This photo of Devil’s Pool (ca. 1900) is one of many enlarged photographs in the exhibition Hidden Histories of the Wissahickon, on view through early 2018 at FOW’s office. To read more about the exhibition, turn to p. 10. An update on FOW’s efforts to improve conditions at this beloved site in the Wissahickon can be found on p. 6.
A MESSAGE FROM THE PRESIDENT

Fall is a great time to explore the Wissahickon, and participating in FOW’s second annual All Trails Challenge (ATC) is a great way to enjoy the park and support its preservation at the same time. The ATC is an exciting four-month long event in which participants can explore the Wissahickon by hiking, walking, running, horseback riding, or biking all 50 miles of its scenic trails. Participants will raise money for the preservation of the park by inviting their friends, family, and coworkers to sponsor them. All funds raised by the ATC will support the work of FOW. The All Trails fun began on September 7, but doesn’t end until November 28, so there is plenty of time to join and complete the 50 miles of trails in the Wissahickon. Learn how you can “take the Challenge” on page 7.

This issue of FOW’s newsletter is full of information you don’t want to miss. On page 12 is a report on our Annual Meeting held in June, at which professional trail builder Chris Bernhardt presented a plan for the completion of the Sustainable Trails Initiative. If you were unable to join us at this year’s meeting, the report will fill you in on what you missed; Bernhardt’s report will be published in a future issue of the newsletter.

The All Trails fun began on September 7, but doesn’t end until November 28, so there is plenty of time to join and complete the 50 miles of trails in the Wissahickon. Learn how you can “take the Challenge” on page 7.

FOW field staff and volunteers have been busy in the park this summer. You can read about their work at various sites in the park and the Summit Avenue Trail Reroute on pages 4 and 8, as well as the work of our Seasonal Field Assistants and students from the Student Conservation Association.

Also in this issue is an update on our efforts to address illegal litter and swimming at Devil’s Pool. This past summer the popularity of this area increased significantly, in large part driven by social media. FOW welcomes new visitors to the Wissahickon, but we want all park users to have an enjoyable and safe experience in the park. Read the article on page 6 to learn about our efforts at Devil’s Pool.

FOW will be busy this fall working in the park, and we hope you can join us at one of our many workdays. We also make time to enjoy the park with the community at events like Whispers Along the Wissahickon, Valley Talks, Trail Ambassador Walks & Talks, and more. Information on these events can be found throughout this newsletter.

However you support or enjoy the Wissahickon, we look forward to seeing you in the park this season, whether you are on the trails completing the All Trails Challenge, volunteering at a workday, or at one of our many fall events!

Jeff Harbison
CHECK OUT THESE LOCAL DOG PARKS!

Dogs off leash are not permitted in Wissahickon Valley Park, and leashes must be no more than six feet long. If you are looking for a place to legally let your dog off leash, try these local dog parks: Roxborough Dog Park, Pretzel Park, MonDaug Bark Park, Schuylkill River Park Dog Run, Triangle Dog Park, Horsham Dog Park. And remember to look for FOW Trails Ambassadors wearing this button and get a free treat for your leashed dog!

CELL PHONE CONNECTIVITY COMING

FOW hosted a walk-through of the Valley Green area with cell providers, Philadelphia Parks & Recreation (PPR), and City Council representatives in June. Plans are being made for the group to reconvene in September with the providers in order to move forward with a professional assessment of connectivity needs at the site. FOW and PPR will provide them with contour maps of the valley and a schematic of known underground utilities in the area, especially electrical infrastructure.

FALL FEATHERED FRIENDS WITH RUTH PFEFFER

SATURDAY, SEPTEMBER 16 | 8 AM

Meet at Bell’s Mill Road and Forbidden Drive. Registration is required. Register at fow.org

The fall bird migration is in full swing during September, so make plans to join bird expert Ruth Pfeffer as she looks for warblers, flycatchers, wood ducks, hawks, and more in this Audubon Important Bird Area. (Binoculars will be available to borrow.) Pfeffer, owner of Birding with Ruth, is credited with creating the birding program at the Morris Arboretum where she is an instructor. She has led birding expeditions throughout the mid-Atlantic region and abroad since the 1990s, contributed to the Breeding Bird Atlas project in the 1980s, and is a member of the Delaware Valley Ornithological Club, The Academy of Natural Sciences, and Wyncote's Audubon Society Board for Membership.

$UPPORT FOR THE WISSAHICKON

FOW has received funds from several sources over the summer that will be used to benefit Wissahickon Valley Park. The William Penn Foundation awarded FOW $642,000 over two years, which will support continued programming, advocacy, and outreach related to water quality in the Wissahickon watershed. REI awarded FOW a $5,000 grant for trail and project work in the park; and individual donors donated $70,000 toward providing sustainable bathroom facilities in the Wissahickon. “We’re grateful to these environmentally-conscious organizations for their support, which helps advance our stewardship of Wissahickon Valley Park and also increases our visibility within the communities we serve,” says Executive Director Maura McCarthy.
WHAT'S GOING ON IN THE WISSAHICKON?

By Peg Shaw, Project Manager

SUMMIT AVENUE TRAIL REROUTE

In our summer newsletter, we introduced plans for a long-awaited Yellow Trail reroute at Summit Avenue—taking it off the street and allowing for a continuous trail experience within the park. By the time of this report (September 5), FOW has made a LOT of progress.

Overview of the Work
As with all trail projects, there were a few items on our list that we accomplished prior to the kick-off:

1. Hand delivered notices with maps of the upcoming trail project to all adjacent neighbors
2. Delivered materials to the job site
3. Constructed the trail junction ramp, which included a hand-built stone retaining wall expertly created by a couple of intrepid trail Crew Leaders, Dan Mercer and Dave Dannenberg
4. Cut the first 100-150 feet of trail
   (We wanted to give volunteers some place to start on Day One!)

To celebrate National Trails Day, we kicked off the official start of construction on June 3, when 47 volunteers—newcomers and old-timers—joined us to get the trail work underway. Since that day, every Saturday volunteer workday has been focused on this new trail. Thanks to the tireless work of dozens of volunteers and the guidance and support of our FOW Field Coordinator, John Holback, we have completed the first segment of the main trail. As of September 5, we have completed two-thirds of a mile and have one-third remaining.

The goal for the completion of the trail and its official opening is November 18. FOW plans to host a trail opening celebration that day as part of the All Trails Challenge, which leaves plenty of time for participants to clock in additional mileage on the new trail.

What to Expect when the Trail is Complete
There will be lots of features incorporated into this trail that will not only provide enjoyable user experiences, but stand as examples of sustainable trail design. Here are some highlights to look forward to:

Trail Corridor Features
- Gentle meandering sections
- Challenging hillside climbs
- Streamside rambles
- Scenic overlooks
- Quite nooks for contemplation
- Bike spur corridor with fun elements made of native materials
- Rocky, wet stream crossing
- Newly reconstructed foot bridge
- Interesting geological outcroppings

Sustainable Trail Construction
- Wissahickon schist stone retaining walls to support trail tread
- Junction ramps to facilitate connections
- Trailside stone gargoyles to improve user experience
- Rolling grade dips and out-sloped trail treads to facilitate stormwater drainage

Habitat Restoration
- Removal of invasive plants
- Installation of native plants
- Reestablishment of native plant communities to support wildlife

Almost all of the physical work on the Summit Avenue Trail Reroute has been completed by FOW volunteers from all user groups. They came together and worked cooperatively on this project, showing that it is possible to put minor trail-use conflicts aside for the overall betterment of the park. On July 22, volunteers from the park’s three equestrian stables (and the local Woodward Stables) helped complete the project. Thanks to Kim Murphy, Diane Garvey, Sanna Randall, Liz Jarvis, Nancy Peter, and Carmella Clark from Monastery Stables; Mason Barnett from Northwestern Stables; Cynthia Turecki from Courtesy Stables; and Jocelyn Tunney from Woodward Stables. The show of camaraderie and cooperation between the stables sets the bar high for trail-user group involvement in the park and something to celebrate. Photo by Brad Maule
CHECKING IN WITH THE SEASONAL FIELD CREW

Our core Seasonal Field Crew—DaJuan Banks, Desmond O’Donovan, and Oscar Wegbreit—spent the first twelve weeks of summer improving the park for the enjoyment of visitors. We had to say goodbye to Des and Oscar in mid-August as they prepared to return to college, but we were lucky to welcome long-time volunteer Marc Snyder to join the Crew and work with DaJuan for the rest of the season. (See p. 8 for a profile on Marc.)

As usual, the first order of business was cleaning up the enormous volume of trash left at Devil’s Pool every day. As of September 5, the Crew had collected 4,000 pounds of trash from the area, bagged it, and carried it to Livezey Lane to be picked up. This work will continue through September, when activity at the site begins to quiet down with the cooler days of autumn.

In addition to cleaning up Devil’s Pool, the crew traveled around the park to tackle a wide variety of projects:

- Trail activities included corridor clearing, invasive plant removal, repairs, and building rerouted trail at the Summit Avenue site.
- Habitat tasks included monitoring hemlock trees after wooly adelgid treatment and monitoring bluebird boxes for active nesting.
- Other activities included maintaining stormwater step pools at Historic RittenhouseTown, visiting and cleaning all the parking lots, clearing vegetation from kiosks, greeting and helping park visitors, and assisting a crew of teens from the Student Conservation Association with their work in the park.

From the Field Crew

On working in the park: I hold Wissahickon Valley Park very close to my heart. I visit the park and love to explore the beauty the nature provides. I want to be a part of an effort that contests the human impact on the park.”  
—Oscar Wegbreit

On Devil’s Pool: There’s a lot of trash left at Devil’s Pool—especially on the weekends. Having the Park Rangers on site and the police in the area has really helped. A lot of people will see us picking up trash and ask us for bags to put their own trash in. We set an example and it encourages everyone else.  
—DaJuan Banks

On working together: Working independently as a team gives us a greater responsibility for the park’s upkeep and the opportunity to accomplish the tasks that we feel need to be accomplished.  
—Des O’Donovan

Visit fow.org/news for more insights from our Field Crew!

FOW CELEBRATES NINE YEARS WITH SCA

By John Holback, Field Coordinator

Since 2009 FOW has worked with the Student Conservation Association (SCA) during the summer months. This summer, the SCA Crew was made up of two Crew Leaders, Daniel Larkins and Thomas Gormley, and six crew members, Jasmine Rowland, Mikhale Chisholm, Shawn Stokes, Andrew Spratt, Melki Elliott, and Sarina Kun, all from Philadelphia. The crew worked on many projects, the most challenging being the maintenance and repair of the drainage ditch and culverts along Forbidden Drive. This involved many hours of removing heavy mud and debris, cutting invasives, and uncovering buried culvert drains. Water can now harmlessly drain into the ditch along the drive, flow unhindered into the culvert, travel under the drive, and flow into the creek. Additionally, like every SCA Crew before them, this summer’s students spent two mornings a week working to clean Devil’s Pool. They collected and removed trash and recycling and covered graffiti with a mud poultice. “SCA has a nine-year history with FOW in connecting Philadelphia high school students with not only the possibility of stewardship work as a part of their personal futures,” says Executive Director Maura O’Donovan, and friends far into the future. We are grateful for our partnership with SCA, have had an amazing nine years with them, and look forward to many more.”


VALLEY TALKS

at Valley Green Inn • 6 pm

Sponsored by

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Banking | Insurance | Investments

Valley Talks are free for FOW members and $10 for non-members. Registration is recommended, as seating is limited. Complimentary wine and cheese reception is offered. Visit fow.org to register.

CLIMATE JUSTICE: A CRITICAL FRONTIER IN THE MOVEMENT TO ADVANCE HUMAN AND CIVIL RIGHTS

with Jacqueline Patterson, Director, NAACP Environmental and Climate Justice Program

Tuesday, September 19

Climate injustices disproportionately affect communities of color and low-income neighborhoods, whose members suffer compromised health, economic well-being, and educational outcomes, as well as displacement, cultural erosion, criminalization, and political disenfranchisement. The solution: a movement that shifts power from corporations to communities through decentralized systems for food production, energy generation, zero waste, transportation, and manufacturing. Join Jacqueline Patterson as she discusses how to help these communities build local self-reliance, cooperation, and interdependence, while uplifting human rights for all. Since 2007 she has served as coordinator/cofounder of Women of Color United. She has worked for ActionAid, IMA World Health, the Center on Budget and Policy Priorities, and Johns Hopkins University.

A SUSTAINABLE CITY FOR ALL

with Christine Knapp, Director, Office of Sustainability, City of Philadelphia

Thursday, November 2

Learn about Philadelphia’s sustainability plan, Greenworks, which aims to make Philadelphia a sustainable city for all by realizing ambitious visions on food, water, air, energy, climate, natural resources, transportation, waste, and civic engagement. Our speaker, Christine Knapp, is the Director of the Office of Sustainability for the City of Philadelphia. Previously, she was Deputy Chief of Staff and Director of Government Affairs for the Philadelphia Water Department and the Director of Outreach for PennFuture. Knapp also worked on local air pollution and recycling issues at Clean Water Action and received the Florence Neilson Award for her work at the Recycling Alliance of Philadelphia and the Special Recognition Award from PhilaOSSH for building alliances between environmental and labor movements.

More info. at fow.org/events.
Overview

Devil’s Pool has been a summer destination for people from Southeastern Pennsylvania and Southern New Jersey for many years. Swimming in Pennsylvania creeks and tributaries is illegal, but swimming and diving at Devil’s Pool have become very popular in recent years; both activities were showcased in a front-page cover photo in the New York Times in 2011 and have been featured in videos on social media.

FOW’s 2011 park user count and survey determined that 400+ people visit Devil’s Pool per day during peak season. Neighborhood parking patterns suggest that Devil’s Pool visitors have increased 60% over 2011 levels. Inappropriate use has spread from the site and nearby Pee Wee Rock to Valley Green Bridge, Bluestone Bridge, and stream banks near Mt. Airy Avenue and Kitchen’s Lane. This overuse creates or intensifies discrepancies. Incident locations because of database discrepancies.

1. Heavy use devastates the forest habitat, creates massive erosion, and sediment washes into the creek. Visitors leave graffiti, trash, debris, and ash, which is also washed into the creek, compromising water quality.

2. There are no lifeguards, and jumping into Devil’s Pool from rocks or the arched sewer conduit results in multiple serious injuries each year. Water quality in the Wissahickon and Cresheim Creeks is unpredictable; the Wissahickon is up to 90% treated wastewater in the dry season (August), and fecal coliform counts regularly exceed the allowable federal maximum.

3. Devil’s Pool is difficult for police and emergency personnel to access on foot and by vehicle; illegal parking exacerbates the problem. Despite a Streets Department address system overlay in FOW’s wayfinding signage, 911 responders often cannot navigate the park or accurately assign incident locations because of database discrepancies. “Dead zones” for cellular, radio, and data access make calling for assistance problematic.

4. Most Devil’s Pool visitors come for family recreation, including picnicking and swimming. But some visitors engage in prohibited behaviors beyond swimming, including drug and alcohol use. Car break-ins, short dumping, and even occasional violent crime are reported during peak-use periods. West Mount Airy Neighbors has received reports of aggressive interactions, public nudity, and urination.

FOW Actions

Since 2007 FOW has invested $400,000 in physical improvements to trails, habitat restoration, and signage near Devil’s Pool, and another $200,000 on program costs, including seasonal work crews, Student Conservation Association (SCA) summer crews, and subsidies for police and park ranger overtime. We also conduct publicity and community outreach, schedule public clean-ups, and install bilingual, temporary signage outlining park ordinances and the health risks of illegal swimming. Below are actions FOW undertook in 2017:

• Employed a three-person Seasonal Field Crew who dedicated 50% of their time to Devil’s Pool. In just two weeks, this crew and FOW volunteers removed 200 bags of trash (one U.S. ton). This is equal to what is typically removed during one season.

• Renewed our summer contract with SCA, whose crew of six students and a leader cared for Devil’s Pool and other Wissahickon locations for six weeks.

• Renewed our bilingual, temporary signage advising visitors of park ordinances and the health dangers of swimming in the creek.

• Participated in Councilman Curtis Jones’ May 2017 hearing on cell service dead zones in Philadelphia parks, and hosted a walk-through of the Valley Green and Devil’s Pool areas for City Council and cell industry representatives.

• Met with Park Ranger and 14th Police Department to supplement Park Ranger presence to Devil’s Pool via Livezey Lane and Valley Green Road, with a daily maintenance schedule.

• Approved a comprehensive plan for traffic flow control near Valley Green Inn as part of a master plan for the Valley Green Inn/Wise’s Mill park entrance area, two major entrances for Devil’s Pool.

• Committed to transit connectivity planning with SEPTA and local CDCs to ease parking pressure in and around the park and create access alternatives.

• Participated in the community meeting planned by Councilwoman Cindy Bass’ office to discuss community-based solutions for near neighbors and park visitors.

READ MORE: Learn about FOW’s future plans for Devil’s Pool at fow.org/news.
Experience every corner of Wissahickon Valley Park and support it at the same time! FOW’s All Trails Challenge is an exciting four-month-long event that invites you to explore the Wissahickon by hiking, walking, running, horseback riding, or biking all 50 miles of its scenic trails. (All trail user designations apply.) Your friends, family, and coworkers can join you in your Wissahickon fundraising mission by sponsoring you. Visit fow.org/alltrailschallenge for more information and instructions on how to sign up!

**LOOKING FOR MOTIVATION TO COMPLETE THE ATC?**

Try the Four Corners method developed by Matt Palombaro and Christopher Moore, from Wyndmoor. Moore has always lived near Wissahicken Valley Park—if you don’t count his college years and a few years in central New York State—and started running in his late twenties. Moore began running in the Wissahicken in 2001 and was introduced to trail running by the Wissahicken Wanderers, through which he met his wife (who runs trails and ultras), and became one of its longest continuously tenured members. He went on to compete in 50- to 100-mile races, but says those days are mostly behind him. Now the 44-year-old small-scale design/building contractor (and former architect) lives near the park in Roxborough and can be seen most weekend mornings in the Wissahicken with his wife and Australian shepherd, Scout. FOW’s Outreach Manager Sarah Marley had the chance to interview him recently. Below are some highlights from the interview.

**What is Four Corners?**

After many years of exploring trails throughout the park, short segments at a time, a fellow Wanderer (Matt Palombaro) and I postulated about running the entire perimeter of the park in a single run. We decided to call it the Four Corners, referring (loosely) to landmarks near each corner of the park: Rittenhouse Town, Hermit’s Cave, the Andorra Tree House, and Northwestern Stables. Shortly thereafter, we ventured out from Valley Green along the upper trails, attempting the feat. . . . Roughly three or four hours later, we made it. . . . The course we covered may have only been 15 or 16 miles. But that is how it began.

**How does one complete the Four Corners in the Wissahicken?**

The Four Corners is not an exact route, but more of a living document, for lack of a better description. The point of it is to circumnavigate the entire park, getting the maximum distance possible without unnecessary repetition. The course itself is in constant flux. Early on, it was a matter of finding new or hidden trails to extend the distance, like the little-used trails on the other side of Lincoln Drive. But for many of us, there are very few trails left to be discovered. In the last few years, the distance and route has changed more with all the great new trails being opened up. . . . And while group runs typically start at Valley Green (for convenience and available water), there is no direction or prescribed way to go about it. Just pick a direction/corner, get on a trail, and run to it, and then keep going. The last time I ran the course, my GPS recorded over 24 miles. It can be run in probably 18 or 22 miles on any given day, it just depends on the route you choose to take. The spirit of the Four Corners is just about traversing all over the park and enjoying the experience. (This is the link to that run/route: tinyurl.com/y7895n38.)

**Is doing the Four Corners in the Wissahicken significantly different than doing it in other locations?**

Trails are trails, but they each have their own character. The Green Ribbon and Pennypack are both great, but both are flatter and a lot more exposed to neighborhoods, streets, and traffic. Going farther out from Philadelphia—Reading, the Catskills, the Appalachians—all are equally great options, but the Wissahicken, for me, is what I see out of my window and within a few short minutes, I can be in the woods all by myself with little or no evidence of being in a major city. And, with the Four Corners, I can keep that feeling going for several hours without revisiting the same trail.

**Why do you like doing the Four Corners?**

I have done my share of running on roads or on the track, as is typically required to get the mileage and speed for the longer races. But I rarely enjoyed it, and it is usually because I “have to.” Trail running is easy. It doesn’t require the mental toughness of doing something you don’t want to do. There is always something to look at and keep your mind active. Even if I start out a trail run in a bad mood, almost always that mood has changed when my run is over. Not to mention, one trail in February is nothing like that same trail in June, and again completely different in November.

**Any idea how many people have achieved completing all Four Corners?**

Since the Four Corners is more of an idea that an actual specific trail or route, there is no way of knowing. I have probably run it at various times with 20 or 30 different people. But in the last few years, via social media or seeing references to it in various running magazines, websites, or other places, it seems to have taken on a life of its own.
SUMMIT AVENUE TRAIL REROUTE

FOW began work on the Summit Avenue Trail Reroute in June and has been working diligently at the same site for about three months, including on National Trails Day. We have been very lucky to have an abundance of volunteers—166 total—come out and support this project. Trail maintenance projects always draw a variety of different park users, including hikers, bikers, and equestrians. One of our Crew Leaders, Lance Lau, has come out to volunteer on five separate weekends since we began work on the Summit Avenue Trail Reroute in June. He has volunteered more than any other Crew Leader on this project and his leadership in the field has been invaluable. I asked him why he is passionate about volunteering for this project and about his connection to the park. This is what he had to say:

“I started riding after a health scare, and mountain biking has literally changed my life; I feel an enormous debt to the sport and to the mountain biking community here in Philadelphia. What better way to give back than to build and maintain trails? With just about every kind of terrain and style of trails available in the park, the Wissahickon is such an amazing resource for the city: in one place, we've got rocks, roots, and loam, with trails that are in turn technical, challenging, flowing, and ultimately, fun! I'm grateful for the opportunity to contribute and advocate for the mountain biking community to make the trails even more enjoyable for skilled riders, as well as accessible for beginners.”

How do you volunteer with FOW?

I started volunteering with FOW in 2015 and gladly accepted a Crew Leader position in 2017. I am basically open for whatever the task is for the day, applying the knowledge and skills I've acquired along the way. John Holback (FOW Field Coordinator) has been a great mentor to me, and I learn something new every time I volunteer. Additionally, I spearheaded the Livezey Mill project with Craig Johnson, the current tenant at Glen Fern, uncovering and beautifying the ruins of the Livezey Mill. I also participated in the 2017 Bluebird Box Monitoring Program for Andorra and Houston Meadows. There is such a sense of pride and satisfaction that goes with volunteering with FOW, and I enjoy every opportunity I get to help out.

What do you love about Wissahickon Valley Park?

There is so much to love about the Wissahickon. The most obvious is the breathtaking beauty that can be found throughout the park. Whether hiking through the trees on the Yellow Trail, pausing for a moment of reflection at the Toleration or Tedyuscung statues, bird watching in the meadows, or listening to the water flow over the Livezey Dam, my “love” list is pretty endless! I also enjoy learning about the history of the Wissahickon and highly recommend the Metropolitan Paradise four-volume book series to anyone who shares a passion for the Wissahickon. [Available for purchase at FOW!]

What is one of your favorite moments from volunteering with FOW?

It was a snowy Saturday in January when a large group of volunteers ventured out to clean the habitat boxes in Andorra Meadow. A volunteer with the group spotted an owl in a box, but wasn’t sure what kind. We decided to investigate, and there it was—an eastern screech owl roosting in a habitat box! I managed to snap a few pictures and get some video, which received thousands of views on social media. Definitely one of my favorite moments!

How do you think FOW contributes to the Philadelphia community?

FOW contributes in so many ways. Along with all the hard work from the staff, who tirelessly strive to make the park more enjoyable for the community, there is such a strong network of Trail Ambassadors, Crew Leaders, and volunteers that help assist park visitors. They provide knowledge, history, and directions, while keeping the park safe and beautiful for all trail users. FOW's efforts continue to make this park a staple of Philadelphia tourism, even for Philly natives.

What is your favorite spot in the park?

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What is your favorite spot in the park?

Is the whole 1,800 acres an acceptable answer? Man, this is the hardest question yet! Honestly, with so many amazing points of interest, I would say it probably depends on my mood that day. If I had to narrow it down, some of my favorite spots are the Lavender Trail, the meadows (Andorra and Houston), the Toleration statue, the Great Beech, Glen Fern/Livezey homestead, and Hermit’s Cave. I would encourage park users to explore all the Wissahickon has to offer. Stay on the trail, but explore. Also, Cedars House makes some delicious smoothies!
DEVIL'S POOL CLEAN-UPS

Even with our Seasonal Field Crew and workers from the Student Conservation Association, FOW couldn’t keep the Devil’s Pool area clean without the help of our volunteers. As of September 5, 57 volunteers have helped remove litter from the site. United by Blue (UBB), REI Conshohocken, REI King of Prussia, the City of Philadelphia, and FOW joined forces to clean Devil’s Pool on National Trails Day. UBB has partnered with over 10 REI stores in the northeastern United States for a two-week clean-up road trip. On August 5, FOW volunteers came out again to clean this very popular site in the park and support the work of FOW’s Seasonal Field Assistants and the crew from the SCA. Learn more about FOW’s efforts to improve Devil’s Pool on page 6.

DECKED OUT

Above: FOW Volunteer Coordinator Christina Anthony with volunteers at a Devil’s Pool Clean-Up.

FOW NEEDS YOU!

When you become a volunteer with Friends of the Wissahickon, you get back as much as you give to the park. Through FOW volunteer programs, you will meet and work with others who care about the Wissahickon as much as you do. Together you will learn more about the park—its history, geology, wildlife, plants, and more—which will enhance your experience of the Wissahickon. FOW volunteers provide critical support needed to protect, preserve, and enhance Wissahickon Valley Park.

Choose the Volunteer Program That Works For You

Crew Leaders are volunteers who become skilled in leading volunteer groups in the park and sharing their knowledge and expertise with others. They work directly with FOW’s volunteer and field coordinators to help plan and lead volunteer workdays throughout the park. Crew Leaders can choose to focus on trail work, habitat restoration, structures, or trash and graffiti removal.

Trail Ambassadors are park docents who aid and educate park visitors about everything park related: directions, safety needs, park history, flora, fauna, geology, and more.

Become a member of the Outreach Corps and you will have the opportunity to represent FOW in the park and surrounding communities. Many visitors to Wissahickon Valley Park have never heard of Friends of the Wissahickon and are unaware that FOW membership is a great way to support the park they love. Personal contact with our Outreach Corps volunteers is often just what they need to become an FOW member.

Join Friends of the Wissahickon and become a Trail Ambassador, Crew Leader, or Outreach Corps member by next spring! FOW is offering a winter training session for this popular volunteer program. The application deadline is January 20, 2018.

Visit FOW’s website to print out the volunteer application. For more information about any of these volunteer programs, contact Volunteer Coordinator Christina Anthony at anthony@fow.org.

VOLUNTEER INFO SESSION

TUESDAY, NOVEMBER 7
6:30-7:30 PM
THE CEDARS HOUSE

Join us to learn more about FOW’s volunteer programs before submitting an application!

STRUCTURES CREW

FOW’s Structures Crew was hard at work this summer. In addition to replacing 12 railings on the fence along the Monoshone Creek, from Ten Box upstream to RittenhouseTown, they repaired the Yellow Trail bridge off Wise’s Mill Road. This project took many weeks and required the crew to transport tools and materials by foot. The bridge is not accessible by even small vehicles, so these dedicated volunteers hiked three-quarters of a mile to the site and back, using a mechanized wheelbarrow and their own backs.
Hidden Histories of the Wissahickon

The conservation easement program of Friends of the Wissahickon and the Chestnut Hill Conservancy was created in 1990 to proactively address stormwater runoff in the lower Wissahickon watershed, promote natural drainage, and protect the area’s significant privately-owned green spaces from development. This program to protect the vast network of adjacent, privately-held land is essential to the health of the Wissahickon and Philadelphia’s water supply and complements FOW’s 93-year old mission “to conserve the natural beauty and wildness of the Wissahickon.” It is in this spirit of cooperation and collaboration that the boards and staff of Friends of the Wissahickon and the Chestnut Hill Conservancy proudly present their exhibit of enlarged historic photos, Hidden Histories of the Wissahickon, which will be on display at FOW’s office through early 2018.

Presented here are a few images from the exhibit with abbreviated captions. For the full history of these and other intriguing Wissahickon landmarks, come view the exhibit!

Except where otherwise noted, this exhibit is illustrated with historic images gleaned from the Friends of the Wissahickon Collection in the Archives of the Chestnut Hill Conservancy, and it documents some of the more “hidden” aspects of the Wissahickon Valley’s history. For centuries, Wissahickon Valley Park has been a place of exploration, discovery, and mystery. We examine just a few of these hidden histories in this exhibition and encourage everyone to explore the park after your visit to the exhibit and experience all the history and nature this National Natural Landmark has to offer.

Alex Bartlett, CHC Archivist
Giulia Morrone, FOW Development and Outreach Coordinator
Ruffian Tittmann, FOW Deputy Director

Bicentennial Wagon Train

In 1976, the Bicentennial Wagon Train Pilgrimage to Valley Forge was made in celebration of our nation’s bicentennial and was sponsored by the Bicentennial Commission of Pennsylvania. This pilgrimage started in the western states and headed east to Pennsylvania. All fifty states were supplied with a wagon and horses and were invited to join the wagon train. The chosen routes closely adhered to Native-American trails and early trade routes. As the wagon train passed through communities on its way east, youth groups and riding clubs were invited to participate in the wagon train, which was featured in parades across the United States. At night, the members of the wagon train camped in national parks. Shown here is Wagon Train Number 6, which made its way up Forbidden Drive to stop at the Valley Green Inn for lunch, then headed west to Valley Forge.

Devil’s Pool

In the Victorian era, an elaborate system of walkways, fences, and gazebos was constructed around Devil’s Pool. This view from a postcard (ca. 1900) shows these wooden structures surrounding Devil’s Pool, with the bridge of the gravity sewer looming large above. With the arrival of the Great Depression, the area around Devil’s Pool entered a long period of neglect, and the walkway system and landscaping around the pool entered into decline. The walkways survived well into the twentieth century; the last remaining structures were removed in the late 1970s. One of the most popular points of interest, Devil’s Pool is also the site of significant trash dumping and graffiti. Friends of the Wissahickon is committed to the preservation of this much-loved site. Learn more about FOW’s efforts to preserve Devil’s Pool on page 6.

Wissahickon Hall

Wissahickon Hall was built around 1849 as a hotel and quickly gained the reputation as one frequented by members of the upper class. A boat landing was constructed along Wissahickon Creek, guests of the hotel could paddle around a pool created in the creek by a dam built for Robeson’s Mill, once located nearby. The hotel later became the home of the Fairmount Park Guards and, in more recent years, served as Philadelphia’s 92nd District Police Station. This old hotel is the last one in the lower Wissahickon Valley still standing. Judging by the bicycle in this photograph, we estimate this picture to have been taken sometime in the 1970s.
INDIAN ROCK HOTEL

When travelling on Forbidden Drive, it can often be hard to visualize how developed the Wissahickon Valley once was. Mills, houses, inns, and taverns once dotted the landscape. One such hotel formerly standing on Forbidden Drive was the Indian Rock Hotel, a large and imposing Victorian-era structure which stood along the Drive at the foot of Monastery Avenue. In this 1895 view, Forbidden Drive is in the foreground; Monastery Avenue passes the hotel to the left. A circa 1900 menu from the hotel offered everything from the traditional catfish dinner, oysters and clams, various omelets, salads, sandwiches, and desserts. The hotel survived until 1916, when it was closed and subsequently demolished. Little exists at the site today to suggest the presence of this once-grand hotel.

RITTENHOUSETOWN

The exact date of this view is not known, but it was likely taken just prior to the turn of the twentieth century. In the foreground is Robert McKinney's quarry, which supplied Wissahickon schist to area builders from the mid-1800s to the early 1900s. This quarry was later owned by builder David McMahon and closed by about 1910. In the middle distance is the former right-of-way of Rittenhouse Street. This was abandoned as a city street in the early 1900s, when Lincoln Drive was constructed. The present-day trail connecting Ridge Avenue with Rittenhouse Street just east of Lincoln Drive traverses over this right-of-way. The buildings in the middle distance—including the Rittenhouse School visible at center right—were demolished to make way for Lincoln Drive. In the background are fields long since overgrown, with the houses of Blue Bell Hill visible in the upper right corner of this photograph. Most recently, Friends of the Wissahickon has completed roadway work to protect the Monoshone River from stormwater runoff by reinforcing the slopes behind RittenhouseTown and reclaiming habitat to control erosion.

ICE SKATING ON THE WISSAHICKON

Ice skating on the frozen Wissahickon Creek has been a popular pastime for well over a century. This 1939 photograph, taken from the Valley Green Road Bridge over the Wissahickon and facing down the creek, shows many ice skaters enjoying a mid-morning skate on its smooth surface. As the twentieth century progressed, ice skaters found themselves frustrated, as the Wissahickon Creek would not freeze over due to a combination of increasingly-polluted waters, a lack of stagnant water as dams disintegrated over the years, and warming temperatures.

TREE HOUSE

In the waning years of the nineteenth century, much of Upper Roxborough was owned by members of the Houston family, who owned and operated the Andorra Nurseries there. Adolph Steinle worked at the nursery and lived in what is known as the “Tree House” today. The house got its name from a large sycamore tree which grew in front of the house; Steinle built his porch around the tree. The Andorra Nurseries continued to do business well into the twentieth century. In 1977, Eleanor Houston Smith and her children sold the tract upon which the house sits to the Fairmount Park Commission and then returned the funds to the City of Philadelphia as an endowment for the Andorra Natural Area. Sadly, the tree needed to be taken down for safety reasons, and was removed in 1981. Today, the building is the home of the Wissahickon Environmental Center for environmental education. The new back porch installed by Friends of the Wissahickon in 2015 recalls the old sycamore with a tree cookie the size of the original trunk set into the porch floor.
Outgoing FOW President Will Whetzel had a clear message for the membership at this year’s Annual Meeting: “Do just a little bit more.” After announcing the completion of an ambitious strategic planning process, Whetzel declared, “We appreciate all that you do as members and ‘friends’ of our world-class park, and we will need all the help we can get from you to act on and be successful with the new strategic blueprint now in place for the work of FOW.”

He continued by getting approval for last year’s annual meeting minutes and acknowledging the recent passing of retired board member Richard Brown who “cycled off the Board in 2016 and will be warmly remembered.”

Treasurer Jim Walker gave his report, acknowledging the progress the Budget and Finance Committee made during 2016 in improving how FOW’s financials are managed. He announced that the last two audits have been “clean” and that overall, 2016 was a good year for the organization. Income raised totaled $1.5 million, membership increased by 15%, and total expenses met expectations. He ended by emphasizing the need for donors to FOW.

Eight new board officers were elected this year:

- Jeff Harbison, President
- Richard Kremnick, Treasurer
- David Pope, Secretary
- Louise Johnston, Governance Committee Chair
- Susie Wilmerding, Habitat Committee Chair
- Alyssa Edwards, Engagement Committee Chair
- Sam Finney, Infrastructure Committee Chair
- Christine Bamberger, Development Committee Chair

Whetzel announced that three board members retired—Courtney Kapp, Charlie Lee, and himself—in addition to four others who were leaving the board—David Dannenberg, Cynthia Heckscher, Chris McCausland, and Chris Rabb. In addition, five board members were reelected—Christine Bamberger, Chris Bentley, Amy Branch, Walt Crimm, and Alyssa Edwards—and four new board members were approved and welcomed:

- Sarah Astheimer—Principal-in-Charge of three landmark international public realm projects: Chicago’s Navy Pier, Istanbul’s Galataport Waterfront, and Houston’s new health campus at the Texas Medical Center
- Fred Magaziner—Retired attorney and partner at Dechert LLP
- Janice Sykes Ross—President and CEO of Request for Professionals, Inc.
- Garrett Trego—attorney at Manko, Gold, Katcher, and Fox

Executive Director Maura McCarthy referred the membership to the Annual Report for details on FOW’s accomplishments in 2016, stressed the importance of the planning and work done behind the scenes, and announced that FOW is currently working with Philadelphia Parks and Recreation (PPR) and the Academy of Natural Science of Philadelphia on a habitat management plan. She also acknowledged the dedicated service of retiring PPR staff member Steve O’Kula.

Councilman At-Large Al Taubenberger spoke briefly. He acknowledged the important work FOW does, expressed his desire to work with the organization, and encouraged members to contact him with concerns about the park. Following his remarks the meeting was adjourned.

FOW had some remarkable successes over that last year, but one of the things that is most outstanding to me, in addition to our concrete accomplishments, is the way we have come together as a board, as a staff, and as a community to reaffirm our commitment to the stewardship of this extraordinary place.

—Executive Director Maura McCarthy

Guest Speaker Chris Bernhardt

Chris Bernhardt, trail builder and principal of Sentieros Consulting, was one of the members of the original Sustainable Trails Initiative (STI) consulting team in 2006. He shared his perspectives on the successes and challenges of the project and presented a first look at FOW’s ambitious plan to complete STI.

In his recent assessment, FOW has succeeded in reducing erosion and user conflict, while improving signage and maps, volunteer programs, and its relationship with the City of Philadelphia. But the organization still lacks sufficient resources, as STI requires more work than originally anticipated, and we have learned that not all problems in the park can be solved through trail work. Bernhardt recommended moving from STI to more programmatic work, choosing projects based on their environmental, fiscal, and social benefits. He concluded by praising FOW for the work it has completed to date, noting that the organization should be proud.
David Dannenberg, a former faculty member at the Crefeld School, served on FOW’s Board for fourteen years, beginning in 2001. He worked on the Oversight, Advocacy, Joint Water Resources (with WVWA), and Conservation Committees. As a leader on the Sustainable Trails Initiative, he was interested in all aspects of managing the Wissahickon: ecology, stormwater management, creek and forest restoration, appropriate use, and user management. He was a Crew Leader and volunteered with the Structures Crew and the Working Group on the Park User Survey in 2011-12. “David has been a champion of integrating recreation accommodations in the Wissahickon, while looking at the park as a stormwater management tool,” says Executive Director Maura McCarthy. “He continues to be a dedicated Crew Leader for FOW and a vocal spokesperson in support of the Wissahickon.”

Cindy Heckscher served on FOW’s Board for eleven years. A managing director with Diversified Search, she was an amazing foundational voice for the growth of FOW. With her help, FOW has developed into a meaningful strategic partner of the City of Philadelphia in caring for the Wissahickon. Heckscher assisted in professionalizing FOW’s staffing models and board operations as it transitioned from a board-driven to a staff-driven organization. She served on the Governance, Finance, and Development Committees. “Cindy is a great strategic thinker,” says McCarthy. “She is an avid user of the park, a great booster of it and FOW, and has never hesitated to use her skills to help us figure out how we can best grow and develop.”

Courtney Kapp, a Principal at Kapp Architecture, was a member of FOW’s Board from 2010-2017. She served on the Working Group for Map Redevelopment, the Joint Easement Committee (with CHC), and assisted in organizing several FOW events and moving FOW’s staff into its new office. Kapp was also involved in most of FOW’s land development policy decisions and RCO (Registered Community Organization) issues. “On the CHC/FOW Easement Committee, Courtney impressed us with her calm, measured approach to problem-solving,” says board member Shirley Gracie. “She contributed greatly to the committee’s work by sharing generously her professional skills and resources in the field of architecture, which were especially valuable in mapping and site specifics.”

Charles Lee Jr. served on FOW’s Board beginning in 2010. He is the co-founder and Principal of Seagis Property Group LP and as a board member, he served on the Working Group for Map Redevelopment and the Conservation (which he co-chaired), Joint Water Resources (with WVWA), Development, and Executive Committees. Lee had a particular interest in connecting the work FOW does on the land with water quality issues, and helped integrate the organization’s work with the broader water quality perspectives that are emerging regionally. “What we may miss most about Charlie was his consistent ability to challenge assumptions in meetings and bring fresh perspectives to existing projects,” says former Board President Will Whetzel.

Chris McCausland served on FOW’s Board for four years and was a dedicated member of the Conservation Committee. The livestock manager at Erdenheim Farm, his family’s farm in Whitemarsh Township, he served as a liaison between one of the region’s largest open-space properties and FOW concerning watershed and land management issues. “As a resident living right on the Wissahickon, Chris appreciates the importance of a healthy creek to our community,” says FOW President Jeff Harbison. McCausland also assisted FOW with wildlife control issues, watershed management, and watershed policy development, and facilitated meetings of upstream and downstream stakeholders on policy issues.

State Representative Chris Rabb served on FOW’s Board for three years before running for office. He worked on the Advocacy, Marketing, and Executive Committees, and helped FOW think about building diversity and access in the park and the organization, as well as integrating the park with the broader regional planning perspectives for public transit. “An adjunct professor at Temple University’s Fox School of Business, author, and social activist, Chris was a keen and wise contributor to the committees on which he served,” says Whetzel. “Little did we know this force would strengthen in 2016, when Chris chose to enter state politics.”

William M. Whetzel, a board member since 2005, was president and chair of the Executive Committee from 2014-2017. An investment advisor with the firm Mitchell Sinkler & Starr, he also served on the Executive, Development, Governance, and Budget and Finance Committees. Whetzel helped usher FOW through its transition to an organization with a fully professionalized staff. He also helped FOW’s Board transition into roles differentiated from staff responsibilities, particularly roles associated with fundraising and fiduciary responsibilities. Says Harbison, “Will was a stalwart leader as FOW managed robust growth and completed a thoughtful strategic planning process.”
**SUMAC IN SEPTEMBER: REFRESHingly HEALing**

By Maris Harmon
Summer Intern, Wissahickon Environmental Center

Autumn doesn’t have to mean that opportunities for harvesting fresh local fruit are over; there are still important berries to be found! One crowd favorite you can find locally are the berries of the staghorn sumac tree (*Rhus typhina*), native to Eastern North America and known for their velvety red clusters.

Its hairy stems resemble the horns of a male deer, from which it gets its name. They grow best in disturbed, well-draining soil and full sun, and are often found in meadow-like environments. Because of its ability to grow in such poor soil, it serves as an important agent in environmental rehabilitation.

In late summer/early fall, the sumac’s fruit grows red and full, ready to be plucked and savored. Make sure to taste a berry before claiming a cluster to ensure ripeness, marked by its tangy, lemony flavor. The staghorn sumac is not to be confused with poison sumac (*Toxicodendron vernix*), which has white berries and smooth stems, and is found in wetland habitats.

Sumac is a popular herb and dye in the Middle East, often used when making the spice Za’atar and cooking with white meats or fish. In North America the berries are more commonly served as a delectable tea, casually known as “sumac-ade.”

One of the most interesting things about the staghorn sumac is the medicinal properties it carries. The uses for the plant are seemingly endless when referenced in Native American medicine—as a treatment for diarrhea, blisters, asthma . . . the list goes on.

Studies are now being done on the measurable benefits of sumac with patients who live with type 2 diabetes. One study concluded that sumac significantly decreases blood sugar levels and susceptibility to cardiovascular disease over just a three-month period.

What we know for sure is that sumac is

- High in vitamin C
- Contains gallic acid (antioxidant, prevents cellular damage)
- Regulates blood sugar levels
- Lowers “bad” cholesterol (Apolipoprotein B)
- Works against Atherosclerosis (which leads to heart disease)
- Regulates the gut

Picking plants in the Wissahickon is not permitted, but next time you see these velvety treats in a legal harvesting zone, cherish the bounty. Soak some mashed berries in water for 24 hours, strain though a fine mesh cloth to separate the tea from the fruit’s fine hairs, and pour that refreshing elixir over ice for a delicious, healing tea in the waning heat of September!

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FOW celebrated its 11th Annual Ice Cream Social in Wissahickon Valley Park outside The Cedars House Café on Forbidden Drive. In addition to free ice cream, everyone who joined FOW on August 16 enjoyed games and environmental activities with the help of staff from FOW and the Wissahickon Environmental Center. Special thanks to FOW Trail Ambassadors and other volunteers who helped make the event a big success!
WHAT YOU NEED TO KNOW ABOUT PFOA AND PFOS

By Megan Carey, FOW Intern

Perfluorooctanoic acid (PFOA) and perfluorooctane sulfonate (PFOS) are potential contaminants in the Wissahickon watershed. This summer, FOW Intern Megan Carey surveyed recent discussion of this issue in publications and issued the following report.

In 2016 the EPA released new safety standards on the man-made chemicals known as perfluorooctanoic acid (PFOA) and perfluorooctane sulfonate (PFOS). These chemicals are used in the manufacture of products to keep food from sticking to cookware, make products stain resistant and waterproof, and (in foam form) help fight petroleum-based fires. Although no longer manufactured in the United States—due to a voluntary phase out in action, known as the PFOA Stewardship Program, which committed eight major chemical manufacturers to eliminate PFOA and PFOS by 2015—these chemicals can still enter the U.S. through imported products.

The largest issue with these pollutants is that they are persistent in the environment, meaning that they do not naturally break down in air, water, or sunlight.

Due to an increased awareness of the health effects of these chemicals, the EPA lowered the acceptable standards of 2009 to 70 parts per trillion (PPT). Instantly, cities and towns around the U.S. were dealing with water contamination crises, including the local Willow Grove Naval Air Station and Warminster’s Naval Air Warfare Center in Montgomery and Bucks Counties (both of which can impact the Wissahickon watershed).

When the Environmental Protection Agency (EPA) conducted their testing of various water treatment plants throughout the U.S., the water that was tested in Warminster, Warrington, and Horsham were included in the top ten list of communities with the highest levels of PFOS and PFOA, with levels reaching 11,000 PPT to 33,000 PPT. This new standard revealed that individuals who lived near or worked in the area were experiencing health issues related to the contamination, such as kidney disease, aneurysms, cancers, and reproductive problems. This discovery resulted in a class-action of 1,600 persons against a manufacturer of fire-fighting foam, stating that they should have known that their chemical would eventually break down into PFOS and PFOA and should have included a warning of its dangers on the product’s packaging.

Currently, the biggest question facing the community is how to remove the contaminants from water. Due to the water and lipid-resistant nature of PFOA and PFOS, many common treatments used to remove other contaminants from water do not work. Recently, a new renewable and inexpensive material was found that removes PFOA from water at a very fast rate. This polymer contains sites that bind PFOA strongly and removes the contaminant from water effectively reducing it to levels under 10 PPT.

With the increased awareness of PFOAs in the Philadelphia region and the U.S. as a whole, the research continues to grow and help develop ways to assist communities in their efforts to reclaim the purity of their drinking water.

Megan Carey is a junior at Trinity College majoring in Public Policy and Law and minoring in American Studies.

Sources:
- “Drinking Water Health Advisories for PFOA and PFOS.” EPA, Environmental Protection Agency, 12 July 2017, tinyurl.com/y6qewy64.
- “New Material Removes PFOA from Water to Levels Far Below EPA Limits, Researchers Say.” PhillyVoice, 8 June 2017, tinyurl.com/y2gt3gge.
- “With New EPA Advisory, Dozens of Communities Suddenly Have Dangerous Drinking Water.” The Intercept, 19 May 2016, tinyurl.com/y4vpt68s.
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 8+ are welcome if accompanied by a responsible adult. Walks are cancelled in heavy rain or icy conditions. For more information and to register, visit fow.org.

Hikes marked with \( \Rightarrow \) qualify for the All Trails Challenge!

Woods and Meadow Hike with Kimberly Quinn
Thursday, October 5 | 5:30-7:30 pm
Meet at The Cedars House, Northwestern Ave. and Forbidden Drive. (Cannot locate with GPS.)
3 miles
Hike through woods to the Andorra Meadow and then to the Wissahickon Environmental Center upon return. Learn about the former Andorra Nursery, visit the Tree House, and see the Great Beech and Fallen Magnolia. Level: moderate.

Wellness Walks in Wissahickon Valley Park with Kris Soffa
Wednesdays | 3:30-5 pm
September 20, October 18, November 15, December 20
Meet at Salvatore Pachella Field Pavilion: 6839 Henry Ave., Phila., 19128 (SEPTA Bus Route 27: Livezey Lane stop). The Pavilion is located at the north end of Pachella Field at Livezey Lane on Henry Ave. (South end of Pachella Field is Valley Ave. bus stop.)
2.5 miles
Join in a brisk nature hike to the historic Valley Green Inn and back. Learn about the natural world right here in the city. Children 12+ welcome if accompanied by a responsible adult. Level: moderate.

Walking Through Time in the Wissahickon Valley with Michael Kopena
Sunday, October 1 | 10 am-Noon
Meet at Historic Rittenhouse Town (Lincoln Dr. and Rittenhouse St.)
2.5 miles
This “walk through time” along one of the upper trails and Forbidden Drive will be spent exploring the multiple, interconnected layers of human and natural history that can be found in the Wissahickon. Ephemeral markers of seasonal change, modern usage and elements, legacies of colonial and Lenni-Lenape use, and geological records form a rich tapestry and provide many ways to enjoy the unique environment of the park. Bring a camera and wear sturdy footwear. This is part of Walk in Penn’s Woods, a state-wide event encouraging people to get out and participate in guided woods walks across Pennsylvania. Level: easy/moderate.

Progressive Relaxation/Yoga Nidra Session with Kevin Elkov
Sunday, October 8 | 4-5:30 pm
Meet on the back porch of the Wissahickon Environmental Center, located off Northwestern Ave.
Prepare yourself for deep relaxation and settle into autumn as Kevin leads you into a stress-free zone of profound relaxation. Bring a blanket, mat, and pillow. Children 13+ welcome who can lie still and follow directions.

Evening into Night: New Moon Contemplative Walk with Sarah Gabriel
Thursday, October 19 | 5:45-8:30 pm
Location will be sent to registrants a few days before the walk.
Slow down, turn off your phone, get quiet, and activate all your senses at this magical time of day in the Wissahickon. Bring a flashlight, an open mind, playful spirit, a journal or notebook, and something to sit on. Participants on previous walks have reported better sleep and a sense of calm that lasted for days. Registration is required for this hike.

Autumn Brilliance in the Wissahickon: An Easy Photo Walk with Bruce Wagner
Saturday, October 28 | 10 am-Noon
Meet at Valley Green Inn.
2 miles
From the brilliant ridge lines to the spectacular reflections in the creek, the Wissahickon is a wonderful place for autumn photography. This walk will use both Forbidden Drive and woody trails to find that shot you want to frame and send to your friends. Bring a camera. Children 8+ welcome, but must have patience to allow each photographer time for the “best” shot. Level: fairly easy, with rocky trails, slow pace.

Kid Friendly Hike with Marv Schwartz
Saturday, October 28 | 10 am-12:30 pm
Saturday, November 18 | 10 am-12:30 pm
Meet at Valley Green Inn.
2.5 miles
This hike takes participants along Forbidden Drive, Visit the Livezey Dam, Gorgas Creek Cave, and Fingerspan Bridge. We will stop to enjoy our snacks and continue on to Devil’s Pool and Pee Wee Rock upon return to the Inn. Level: moderate difficulty over some rocky trails.

Halloween Hike to The Lost Cave of the Wissahickon with Kris Soffa & Kevin Elkov
Sunday, October 29 | 5-7 pm
Monday, October 30 | 5-7 pm
Meet at front parking lot at 4900 Ridge Ave., Phila., 19127.
2 miles
As we look for bats and Edgar Allan Poe’s raven, you’ll join The Wild Woman of the Wissahickon on this spooky twilight hike to “The Lost Cave” of America’s first doomsday cult. As witches and goblins roam abroad in the land, will we encounter Poe’s raven, bats, owls, and perhaps even an apparition of the Hermit himself? Costumes suggested but not required. Bring a camera. Children 10+ welcome if accompanied by a responsible adult. Level: moderate.

Explore New Cresheim Trail with Cresheim Trail expert David Dannenberg & Kris Soffa
Wednesday, November 8 | 10 am-Noon
Meet under the railroad bridge across from 7619 Germantown Ave., Phila., 19119, at Cresheim Valley Rd. intersection.
2 miles
We will pass through varied ecosystems and hike two loops of the Cresheim Trail. This entirely volunteer-built, multiuse trail features several examples of various construction techniques and user-specific features, while passing seamlessly between an abandoned roadway and more natural topography. This section of the Cresheim Trail constitutes the Philadelphia and Wissahickon connection of the 8-mile long Cresheim Trail that will eventually stretch into Montgomery County connecting to the Green Ribbon Trail in Flourtown. Level: moderate.
Veterans Day Hike to the Toleration Statue with Kevin Eikov
Friday, November 10 | 10 am-Noon
Meet at the lower parking lot at Rittenhouse Town, 208 Lincoln Dr. (Use 6034 Wissahickon Ave., Phila., 19144, for GPS.)
2.5 miles
Walk with veteran and Trail Ambassador Kevin Eikov as we travel from Rittenhouse Town to the Toleration Statue. We will walk down to the Ten Box, along Forbidden Drive, across Kitchen’s Lane Bridge, and along the Orange Trail to the Toleration Statue. Some elevation on the Orange Trail and some difficulty in climbing to the statue. Enjoy the beautiful colors of foliage during this hike.

Looking Down by the Water’s Edge with Bruce Wagner
Saturday, November 16 | 10 am-Noon
Meet at Valley Green Inn.
3 miles
Have you ever explored the water’s edge? From several sites, our perception of the nature of the valley changes as we discover just what is down there from the banks of the creek or under the bridges. We will explore the Wissahickon’s edges from Valley Green to the Covered Bridge. We will be near the water, so waterproof footgear is recommended. Level: easy.

Name That Naked Tree with Wendy Willard
Sunday, November 19 | 1-3 pm
Meet at The Cedars House, Northwestern Ave. and Forbidden Drive. (Cannot locate with GPS.)
1.5 miles
How can you identify a tree once the leaves are gone? By examining bark, twigs, persistent leaves and fruit, and tree structure, and keeping your eyes wide open! Starting up toward the Tree House and along the paths parallel to the creek, we will find some of your favorite huge upland trees, standing tall or lying down. Returning on Forbidden Drive, we’ll observe some lowland trees that prefer damp feet, and many of them will be on the right side of the road. Level: easy/moderate (with a tad of patience for observation).

Trails Less Traveled IV: Icons of the Lower Wissahickon with Gerry Schweiger
Friday, November 24 | 1-3:45 pm
Meet at the parking lot on Gypsy Lane near northbound Lincoln Dr., opposite Wissahickon Hall.
4.25 miles
Most park visitations are to the points of interest along Forbidden Drive. We will visit less well-known places in the lower Valley, including the 100 Steps, Herm’s Cave, Lover’s Leap, and Rittenhouse Town. Note: There are several strenuous climbs.

Showing Off the New Trail Work with Bruce Wagner
Saturday, December 9 | 10 am-Noon
Meet at the park entrance at W. Mt. Airy Ave. (Street parking available.)
The FOW trail crews are doing fantastic projects all over the park, and a really good place to appreciate their work is around the White Trail between Mt. Airy Ave. and the Toleration Statue. We will hike those trails and enjoy some “special” discoveries along the way. Good hike for all ages. Level: moderate on good surfaces. Distance: 2.5 miles.

TA Field Report
Ambassadors: Gerry and Cathy Schweiger
Date: 11/18/17
Shift time: 12 – 2 pm
Zones: A (Northwestern) Mode of Transportation: Hike
Park Damage: (1) Trail boardwalk missing boards with exposed nails and screws on Orange Trail north of Bell’s Mill parking lot; (2) 40+ ft. pine tree down on switchback trail connecting old White Trail & Mt. Airy Ave.; (3) 25 ft. horse chestnut 1/4 mi. north of Lover’s Leap on Yellow Trail; (4) fallen trunk of large, dead tree on White Trail ~100 yards north of Westview Ave. trailhead; (5) fallen alder tree 50 yds. south of intersection of White Trail with stone step connector trail to Orange Trail.

Number of Interactions: 10
Dogs Off Leash: 4 Dogs On Leash: 6

The day was overcast, threatening rain, and extremely humid. Despite this, the forecast called for no rain until late afternoon, so there seemed to be a fair amount of activity in the park. We entered at Crefield and descended to the Orange Trail via the south Lavender Trail. We made our way to the Bell’s Mill parking lot and checked the port-a-potty which was in decent shape and close out the sunlight, two counterintuitive things seem to be happening. First, poison ivy is not as bad as usual. Again, I think this is because the canopy is preventing much sunlight from getting in. Second, poison ivy is not as bad as usual. Again, I think this is connected to the lack of sunlight.

I have never seen as much chipmunk activity as this year. They are everywhere on these overcast days. One oddity we saw some type of swallow up near the Mt. Airy trail pond.
**WHAT TO SEE IN THE WISSAHICKON**

By Wendy Willard, Trail Ambassador and Crew Leader

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**Fall-Blooming Witchhazel** (*Hamamelis virginiana*)

Our native witchhazel blooms in late autumn on 20’ to 30’ trees with broad, wavy leaves. The small, yellow flowers with four twisted, thread-like petals can be sweetly fragrant. Their elliptical capsules hold one to two black, shiny seeds and when drying, the contracting capsule can eject the seeds 30 feet. A fine example can be found in the moist soil along Forbidden Drive near Bell’s Mill Road. Legend holds that a forked branch can be used to locate underground water.

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**Arrowwood** (*Viburnum dentatum*)

This many branched 3’ to 8’ shrub, with lots of shoots emerging from the base, is distinguished by its clusters of round blue fruit. Native Americans used the straight young stem of arrowwood as arrow shafts. The opposite, toothed leaves are dull green in the summer, turning shiny, bright red in the fall, a great alternative to the invasive burning bush. Visit the large stand of burning bush along Forbidden Drive near Ten Box and you will understand why it should never be planted near the park.

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**Spicebush** (*Lindera benzoin*)

Common throughout the Wissahickon, the spicebush is especially easy to find in the fall, with its smooth, un-toothed yellow leaves and hard red fruit. Both leaves and fruit have a strong, spicy, citrus fragrance when crushed. Spicebush is known as the “forsythia of the wild,” because of its early spring clusters of yellow flowers that bloom before the leaves.

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**Staghorn Sumac** (*Rhus typhina*)

The staghorn sumac, found in the meadows, is a tall shrub or small tree with pinnately compound leaves that turn bright red, purple, and orange in the fall. A showy identification clue is the crowded, upright clusters of dark red fruit covered with dark red hairs. In the winter, the clusters stay attached, and the bare, hairy twigs resemble velvety deer antlers. Read more about the staghorn sumac on page 14!

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Wendy Willard is an FOW Crew Leader and Trail Ambassador, as well as Horticulturist and Landscape Designer of Hort.Landscape. You can reach her at mhbMBH@aol.com

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**NOTES FROM THE INTERN FILES**

By Emily Tronson, Scientific Literature Review Intern

In May 2017, I joined Friends of the Wissahickon as a scientific literature review intern. Although I spent most of my time in the office, my assignment for the first day was to wander Wissahickon Valley Park. Minutes after having started hiking along the Orange Trail, the roadside foliage around me morphed into a lush riparian forest. Coming from the drought-stricken shrublands of Los Angeles, I couldn’t recall having seen such verdure, through which creek currents and birdsong poured.

As a longtime admirer of ecology, I came to Philadelphia eager to read voraciously about the subject I loved, but now I was also motivated to understand what I could of the Wissahickon. Despite my profound lack of handiness, I was allowed to help out with trail maintenance on occasion. Working in the park has supplemented my understanding of certain problems facing the Wissahickon—problems discussed in the scientific literature I encountered. It’s one thing to read about the consequences of trampling off-trail soils or invasive hemlock woolly adelgids, and another to see switchback shortcuts stripped of vegetation, or scrawny hemlocks barely rebounding from the aphid-like pest.

My time at the FOW office was largely spent reading scientific publications and synthesizing their relevant methodologies and conclusions into focused literature reviews. Paper topics ranged from the interactive effects of deer herbivory and earthworm presence on the success of native species, to bird community abundance in parks with and without dog leash laws.

Over the summer, I completed three literature reviews: the first surveys the impacts of trail presence on the local environment; the second examines the differential consequences of hiker, biker, horse, and dog trail use; and the third explores invasive plant control methods. I have enjoyed learning more about the Wissahickon’s resilience and beauty, along with the many ways we can help preserve it.

Emily Tronson is a senior at the University of Rochester, where she is majoring in ecology and evolutionary biology and English literature.
Trail Ambassador Walks & Talks

Registration is recommended for hikes (required if indicated) so that participants can be informed of weather or other emergency cancellations. Unless otherwise specified, Trail Ambassador Hikes may be on rocky, rugged trails that may be wet and slippery. Wear sturdy shoes or boots with stocks. Long pants are recommended for protection against occasional poison ivy and possible ticks. Bring water and a snack if desired. Unless otherwise noted, children 6+ are welcome if accompanied by a responsible adult. Walks are canceled in heavy rain or icy conditions. To register, visit fow.org. More information on pp. 16-17 and at fow.org.

Hikes marked with qualify for the All Trails Challenge!

Hikes Less Traveled I: Monoshone Trail with Gerry Schweiger
Sunday, October 29 | 1-3:30 pm
Meet at Johnson St. between Wissahickon Ave. and Lincoln Dr. Johnson is one-way bet. Wissahickon and Lincoln, so enter Johnson from Wissahickon. Park on Johnson as close to Lincoln as possible.

2.5 miles
Did you know that there is a trail along the Monoshone Creek, or that trails lead up to the Yellow Trail from the Lincoln Drive bike trail? Children 10+ welcome if accompanied by a responsible adult. Note: Poison ivy is a hazard, cover legs and arms.

Halloween Hike to The Lost Cave of the Wissahickon with Kris Sofa & Kevin Elkov
Sunday, October 29 | 5-7 pm
Meet at front parking lot at 4000 Ridge Ave., Philadelphia, 19127.

2 miles
As we look for bats and Edgar Allan Poe’s raven, you’ll join The Wild Woman of the Wissahickon on this spooky twilight hike to “The Lost Cave” of America’s first domiciliary cult. Costumes suggested but not required. Bring a camera. Children 10+ welcome if accompanied by a responsible adult. Level: moderate.

Explore New Cresheim Trail with Cresheim Trail expert David Dannenberg & Kris Sofa
Wednesday, November 8 | 10 am-Noon
Meet under the railroad bridge across from 7619 Germantown Ave., Philadelphia, 19118, at Cresheim Valley Rd. intersection.

2 miles
We will pass through varied ecosystems and hike two loops of the Cresheim Trail. This section of the Cresheim Trail constitutes the Philadelphia end and Wissahickon connection of the 8-mile long Cresheim Trail that will eventually stretch into Montgomery County connecting to the Green Ribbon Trail in Flourtown. Level: moderate.

Veterans Day Hike to the Toleration Statue with Kevin Elkov
Friday, November 10 | 10 am-Noon
Meet at the kower parking lot at RittenhouseTown, 208 Lincoln Dr. (Use 6304 Wissahickon Ave., Philadelphia, 19144, for GPS.)

2.5 miles
Walk with veteran and Trail Ambassador Kevin Elkov as we travel from RittenhouseTown to the Toleration Statue. Some elevation on the Orange Trail and some difficulty in climbing to the statue. Enjoy the beautiful colors of foliage during this hike.

Looking Down by the Water’s Edge with Bruce Wagner
Saturday, November 18 | 10 am-Noon
Meet at Valley Green Inn.

3 miles
We will explore the Wissahickon’s edges from Valley Green to the Covered Bridge. We will be near the water, so waterproof footwear is recommended. Level: easy.

Name That Naked Tree with Wendy Willard
Sunday, November 19 | 1-3 pm
Meet at The Cedars House, Northwestern Ave. and Forbidden Drive. (Cannot locate with GPS.)

1.5 miles
How can you identify a tree once the leaves are gone? By examining bark, twigs, persistent leaves and fruit, and tree structure, and keeping your eyes wide open! Level: easy/moderate (with a tad of patience for observation).

Appalachian Mountain Club Delaware Valley Chapter amcdevil.org

Mondays
Wissahickon Wanderings. Join us for a hike of 5 miles on various trails throughout the beautiful Wissahickon Gorge. Distance depends on conditions and speed of group. Meet at 6:30 pm by Valley Green Inn. Bring water, snacks, and a flashlight. Bad weather may cancel. Check the status of the hike before 3:30 pm. Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20, 27, Dec. 4, 11, 18.

Philaventures waygay40.org

Sundays
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 so wear proper footwear. Meet at 2:00 pm at Cosimo’s Pizza, 6244 Germantown Ave. at Bethlehem Pike. Registration with hike leader required. Bert G. at bert@2345@comcast.net.

Hiking with Maura the Explorer
Last Friday of every month 10 am
Join FOW Executive Director Maura McCarthy for a hike in various sections of the Wissahickon. More info. at fow.org/events.
CALENDAR OF EVENTS IN THE WISSAHICKON

WISSAHICKON ENVIRONMENTAL CENTER

Programs are FREE unless noted. Registration strongly requested or required for most programs. Register early. Programs marked with * welcome children, but the content is not tailored to them.

**APPLE PRESSING ON FORBIDDEN DRIVE**
Saturday, September 23 • 1 AM - 3 PM
Join us on Forbidden Drive (near Northwestern Ave) 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 and delicious apple cider! No Registration. All Ages. Rain or Shine. FREE.

**HUNTER’S MOON/FULL MOON HIKE**
Wednesday, October 4 • 6:30 PM
Hike by the light of the full Hunter’s Moon and enjoy the peaceful sounds of the darkened forest. Discover the tree silhouettes against the moonlit sky, listen to the crunching sounds of the fallen leaves, or maybe hear the hoot of an owl. Registration required. Adults only. Space is limited. FREE.

**KIDS EXPLORE MEADOW MAGIC**
Saturday, October 14 • 10 AM - MOON
Ready for your kids just to be kids in the woods? Led by our staff, equipped with a tree Band-Aid, the kids will go climbing over fallen trees, scrambling over rocks, running through a field, playing in the leaves, and much more! Registration required. Ages 6-12. Drop-Off optional. FREE.

**HOUSTON MEADOW BIRD WALK**
Saturday, October 21 • 8 - 10:30 AM
Hosted by local birder Martin Seeber, these bird hikes take place during fall migration. Meet at Houston Playground, 900 Gralyn Ln., 19128, and check out the birds in Houston Meadow. Registration Suggested. All Ages. FREE.

**DAY OF THE DEAD VULTURE WATCH**
Wednesday, November 1 • 5 PM
Hosted by Environmental Education Planner Tony Croastal. We will bird our way to the meadow and then hopefully witness the large group of black vultures that we sometimes see herded for their roost. Registration suggested. Adults. FREE.

**ANDORRA MEADOW BIRD WALK**
Saturday, November 4 • 8 - 10:30 AM
Meet at the Tree House for a trip to the Andorra Meadow with local birder Martin Seeber during the late fall migration period. Registration suggested. All Ages. FREE.

**WINTER SABLE MAKING**
Saturday, November 4 • 2 PM
Winter is rough on the skin and the wallet, with bitter winds and expensive holidays. Treat yourself and your family to homemade soy lattes, infused with local medicinal plants—more effective and less expensive! Registration required. Adults and youth 12 & up. Space is limited. $5 BYO jar or $10 WEC-supplied jar.

**CANDLE DIPPING**
Saturday, November 18 • 1 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. Registration required. Ages 6 & up. Space is limited. $5 per person.

**SUNRISE/ MOONSET HIKE**
Monday, December 4 • 6:30 - 8 AM
Begin your day with a hike in the forest under the light of the full moon. The moon will set at 6:45 that morning, so come enjoy forest and meadow, watching the moon set and the sun rise. Registration required. Adults only.

**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. Registration required. Ages 3-5. Parents stay with their child. $5.00 per child/per lesson.

**SEEDS FOR SNACKS | SEPTEMBER 21 • 1 - 2 PM**
Sunflower and pumpkin seeds will be our snack, but the science of seeds is what we will explore.

**NIGHT-TIME NATURE | OCTOBER 19 • 1 - 2 PM**
Find out what happens in the forest when we are fast asleep.

**LITTLE LENAPE | NOVEMBER 16 • 1 - 2 PM**
Once upon a time in Lenapehocking . . .

**FOREST FareWELL | DECEMBER 14 • 1 - 2 PM**
Winter is near. Say farewell to our rivers, sweet dreams to our sleepers, and make a treat for our winter neighbors.

**RİMİSTİC RÍTTENHOUSETOWN**
Historic Rittenhouse/Ewen offers classes, workshops, and events for individuals and families to learn about the craft of hand papermaking and other aspects of Colonial life at the original Rittenhouse Family Homestead. Located on Lincoln Drive at Rittenhouse Street. Info. at 215-486-3711, program@rittenhouse.org, or rittenhouse.org.

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WISSAHICKON VALLEY WATERSHED ASSOCIATION
WWW 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 wvwa.org.

**RUNNING CLUBS**

**EVERY THURSDAY**
Wissahickon Wanderers Trail Run, 4-5 miles. Starts 6:30 pm sharp at Valley Green Inn. No Fees. All runners, speeders, skill levels welcome! Fun food and Cash Bar afterwards courtesy of the Valley Green Inn. For updates and more info visit w.Warnerrunningclub.org.

**EVERY SATURDAY**
Shawmont Running Club. Starts at Northwestern Ave. & Andorra Rd. Ninth north of Forbidden Drive. From the 2nd Saturday in May through the 2nd Saturday in October, start at 7:30 Am From 3rd Saturday in October, through 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 shawmontrunningclub.com.

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**FRIENDS OF THE WISSAHICKON**
FALL FEATHERED FRIENDS
SEPT. 16 • P.3
VALLEY TALK
SEP. 19 • P.5
WHISPERS ALONG THE WISSAHICKON
OCT. 27 • P.3
VALLEY TALK
NOV. 2 • P.5
WINTER IN THE WISSAHICKON
DEC. 2 • P.2

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FOR A LISTING OF MORE EVENTS, VISIT FOW.ORG/EVENTS.
JOIN US ON FACEBOOK, TWITTER, AND INSTAGRAM

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Friends of the Wissahickon Membership Form –

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

MEMBERSHIP LEVEL

☐ $20 Limited Income/Students ☐ $45 Basic ☐ $75 Family* ☐ $10,000 or above

☐ $100 Contributing* ☐ $250 Sponsor* ☐ $500 Patron* ☐ $2,500 or above

☐ Society of Generous Friends* ☐ $1000 ☐ $2500 ☐ $5000 ☐ $10,000 or above

*Choice of:

☐ Hat ☐ T-Shirt (circle size)

☐ Good Night Wissahickon Valley Park ☐ Map (black) S M L XL

☐ Please keep the premium and ☐ Devils Pool (green) S M L XL
use the entire membership fee for the Park.

☐ Night-time Nature | October 19 • 1 - 2 PM

Name______________________________

Street ________________________________

City ___________________________ State ______ Zip Code ______

Phone (Home) ____________________ (Work) ______________ E-mail _____________________________

I also want to help Friends of the Wissahickon with:

☐ Membership ☐ Fundraising

☐ Community Outreach ☐ Education

☐ Trail Repair ☐ Structures Repair

☐ Clean-up ☐ Wine Removal

☐ Wildlife

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, calendar, 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 tree T-Shirt OR one child’s books. Contributing members and above ($100 or more) receive all benefits of Basic membership plus choice of hat OR T-Shirt OR one child’s books.

Method of Payment

☐ Check Enclosed (payable to Friends of the Wissahickon)

☐ Charge my ☐ VISA ☐ Mastercard ☐ AmX ☐ Discover

☐ Auto-renew my membership annually (credit card info. required)

Card Number____________________________

Expiration Date____________________________

Signature____________________________

Please return to: 40 W. Evergreen Ave., Suite 108, Philadelphia, PA 19118-3324 • tel 215-247-0417 • office@fow.org • fow.org

Contributions to 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.
CALENDAR OF EVENTS IN 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 on-going reforestation activities. Project details and directions to the worksite will be posted on the WRV website at least one week prior to the event. wissahickonrestorationvolunteers.org. For info. and to RSVP contact WRV at 215-591-0330, ext. 2101 or wrvinfo@fow.org.

TUESDAYS
Join us for structure repair and construction from 9 am to 1 pm. For more information or to volunteer, contact Field Coordinator John Holback at holback@fow.org or 215-381-2947.

THURSDAYS
Join FOW Thursdays for a morning of trail maintenance in the park! Work will consist of regular trail maintenance projects including repairing drains and grade reversals, repairing stone work, narrowing widened trails, and emergency trail repairs. Meet at Frances Field (9101 Henry Ave.) at 9:15 am and plan on being on the trails starting at 9:30 and back at Frances by 11pm. For more information or to volunteer, contact Volunteer Coordinator Christina Anthony at anthony@fow.org.

SATURDAYS
There’s no better way to be friends than to help us in the park with trail maintenance, invasive weed removal, planting, and general clean-ups from 9 am to 1 pm. For more info. or to volunteer, contact Volunteer Coordinator Christina Anthony at anthony@fow.org.

FIRST SATURDAY OF EVERY MONTH
Wissahickon Restoration Volunteers (WRV) lead a service project from 10 am-12 pm as part of their on-going reforestation activities. Project details and directions to the worksite will be posted on the WRV website at least one week prior to the event. wissahickonrestorationvolunteers.org. For info. and to RSVP contact WRV at 215-591-0330, ext. 2101 or wrvinfo@fow.org.

THIRD SATURDAY OF THE MONTH
Join Friends of Cresheim Trail to improve the trails in the Cresheim Creek area. Meet at the entrance at Lincoln Drive and Allen’s Lane at 10 am; Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, and long pants and long sleeves to protect against poison ivy. Tools and gloves provided at the entrance $5 BYO Jar or $10 WEC-supplied jar.

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CANDLE DIPPING
SATURDAY, NOVEMBER 11 • 1 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 indoor program. Registration required. Ages 6 & up. Space is limited. $2 per person.

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

NEW PROFIT ORGANIZATION
U.S. Postage
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Philadelphia, PA 19118-3324