about $10 or $15 a month. But the nursery did no repair on the houses. If the roof leaked, you had to fix it yourself.

My father worked for Andorra Nurseries; he was like a supervisor. They used to work six days a week, half a day on Saturday.

We used to have to go up on the roof and cut the roof around the tree because every year it grew bigger. And when we had a storm, like a real bad wind storm, the whole house used to creak like a sailing ship. But it was a strong house. I built the front porch on there after I finished high school. There's a pair of double doors that go into the basement, I put them up when I was an apprentice carpenter.

There used to be a division in the cellar and there was a crick that ran through it, but only in one section. We didn't use it, but they used to keep the milk and other stuff in there to keep it cold.

My father had a garden and they would grow 300 to 400 tomato plants. My mother would can them and in the basement we would have shelves lined up with all the canned food. And we would cut wood to burn in the winter.

Working at the Andorra Nurseries

When the nursery was leasing the land, it was just fields of azalea and rhododendron bushes, and it was divided up into sections with roads through it.

The nurseries would hire high school boys in the summer. I did work there in high school in the summer time, but I worked in the green house right across from the stable on Northwestern Ave.

They used to have big picnics one day a year [for the employees]. They would grease a pig with lard and turn it loose. And all the men would try to catch it. Whoever caught it, got to keep it. They would have hotdogs for the kids and big pots with roasted corn. They had beer for the men on tap. And a barrel of birch beer for the kids. And they would take a picture. [Mr. Lupica's mother donated one of these photos to the Tree House and it can be seen there.]

When the Wissahickon is your Backyard

We used to go fishing in the Wissahickon all the time as kids. We would go down and catch a trout and build a little fire and cook it. And we used to go swimming everyday in the summer. I had a little mutt called Butch and he was our mascot.

We used to ride our bicycles through the paths. We didn't have mountain bikes. We just took the fenders off and made our own mountain bikes. We used to go up in the woods and play cowboys and Indians with the horses.
Walnuts keep falling on my head...

By Trish Fries, Wissahickon Environmental Center

I have a love/hate relationship with black walnut trees (Juglans nigra). The fruit is fascinating: it looks like a lime and smells citrusy, and the nut is good to eat. But the husk stains anything it touches, and the ripe fruit, when they drop, are like baseballs falling from the sky.

Black walnut tree roots contain juglone, a compound that will prevent many plants species from growing beneath it, so they dominate any area in which they grow. Several black walnut trees surround the Tree House and start dropping their fruit in late summer and continue through October. Every year, before FOW’s WHISPERS ALONG THE WISSAHICKON, hours are spent picking up the black walnuts so visitors don’t slip on them in the dark. Although the leaves on the trees are delicate, once summer fades, the falling fruit is messy and heavy enough to dent cars parked under the trees. Luckily, I’ve never had one fall on my head.

Despite the trouble they cause us at the Tree House, black walnuts tug at my heart strings. As a child, I ate chocolate chip cookies with black walnuts that my grandmother harvested and prepared. Of course I didn’t appreciate the work that was involved in baking them until I tried to show children at the Tree House how to crack the outer shell to get to the meat. Now I admire her perseverance, along with the strength of the squirrels in Andorra. They can chew through the tough shell with ease. In fact, squirrels are the primary consumers of black walnuts; most of us can’t be bothered with the work involved.

If you are willing to take on the challenge of cracking them, the black walnut will reward you with an earthy, sweet flavor that differs from the more familiar English walnut. To prepare walnuts to eat, collect them from the ground, remove the outside, messy fruit—don’t forget to wear gloves—wash them off, let them dry out for a couple of weeks, then crack them with a hammer to get to the nut meat. If you can get past the mess and the tough shell, using black walnuts for food or anything else will give you a sense of back-to-nature accomplishment—a lot like making maple syrup, something else we like to make at the Tree House!

Trish Fries is an Environmental Education Program Specialist at the Wissahickon Environmental Center (Tree House) for Philadelphia Parks and Recreation.

Photo: Since the husks of black walnuts stain everything they touch, they are a reliable source of a natural dye that turns everything a nice shade of brown. There are medicinal properties to black walnuts, too!
**Annual Meeting 2015**

At this year’s Annual Meeting, President Will Whetzel announced a transformational gift from philanthropist David Haas, a long-time user and supporter of Wissahickon Valley Park. His three-year financial commitment to FOW will not only fund three specific work projects, but enable the growth of infrastructure and capacity within the organization itself. “David is encouraging FOW to think bigger,” added Executive Director Maura McCarthy. “How can we expand our impact—get more people engaged as members, supporters, volunteers, and advocates?”

According to Whetzel, this generous gift will enable FOW to make great strides in a number of areas, including marketing, organizational growth, board development, and partnerships. He noted that FOW has already begun marketing the organization to a wider audience and has hired a Human Resources consultant to guide FOW in the growth of its staff. McCarthy stated the Board and staff are already exploring how to expand the quality and scope of FOW’s work, and put it into a bigger context.

**FOW Accomplishments**
- FOW said goodbye to Volunteer Coordinator Eric Falk and Development Coordinator Zane Magnuson, and welcomed new staff members. (Learn more about our new staff members on p. 5.)
- The signage plan was completed and installation is underway.
- The Gorgas/Roxborough re-routes were completed, and closure of the old corridors will commence in the near future.
- FOW finalized funding to repair the three Forbidden Drive collapses.
- FOW jointly sponsored a second Creek in Crisis community meeting with the Wissahickon Valley Watershed Association.
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**Treasurer's Report**

In his report, Treasurer Jeff Harbison announced that the financial condition of FOW remains sound, noting that development costs have increased as the result of the organization ramping up its strategic plan. He also pointed out that the large gift from David Haas will greatly impact next year’s financial statements.

**New and Retiring Board Members**

Bob Harries, Vice President of Governance, welcomed FOW’s new Board members: Tai-ming Chang, retired U.S. Fish and Wildlife Service Liaison at the U.S. Environmental Protection Agency; Nina Hoe, Ph.D., Study Director at the Institute for Survey Research at Temple University; and James S. Walker, retired senior executive at PNC Bank. Several Board members were re-elected: Sam Finney, Shirley Gracie, Jack Kelly, David Pope, Chris Raab, Jean Sachs, Robert Vance, PR West, and Susie Wilmerding. Following these elections, Harries paid tribute to retiring Board members Melen Boothby, Heidi Grumwald, Bettina Hoerlin, and John Meigs. These four individuals were the first to have joined FOW’s Board after it instituted term limits in 2008.

**Special Thanks to Our Partners**

Executive Director McCarthy highlighted the help and guidance of leaders and staff at Philadelphia Parks & Recreation and the staff at the Philadelphia Water Department’s Waterways Restoration Crew and Office of Watersheds. All have brought time, capital, and expertise into many of the complex restoration projects FOW undertakes to address the Wissahickon trail system, water quality in the Creek, and public safety.

**Treasurer Jeff Harbison gives his report.**

**New FOW Board Member Tai-ming Chang and President Will Whetzel.**

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**Maura McCarthy, Executive Director**

It has been my privilege to be the Executive Director of the Friends for nearly ten years, and that time has been one continuous trajectory of growth, guided by our phenomenal Board of Directors. Now, more than ever, I feel energized as I think of all the work before us, and all of the new energy and ideas we can welcome into our work and into our community of park users.

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**Special Guest**

**Doug Wechsler**

Academy of Natural Sciences

Doug Wechsler took FOW members on a photographic journey into parts of the Wissahickon often missed by the casual observer. Wechsler directs VIREO, the Academy of Natural Science’s worldwide collection of bird photographs, and has been wandering the Wissahickon for nearly three decades in search of its smaller inhabitants. He has written twenty-two books for children on wildlife and habitats. Learn more at www.dougwechsler.com.

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**FOW Board Members Susie Wilmerding and Louise Johnston**

**Bob Harries, Vice-President of Governance, Susie Harries, and new FOW Board Member James Walker**
Thanks to Our Outgoing Board Members

Melen Boothby, a Board member since 2008, served on the Conservation and Development Committees. Her most visible contributions were mostly within the areas of development and special events, most notably FOW’s 90th Anniversary celebration. She also helped with efforts on the Deer Committee, and provided invaluable support in all of these roles. “Melen has been a wonderful connection for FOW to the local community, particularly local garden clubs,” says Executive Director Maura McCarthy. “We look forward to continuing our relationship with her as an Emeritus Board Member.”

Heidi Grunwald, Deputy Director of the Public Health Law Research Program and Managing Director for the Institute for Survey Research at Temple University, joined the Board in 2008. In addition to chairing the Budget and Finance Committee, she served on the Working Groups for Map Redevelopment, the Park User Survey 2011-12, the Executive Committee, the Advocacy Committee’s Working Group on Safety, and the Joint Water Resources Committee (with WWA). “Heidi Grunwald continually found time she did not have to take over as chairperson of the Budget and Finance Committee,” says President Will Whetzel. “Her leadership in this area during many changes in FOW’s accounting and bookkeeping processes over the past few years has been greatly appreciated.” She will continue working with FOW on various committees.

Bettina Hoerlin, formerly an Urban Studies Professor at the University of Pennsylvania and Philadelphia Health Department Commissioner, was first elected to FOW’s Board in 1997. She left in 2007 and returned in 2008. Hoerlin served as chair of the Advocacy Committee beginning in 2002 and as Vice-President for Advocacy. She was also a member of the Working Group on the Park User Survey 2011-12 and the Executive Committee. “Bettina has been the primary leader of our advocacy efforts with the city of Philadelphia during both of her tenures on the board,” says McCarthy. “She really helped to formulate FOW policy on many issues from local development to city government. She also will continue to be a resource whose input we will value as the organization moves forward.”

John Meigs, who joined the Board in 2008, is a partner at Saul Ewing LLP. As a Board member he co-chaired the Joint Easement Committee with CHHS. He advised FOW on legal matters and helped the organization obtain pro-bono representation on numerous issues. He also provided guidance on issues in which environmental needs intersect with law. “John Meigs was our trustworthy ‘go-to’ legal mind on the board,” says Whetzel. “His perceptive and probing questions on advocacy issues always led to more fruitful discussions and solutions.”

The Cedars House Celebrates 5 Years

by Alana Garey, FOW Intern

Recently, The Cedars House celebrated its fifth anniversary by hosting a celebration and barbecue with specials, smoothie deals, live music, games, nature activities, and more! The Cedars House (www.thecedarshouse.com) is located in the Andorra Natural Area. This area, which was formerly part of the Andorra Nurseries, is an important historical site in the Wissahickon.

During the late 18th-century this building housed the offices of the Andorra Nurseries. Then, for a period of time, it was known as a park ranger station. Later on, Fairmount Park (now Philadelphia Parks & Recreation) took over and the house became a storage building. Soon after, people lived in it for some time, but it eventually became dilapidated.

Ricki Eisenstein has lived across the street from this building for a long time. In 2010, after meeting Lucy Strackhouse, Executive Director of the Fairmount Park Historic Preservation Trust, Eisenstein found out that the house was available for rent as a business. Eisenstein thought, being “between career paths, it would be fun” to run a cafe. “The place was run down, and there were many holes in the floor,” Eisenstein said, but she took on the challenge of renovating the old house, and by the end of 2010, The Cedars House opened.

This unique cafe located in Wissahickon Valley Park offers breakfast, lunch, and some community-made snacks throughout the year. The Fresh Artist, a nonprofit organization, donated some of their paintings to The Cedars House, giving the building a lively feeling. There are lockers stationed on the inside where people can keep their belongings when they are out in the park, and The Cedars House provides a wellness studio where guest can enjoy a massage or acupuncture. Also, the building is available for rent for different types of events or activities. The Cedars House has contributed a lot to the community and it is truly a personalized and relaxing place.

FOW Intern Alana Garey, sixteen, attends West Catholic Preparatory High School and worked in FOW’s office and in the park throughout the summer. She was a participant in a program at Triskeles Green Career Pathways (www.triskelesprograms.org), a nonprofit organization which helps students develop skills for work, healthy lifestyles, and social responsibility.

Winter in the Wissahickon

Saturday, December 5

Valley Green Inn

Choose either 10 am-12:30 pm or 1 pm-3:30 pm

Start the holidays right with Friends of the Wissahickon! Create your own wreath and enjoy roasted chestnuts, hot apple cider, and a light lunch buffet at Valley Green Inn. Tickets: $30 for adults, $10 for children. Family package (2 adults, 2 children, one wreath) for $75. Price includes one wreath per ticket and all food and beverages. For more information, contact Sarah Marley at marley@fow.org or 215-247-0417 x109.
Fun Times at the Ninth Annual Ice Cream Social!

Though it threatened to rain throughout the afternoon, sun prevailed during FOW’s Ninth Annual Ice Cream Social on August 19. It was a lovely afternoon of free ice cream, live music, nature activities with FOW volunteers and the staff from the Wissahickon Environmental Center, and a free bicycle clinic from The Circuit Coalition. Those who came got the chance to meet FOW staff, members, and volunteers, as well as FOW’s community partners.

Partners in Stewardship

The Mt. Airy Gateway Project Moves Forward

by Doris Kessler, Gateway Project

Summer interns from the Student Conservation Association recently joined the long line of volunteers who have contributed thousands of hours to the Gateway Project since its inception in 2010. Thanks to the group, remnants of a macadam driveway were removed, clearing the site for additional planting.

The goal of the Gateway Project is to restore two pergolas and the surrounding landscape at Lincoln Drive and Johnson Street. The pergolas were a 1901 gift to the people of Philadelphia from the financier Edward T. Stotesbury.

Critical to completing the Project was a $15,000 matching grant from the Philadelphia Activities Fund recently received through the office of Councilwoman Cindy Bass.

The project committee expects to work with Scott Walker of Axe Handle Timber on the trelliswork, which will crown the two piers remaining on the site. Peter DiCarlo of Levy DiCarlo Partners LLC, Architecture and Landscape Architecture designed the trelliswork. John M. Hanson of Hanson General Contracting, Inc., is contributing construction management expertise to the project. Stonehenge Masonry completed stonework restoration last spring.

For additional information contact West Mt. Airy Neighbors at wman@wman.net.
Standing in a Snow Storm for Gardens

by Sandy Folzer, Weavers Way Co-op

Take a look around our neighborhood. There is much to be thankful for: our bounteous trees give us precious shade; pocket gardens enrich the street; flowers lift the spirits; organic gardens offer healthful food; and willing folks make it happen. Dedicated neighbors put effort into creating beautiful spaces and gardens for everyone to enjoy as well as for children to learn about the wonders of Nature.

According to recent research, walking in green spaces reduces anxiety and stress. Hence, gardens might be enhancing the spirit as well as the beauty of our environs.

For more than twenty years, the Weavers Way Co-op Environment Committee has been offering small grants to local groups to support environmental projects that benefit our neighborhoods in Chestnut Hill, West Mt. Airy, Germantown, East Falls, West Oak Lane, and Roxborough.

Before the City had a recycling program, the Committee organized a monthly recycling event which funded grants. Later, most of our funds came from biannual electronics recycling. Members of the Committee stood out in freezing weather and snow storms or blazing sunshine to assist people in recycling their electronics responsibly. Because all committee members are volunteers, every penny raised went for grants. Unfortunately, now that the price for electronics recycling is prohibitive, the Committee risks losing its income and thus its Grant Program. We hope to find other sources of income.

Last winter we sponsored a Potluck at Wissahickon Charter School, thus its Grant Program. We hope to find other sources of income.

This year, as our funds have dwindled, the average grant was $300. Still, we supported Springside Chestnut Hill Academy for a signage project in the park; without our small grant, the project might not have happened. Tree Tenders was able to plant more trees with our funds. It could be slippery or muddy in places. Children 10+ with responsible adult welcome. Meet at Valley Green Inn.

More information on our Hikes in the Wissahickon:

Friends of the Wissahickon • Fall 2015

Appalachian Mountain Club Delaware Valley Chapter

www.amcdv.org

Wissahickon Gorge Wandering. Bird-piecked pace. Distance dependent on conditions and speed of group. Meet at 6:30 pm by Valley Green Inn. Bring water and a flashlight. Bad weather cancels. If doubtful, please check the status of the hike at www.amcdv.org or contact a Leader. Meet at Forbidden Drive and Bells Mill Road.

Tuesday Nights in the Wissahickon. Casual social hike through hills of Wissahickon Gorge. Bring water and a flashlight or headlamp. Always an option for dinner following the hike. Meet at Bruns’, at the corner of Germantown and North Western Aves. at 6:30pm. Rainy weather will cancel the hike. If doubtful check the status of the hike at www.amcdv.org or contact a Leader. Meet at Forbidden Drive and Bells Mill Road.

Philaventures www.philaventures.org

Last Sunday of Month—Wissahickon Hike. An opportunity to walk at a moderate pace with a talkative group of LGBT folks who like fresh air and exercise. Some ups and downs and uneven paths are found along the way, so wear proper footwear and be ready to hike. Meet at 2:30 pm at Cosimo’s Pizza, 8224 Germantown Ave. at Bethlehem Pike (the top of Chestnut Hill). Registration with the hike leader is required. Bert G. at bert2345@comcast.net.
WISSACHICKON VALLEY WATERSHED ASSOCIATION
WWVA offers many public programs as part of its mission to protect the quality and beauty of the Wissahickon Creek and to enhance life in the Wissahickon Watershed. Located at 12 Morris Road in Ambler. More info. at www.wwva.org.

RUNNING CLUBS

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For a listing of more events this fall, visit http://www.fow.org/calendar.

JOIN US ON FACEBOOK AND TWITTER

Friends of the Wissahickon Membership Form

| $20 Limited Income/Students | $45 Basic |
| $100 Contributing* | $250 Sponsor* |
| $75 Family | $500 Patron* |
| Society of Generous Friends* | $1000 |
| $2000 | $5000 |
| $10,000 or above |

*T-shirt (circle size)

| S | M | L | Red Bird: Women |
| M | L | XL |

| Adult |
| Wärthler & Map. |
| Adult |
| M | L | XL | XXL |

Method of Payment

| Check Enclosed |
| (payable to the Friends of the Wissahickon) |

| Charge my |
| VISA |
| Mastercard |
| AmX |
| Discover |

Card Number__________

Expiration Date__________

Signature__________

Please return to: 8708 Germantown Ave., Philadelphia, PA 19118 • tel 215-247-0417 • office@fow.org • www.fow.org

Contributions to the Friends are tax deductible as permitted by current laws.

The official registration and financial information may be obtained from the Pennsylvania Department of State by calling, toll free, within Pennsylvania (800) 732-0999.

WISSACHICKON ENVIRONMENTAL CENTER
Registration is required for all programs unless otherwise noted. The Tree House is open the second Saturday of every month, 10 am–4 pm. For information or to register, call 215-685-9285 or email WEC@phila.gov.

TREE HOUSE OPEN HOUSE
Every second Saturday of the month. Meet our staff, visit our animals, view our history, read, play, discover, learn, and more! No registration required. Everyone welcome! FREE.

THURSDAY TOTS
Bring your little one for an hour of discovery at the Tree House. Each month we will explore a new topic that celebrates the season. Ages 3-5. Parents stay with their child. Registration required. $5.00 per child/teen lesson.

PUMPKINS & SEEDS • OCTOBER 15 • 1-2 PM
Pumpkins are so much fun to scoop, squish, and squash. After we have explored the sweet, slimy, orange fruit, we will share them with our wild friends.

LITTLE LENAPE • NOVEMBER 19 • 1-2 PM
Tots will explore native artifacts, learn about the Lenape children, and create a game, just as they have done.

EVERGREEN ART • DECEMBER 17 • 1-2 PM
Tots will use 5 senses to investigate the evergreen trees. Then they will use bark, cone and needles to create unique pieces of art.

MOTH NIGHT • THURSDAY, OCTOBER 1 • 7-9 PM
Join us to learn about these nighttime butterflies and the moths database registry. Learn how to best observe moths in your home garden, how to construct a simple moth trap, and look for differing light types. Learn the secret recipe for “B3 Moth Ball.” Bring: flashlights & camera. Be prepared to walk quietly on the trails and woods in the dark.

APPLES PRESSING ON FORBIDDEN DRIVE • SATURDAY, OCTOBER 3 • 1-3 PM
Join us at our Forbidden Drive (near Northwestern Avenue) for this annual celebration of autumn. Help make fresh apple cider using an old-fashioned cider press. Toss an apple in, take a turn at the crank and watch as the cider pours out. Enjoy a taste of the finished product...fresh & delicious apple cider!

MEADOW BIRD WALKS • SUNDAY, OCTOBER 22 • 8-10 AM
Hosted by local birder, Martin Seavey, these bird walks take place during fall migration. We’ll check out the birds in the Harper’s Meadow or Houston Meadows. Call for meeting location. All ages. Registration required.

ADULT FULL MOON HIKE • TUESDAY, OCTOBER 27 • 6-8:30 PM
Hike by the light of the full “Hunter’s Moon” and enjoy the peaceful sounds of the dark forest. Discover the tree silhouettes against the moonlit sky, listen to the crunching sounds of the fallen leaves, or maybe hear the howl of an owl.

CANDLE DIPPING • SATURDAY, NOVEMBER 14 • 1-3 PM
Candles play a big role in many of the winter holidays. Make your own candles to use during this darker season or give them away as a gift in the spirit of the season! This is an outdoor program. Ages 6 & up.

PUMPKINS & SEEDS • DECEMBER 15 • 1-2 PM
Pumpkins are so much fun to scoop, squish, and squash. After we have explored the sweet, slimy, orange fruit, we will share them with our wild friends.

KIDS GONE WILD • SATURDAY, DECEMBER 12 • 2-3:30 PM
Ready for your kids just to be kids in the woods? Join us, and let your kids go climbing over fallen trees, scrambling over rocks, running through a field, playing in the leaves. Led by our staff equipped with a few Band-Aids, parents are asked to stay and enjoy the fun. Ages 6-12. Drop-in. Registration required.

For a listing of more events this fall, visit http://www.fow.org/calendar.

JOIN US ON FACEBOOK AND TWITTER

Friends of the Wissahickon

MEMBERSHIP LEVEL

| $20 Limited Income/Students | $45 Basic |
| $100 Contributing* | $250 Sponsor* |
| $75 Family | $500 Patron* |
| Society of Generous Friends* | $1000 |
| $2000 | $5000 |
| $10,000 or above |

T-shirt (circle size)

| S | M | L | Red Bird: Women |
| M | L | XL |

| Adult |
| Wärthler & Map. |
| Adult |
| M | L | XL | XXL |

*Choice of:

Hat

Please keep the premium and use the entire membership fee for the Park.

Name__________

Street__________

City__________

State__________

Zip Code__________

Phone (Home)__________ (Work)__________ E-mail__________

I also want to help the Friends of the Wissahickon with:

| Membership |
| Community Outreach |
| Trail Repair |
| Clean-Up |
| WildLife |
| Fundraising |
| Restoration |
| Structures Repair |
| Education |
| Vire Removal |

All new members receive a map of the Wissahickon Valley. Limited Income/Student members receive invitations to all events and our quarterly newsletter. Basic members receive invitations to all events, our quarterly newsletter, and membership card with discounts for meals at Valley Green Inn (in the park) and FOW merchandise. Family members receive all benefits of Basic membership plus choice of two kids tees (S-6-12), M (10-12), L (14-16). Contributing members and above ($100 or more) receive all benefits of Basic membership plus choice of hat or T-shirt (L, XL).

Future calendar listings for the newsletter may be placed by contacting the Friends of the Wissahickon at 215-247-0417 or office@fow.org.

The Calendar of Events in the Wissahickon may also be viewed on FOW’s website www.fow.org, which contains updates on our events, including cancellations.

Friends of the Wissahickon

- YES, I/We want to help preserve and protect the Wissahickon.

VOLUNTEER OPPORTUNITIES
THIRD SUNDAY OF EVERY MONTH
Wissahickon Restoration Volunteers (WRV) lead a service project from 10 am–12 pm as part of their ongoing restoration activities. Project details and directions to the worksite will be posted on the WRV website at least one week prior to the event. www.wissahickonrestorationvolunteers.org. For info. and to RSVP, contact WRV at 215-951-0330, ext. 2101 or office@fow.org.

EVERY TUESDAY
Friends of the Wissahickon volunteer to repair and build structures in the Wissahickon from 9am to 1pm. For more info. and to register, contact Volunteer Coordinator John Holback at holback@fow.org or 215-247-0417 x107.

EVERY WEDNESDAY
Friends of the Wissahickon,Various Park Locations, 9 am–12 pm. Can’t volunteer with FOW on the weekends? Still want to help out? Come work with the Wednesday morning crew. This group is ready to take on whatever needs to be done that week. Always a good time! Contact Volunteer Coordinator John Holback at holback@fow.org or 215-247-0417 x107.

EVERY SATURDAY
Friends of the Wissahickon volunteers in the park are held most Saturdays from 9am–1pm, unless it is a holiday or there is inclement weather. Projects include trail maintenance, invasive weed removal, planting, and clean-ups. Visit www.fow.org/volunteering/acamping-weekdays for updates and info on future projects. To register, contact Volunteer Coordinator John Holback at holback@fow.org or 215-247-0417 x107.

FIRST SATURDAY OF EVERY MONTH
Wissahickon Restoration Volunteers (WRV) lead a service project from 10 am–12 pm as part of their ongoing restoration activities. Project details and directions to the worksite will be posted on the WRV website at least one week prior to the event. www.wissahickonrestorationvolunteers.org. For info. and to RSVP, contact WRV at 215-951-0330, ext. 2101 or office@fow.org.

THIRD SATURDAY OF EVERY MONTH
Friends of the Cresheim Trail conducts ongoing workshops in order to enhance the evolving trail system in the Cresheim Creek area. Meet at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Volunteers should wear long pants, long sleeves, sturdy shoes; poison ivy is present. All tools, including gloves, are provided. Coffee and snacks served. Contact info@cresheimtrail.org or 215-715-9159.

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RUNNING CLUBS

EVERY THURSDAY
Wissahickon Wanderers Trail Run. 4.5 miles. Starts 6:30pm sharp at Valley Green Inn. No Fees. All runners, swimmers, skaters, and walkers welcome! Fun food and Cash Bar afterwards courtesy of the Valley Green Inn. For updates and more info visit www.wanderersrunningclub.com.

EVERY SATURDAY
Shawmont Running Club. Starts at Northwestern Ave. & Andorra Rd. (north end of Forbidden Drive). From 2nd Saturday in May thru 2nd Saturday in Oct. start at 7:30 am. From 3rd Saturday in Oct. thru 1st Saturday in May start at 8 am. Distances are at the discretion of runners. All levels welcome. Emphasis is on fun! More info. at www.shawmontrunningclub.com.