Summer. For many people, it signals that it is time to slow down a bit from our usual hectic pace and enjoy some extra time with family and friends with a backyard barbecue, a trip to the beach, or a long hike or ride (on bike or horseback) in the Wissahickon. It's our peak season in the park, and FOW wants you to enjoy every minute you spend there. That's why safety is our top priority. Please read the article on the recent fire in the Wissahickon (p. 8) and important messages about summertime safeguards.

In this issue of the newsletter, you’ll also see that we included our annual report for 2017, and we encourage you to take some time to read about the significant work we’ve accomplished over the past year and our plans for the future with a New Vision for Stewardship. For an update about the extensive work on one of our major improvement projects, the Mt. Airy Connector Trail closure, see the article on p. 4.

We continue our focus on the Strategic Blueprint 2018-2020, which we introduced in the winter issue of the newsletter. This document outlines FOW’s three interlocking strategic priorities: to create and maintain safe and attractive infrastructure, provide a wide range of engagement opportunities for the public, and foster an ecologically diverse and functional habitat.

Under the infrastructure banner, we presented in our last issue an overview of five priority projects FOW is planning to complete as part of the Sustainable Trails Initiative (STI). In this issue, we continue our Strategic Blueprint focus with a feature on engagement (p. 10), featuring a new educational program, Little Friends of the Wissahickon. We introduced this pilot program for young students in the spring, and are excited about engaging future park stewards. We hope the Little Friends program will inspire an appreciation of nature in these young park users.

Speaking of environmental education, the latest news from the Wissahickon Environmental Center (p. 13) concerns the opening of the Little Tree House Library. Thanks to the Andorra Branch of the Free Library and Friends of Andorra Library, this small replica of the main Tree House provides books for all members of the family to enjoy and more ways to connect with our community.

At FOW it’s our overarching goal to grow engagement through inspiration. Consider joining us at a variety of events in and about the Wissahickon, or becoming a member. You’ll gain many opportunities to learn, have fun, make new friends, and help protect this unique and wondrous treasure. Have a relaxing, safe summer!

Maura McCarthy
Executive Director
SPRING VALLEY TALKS

FOW hosted Ruth Pfeffer, owner of Birding with Ruth and creator of the birding program at the Morris Arboretum, at a Valley Talk on April 17. She discussed the many bird varieties that live or nest in, or migrate through, Wissahickon Valley Park, especially warblers and other songbirds returning from their southern winter homes. The talk was sponsored by Chestnut Hill Hospital. Pictured are (from left): John Cacciamani, MD, President and CEO of Chestnut Hill Hospital; Ruth Pfeffer; Catherine M. Brzozowski, Director of Marketing and Public Relations for Chestnut Hill Hospital; and Maura McCarthy, Executive Director of FOW.

BRIEFLY NOTED

WINTER STORM CLEANUP:

58 TREES AND COUNTING

FOW’s valiant volunteer sawyer team hit the trails more than 30 times between January and April to clear fallen trees from the upper trails. The Wissahickon Valley lost dozens of canopy trees throughout the park because of two significant late winter storms. While the FOW sawyers team worked the upper trails, Philadelphia Parks & Recreation (PPR) District 4 staff cleared dozens of trees from Forbidden Drive and other areas of the park. The FOW sawyers tackled the remaining scattered fallen trees through late spring and PPR anticipates overall storm cleanups will continue into the summer. Thanks once again to volunteer sawyer team leader Chuck Kirkland and team members Ken Rymdeko, Karl Scheuerman, Dave Dannenberg, and Jeff Frazier.

JOIN US FOR OUR

ICE CREAM SOCIAL.

WEDNESDAY, AUGUST 15

3PM-5PM

THE CEDARS HOUSE CAFÉ
200 W. NORTHWESTERN AVE. PHILA. 19128
(ON FORBIDDEN DRIVE JUST SOUTH OF NORTHWESTERN AVE.)

Join us for a lovely afternoon of free ice cream, live music, and nature activities for the whole family with FOW staff and volunteers and the staff from the Wissahickon Environmental Center.

FRIENDS OF THE
WISSAHICKON
fow.org

SPRING VALLEY TALKS

FOW hosted Ruth Pfeffer, owner of Birding with Ruth and creator of the birding program at the Morris Arboretum, at a Valley Talk on April 17. She discussed the many bird varieties that live or nest in, or migrate through, Wissahickon Valley Park, especially warblers and other songbirds returning from their southern winter homes. The talk was sponsored by Chestnut Hill Hospital. Pictured are (from left): John Cacciamani, MD, President and CEO of Chestnut Hill Hospital; Ruth Pfeffer; Catherine M. Brzozowski, Director of Marketing and Public Relations for Chestnut Hill Hospital; and Maura McCarthy, Executive Director of FOW.
The goals of the Sustainable Trails Initiative (STI) are to improve stormwater management, habitat, user experience, and fiscal management of the 50+ miles of natural surface trails in Wissahickon Valley Park. A comprehensive assessment of trail and habitat conditions in the park area between Mt. Airy Avenue and Kitchen’s Lane identified a series of improvement projects, which have been sequenced by priority.

In spring 2016, FOW closed an eroded multi-use segment of the White Trail and built a new sustainable alignment. In spring 2017, a new sustainable pedestrian/equestrian connector trail was built to replace an unsustainable trail with both erosion gullies and flat, chronically wet segments. Last fall FOW met on-site with park equestrians to walk the trails. Thanks to equestrians Dave Driscoll, Sanna Randall, and Mason Barnett for their insights, and to Diane Garvey for getting the discussion started. We were then ready to plan for the trail closure in spring 2018.

**PREPARATIONS**

The main objective with this 1,500-linear-foot trail closure is to restore native habitat by erasing the scar on the landscape. The first task was to reestablish the grade across the trail tread, connecting it to the grade on each side. Soil was added where there were erosion gullies, and where the trail was flat, the tread was scarified to a depth of 8–12 inches to help “decompact” the soil.

The entire site preparation effort took about 150 hours of labor, mostly by volunteer Crew Leaders using a large capacity Canycom hauler and two mini skid steers.
Fill soil for the erosion gullies was stockpiled on the Mt. Airy gravel trail. Some of this soil was salvaged from the Andorra Stormwater Management project (see p. 11), while nearly 300 cubic yards was supplied by the Philadelphia Water Department. A mix of topsoil and wood chips, some supplied by Philadelphia Parks and Recreation, was added to the topsoil for planting, which boosted its organic value.

The entire site preparation effort took about 150 hours of labor, mostly by volunteer Crew Leaders using a large capacity Canycom hauler and two mini skid steers. Working in small groups over the course of three weeks, Crew Leaders Dave Dannenberg, Marc Snyder, John Cassidy, Dan Mercer, and Mike McBride assisted FOW’s Field Operations Manager John Holback to get the job done.

To prepare for seeding and mulching, FOW identified a short list of understory sedges, grasses, and forbs that are native plants to Wissahickon Valley Park and appropriate for the site. With the help of professional consultants, FOW finalized a custom blended seed mix that included autumn bent grass, partridge pea, black cohosh, Virginia wild rye, path rush, beaked panic grass, white (silver rod) goldenrod, and early goldenrod. With 30 pounds of seed mix and 20 bales of wheat straw mulch, we were ready for the big workday.

**OUR WORK CONTINUES**

Over the summer, FOW will be monitoring seeding, removing invasive plants, and getting ready for installing dozens of native trees and shrubs along the former trail corridor in fall 2018. It will be a busy summer!

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**FOW WELCOMES NEW STAFF MEMBERS**

Shawn Green is FOW’s new Volunteer Coordinator, responsible for facilitating and leading public volunteer workdays, as well as volunteer outreach and educational programming. Before joining the FOW staff, he was the Assistant Registrar at the University of the Arts, a Trail Ambassador, and member of the Bluebird Box Monitoring Crew at FOW, and a Tree Tender with the Pennsylvania Horticultural Society. Shawn is an avid hiker, backpacker, and overall Wissahickon enthusiast. He earned a BA in Film and Media Arts from Temple University and spends much of his free time on various creative projects like creative writing, photography, and homemade board games.

FOW’s new Development and Outreach Assistant Cesali Renn is responsible for gift and volunteer data processing to ensure accurate and timely recording, reporting, and acknowledgment. Previously, she was a Communications Support Intern for the Leeway Foundation, an organization supporting women and trans artists and cultural producers in the Greater Philadelphia community. A graduate of the California College of the Arts with a BA in Fine Arts, Cesali also works as a freelance graphic designer.

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**REMEMBER**

**2018 BIENNIAL WISSAHICKON PHOTO CONTEST**

The Biennial Wissahickon Photo Contest ends October 15. Head to the woods with your camera and send in your best shots! Visit fow.org for complete rules and details.
How do you volunteer with FOW?
I volunteer with FOW [as a Crew Leader] to work on and around the trails, leading small groups and doing things like trail building or maintenance, removing invasive species, planting, or doing cleanups.

What do you love about Wissahickon Valley Park?
I think it’s pretty amazing that there’s this huge area within the city where I can go to take a walk in the woods, see some wildlife, and get some fresh air. And friends from other parts of the city can join me easily; we can pick an area of the park to explore for an afternoon without having to make a big trip to do it.

What is one of your favorite moments from volunteering with FOW?
I really enjoy those moments when a group of us is working, and one of the FOW staff or Crew Leaders takes a minute to point out something in the park, such as a native azalea or the trilliums that just started blooming. I think it reminds all of us who are volunteering that this is a special place, and that’s why we’re doing this work.

How do you think FOW contributes to the Philadelphia community?
Having the Wissahickon as this great park so close to a large population means that lots of people from different places within and around the city use the park, and FOW works hard to keep the park enjoyable for those using it now and to sustain it for those who will use it in the future.

What is your favorite spot in the park?
I really love a section of trail in the lower part of the park, near the mouth of the creek, between the Hermit’s Cave and Lover’s Leap. Besides being the first place I got to know in the park, entering from Sumac Street or Daisy Field, there’s a lot of great stuff to see there. Near the cave, there’s a great view across a ravine, and at the top of the hill past the Hermit Cave, there’s a flat, sunny, “piney” section. Walking under the Henry Avenue Bridge and looking across to the other side is pretty impressive, and from Lover’s Leap down the hill, it’s nice and wooded with some big rocks that give short-legged people like me a good workout.
We enjoyed a crisp spring morning hike on the trail through Andorra Meadow and returned to Cedars House on the Orange Trail along the Wissahickon Creek from Bell’s Mill Road. We were thrilled at the sighting of phoebes and wood ducks and the sounds of pileated woodpeckers at several points along the trail. We filled a plastic shopping bag with trash we picked up along the way.

You can do it! If you love the Wissahickon, try exploring all 50 miles of the park’s scenic trails with the third annual All Trails Challenge (ATC) and support FOW’s ongoing stewardship to preserve this urban oasis for generations to come. Whether you hike, run, or ride (bike or horseback), this exciting four month fitness event invites people of all ages and fitness levels who love the outdoors to participate. ATC 2018 kicks off on August 20 for members and September 4 for non-members, with a kickoff party on September 6 at Wissahickon Brewing Company.

FOW is proud to welcome Univest as lead sponsor, along with additional sponsors Kouvenda Media, Old York Advisors of Raymond James, and Skytop Lodge. Sponsorship opportunities for this popular event are still available by contacting Lorraine Awuku at awuku@fow.org.

Visit fow.org to register, learn more about the launch, and keep up-to-date on special ATC activities and prizes, such as mileage and fundraising incentives, giveaways, and scheduled hikes and walks.
In April, a fire burned about a half acre of land in a secluded area off an upper trail near Devil’s Pool. Fortunately, no one was hurt, and the damage was minimal and likely short-term. But the incident was troubling for what could have happened and underscores FOW’s paramount responsibility: the safety of the park’s visitors and habitat.

Wissahickon Valley Park may feel out-of-the-way, but it is surrounded by residential communities, to which a fire could easily spread. Accessibility is also a concern—there are no direct roadways and only a few direct parking areas, so emergency vehicles and personnel have difficulty getting in and out of many areas of the park, especially around Devil’s Pool. There is also no cell service. All of these factors can delay emergency personnel reaching a fire or rescuing injured or trapped park users.

FOW understands the desire for people to spend time in the Wissahickon, especially during the lovely, longer days of summer, but it is important for everyone to use the park in a safe and responsible way. That is why campfires are not allowed anywhere in the park, and grilling is only permitted in designated areas where grills are provided (you can find them next to picnic benches). Enjoy your refreshments at these spots, but please remember to carry out what you carry in or use the trash cans.

Trash left from careless use is an ongoing problem in the park, and not just cups or bottles. Debris damages the forest and the creatures that live there, as well as the Wissahickon Creek, which provides drinking water to one-third of Philadelphia.

**TIME FOR LYME**

**YOU KNOW THE DRILL:**

- Wear long sleeves and pants or repellent (with 20 percent DEET), as well as sturdy, protective shoes or boots to prevent tick (as well as potential West Nile-carrying mosquito) bites.
- Shower and wash your clothes soon after returning home to remove ticks.
- Conduct a tick check (they like warm, moist places); remove any ticks with tweezers.
- Call your doctor if you develop a fever or rash.
- Learn more at City of Philadelphia, Department of Public Health (phila.gov/health).

**PLAY IT SAFE IN THE PARK THIS SUMMER**

- Parking lots are the major areas of crime in the park, especially from April to October. Do not leave valuables (purses/wallets, cell phones, etc.) in plain sight in your car. Lock doors and carry keys with you. If your car is broken into, call 911. Stay until the police arrive.
- Out on the trails, it is best to exercise with a buddy.
- Trust your instincts—if you sense trouble because of a person or a place, leave. Report any suspicious activity by calling 911.
- In the event of a crime, illness, or injury, help is available:
  - Help Locators are listed on new signs posted throughout the park at major trail intersections.
  - If you cannot call 911 or the Rangers, find an FOW Trail Ambassador for help or to report any problems.
  - For any non-emergent issues (or to subscribe to get FOW text updates), text WISS to 267-966-2207.

**BETTER SAFE**

While Wissahickon Valley Park is a remarkable place to get away from it all, it is located in a big city. Despite our best efforts, sometimes things happen, so please keep this important safety information in mind:

To promote safety and adherence to park and city regulations, Philadelphia police officers and Park Rangers, in partnership with FOW staff and volunteers, will have a greater presence in the Wissahickon this summer. But we need everyone’s help in keeping the park beautiful, fun, and safe during the summer season and all year long.
NO SWIMMING HERE

Devil’s Pool is a beautiful and secluded spot to spend a summer day, but it is also a dangerous—and illegal—place to swim. Strong currents can lead to drowning, submerged objects can cause severe injury when jumping into the water, and poor water quality can result in skin infections and/or gastrointestinal distress. Because it is not a designated swimming area, it is unsupervised and not easily accessible to emergency personnel.

To cool off from the summer heat, FOW encourages using local public pools instead of the Wissahickon, such as the following:

HILLSIDE RECREATION CENTER
201 Fountain Street
Philadelphia, PA 19128
215-685-2595

KENDRICK RECREATION CENTER
5822 Ridge Avenue
Philadelphia, PA 19128
215-685-2584

PLEASANT PLAYGROUND
6720 Boyer Street
Philadelphia, PA 19119
215-685-2230

FOW’s most popular post so far this year reached 11.5K people on April 1 (April Fools’ Day). It asked visitors to observe signs in the park cautioning them not to disturb the habitat of the tardigrades, who prefer moist environments but can survive in a wide range of temperatures and situations. Often called water bears or moss piglets, tardigrades are harmless, near-microscopic animals with long, plump bodies and scrunched-up heads. They have eight legs, and hands with four to eight claws on each. These tiny, oddly cute animals are almost indestructible and can even survive in outer space. They haven’t yet made it to the park, but if we protect their habitat, who knows? Read more about tardigrades at https://www.livescience.com/57985-tardigrade-facts.html

At Univest, we’ve dedicated ourselves to supporting the communities we serve for more than 140 years, holding true to the values and principles that helped shape us. It’s why wherever you are in life or business, you can bank here to get there.
In its winter newsletter, Friends of the Wissahickon introduced the Strategic Blueprint 2018-2020, which outlines three interlocking strategic priorities: to create and maintain safe and attractive infrastructure, provide a wide range of engagement opportunities for the public, and foster an ecologically diverse and functional habitat. The spring issue of the newsletter outlined five priority projects FOW is planning to complete as part of the Sustainable Trails Initiative (STI), an infrastructure program. The series continues in this issue with a focus on an engagement program.

Engaging Future Park Stewards

FOW’s newest engagement opportunity—Little Friends of the Wissahickon—was born out of FOW’s Good Night Wissahickon Valley Park, a board book published in 2016 that takes preschoolers and their parents on an engaging and colorful hike through the park. The book received overwhelmingly positive feedback. “If kids could get so excited about the park on paper, imagine what could be achieved if they experienced it in person,” said Executive Director Maura McCarthy.

Philadelphia has one of the greatest park systems in the country, yet many residents are either unaware of or disconnected from our public green spaces. The need to address this problem, coupled with children’s enthusiastic response to Good Night Wissahickon, led to the creation of the Little Friends of the Wissahickon. The goal of the program is twofold: to introduce Philadelphia’s public school kindergartners and first graders to Wissahickon Valley Park and inspire them to explore and experience the wilderness in their own city. It is being conducted in advance of a deeper consultant analysis of barriers to community engagement in Philadelphia’s public parks, and outcomes from the program will inform this research and future programming.

FOW was excited to partner with four local elementary schools—John Story Jenks School, Anna B. Day School, Anna L. Lingelbach School, and John B. Kelly School—to launch the pilot program this past spring. Little Friends features Wissahickon-themed natural science activities, using Good Night Wissahickon and the FOW trail map as visual guides in conjunction with an in-school program and a field trip to the park. Understanding the challenges that most public schools face when going on a field trip, FOW provides transportation and partners with the Wissahickon Environmental Center (WEC) to provide this educational programming free of charge.

Sharing the park’s treasures with children presents an opportunity to also reach their families—the students bring the information home, where parents, siblings, and extended family may be encouraged to take advantage of this amazing asset at their disposal and visit the park on their own.

Designed to start families on their own journey of discovery of the natural world together, the program also offers important physical and emotional benefits. Introducing children to natural spaces and instilling in them knowledge about, appreciation of, and respect for the planet, creates citizens who are engaged in the preservation of environmental resources. It is FOW’s hope that Little Friends is helping build the next generation of stewards for the Wissahickon Valley.

Initial reviews from the first public school classes to participate in the program indicate that this hope may already be a reality. One kindergarten teacher from the Lingelbach School thanked FOW for the Tree House tour.
Engaging Partners

FOW believes that strong partnerships strengthen the park’s infrastructure and capital resources, which increases the impact of the organization’s work. The implementation of Little Friends would not have been possible without the enthusiasm and support of multiple partners—both new and existing—especially the School District of Philadelphia. Thanks to Little Friends, FOW has proudly become an official Philadelphia Public School Partner and looks forward to furthering its relationship with local schools for volunteer service in the park.

FOW’s partnership with the WEC and the completion of a full-scale restoration of the Tree House in 2015 paved the way for programs such as Little Friends. As one of three environmental education centers operated by the City of Philadelphia in watershed parks, the WEC is a key means of communication with children and families about the importance of wildlife and habitat in the Wissahickon. Its location at the intersection of Philadelphia and Montgomery counties also serves as an important visitor access point. The restoration project, with the addition of a green roof to reduce the building’s impact on the park’s sensitive habitat, contributed to making the WEC a welcoming and dynamic place to engage the community.

Another significant FOW improvement project will also positively impact the area surrounding the WEC. The nearly-completed first phase of the Stormwater Management and Sediment Reduction Project in Andorra, takes a watershed approach to mitigating damage from uncontrolled surface stormwater flows originating from Northwestern Avenue. It will greatly decrease sedimentation that flows into the Wissahickon Creek, greatly increase the quality of the day-use area of the WEC and adjacent trails, and provide additional outdoor educational opportunities for visitors to the Andorra Natural Area.

The seed money for the Little Friends program was provided by a grant from the John S. and James L. Knight Foundation. The Little Friends is also supported in part by contributions made through Pennsylvania’s Educational Improvement Tax Credit (EITC) program. A gift to FOW earmarked for the Little Friends of the Wissahickon can provide businesses with a substantial tax credit while helping secure funding for the program’s continuation in the fall 2018 and spring 2019 school semesters, and possibly beyond. A company can receive Pennsylvania state tax credits equal to 75 percent of its contribution(s) up to a maximum of $750,000 per taxable year, and this can be increased to 90 percent of the contribution if a company agrees to provide the same amount of support for two consecutive years.

Interested first-time applicants must apply to the Department of Community and Economic Development for the EITC by Monday, July 2, 2018. For more information, visit fow.org/eitc. To help organize your business’s contribution or ask any questions, contact FOW Development Manager Giulia Morrone at morrone@fow.org.

For teachers who would like to connect their schools with the Little Friends program, or for individuals or companies interested in sponsoring a school, please contact FOW Development Manager Lorraine Awuku at awaku@fow.org.
On beautiful summer weekends, when the Valley Green parking areas are overflowing with cars and people, it might seem hard to believe that just a short distance away is a quiet, lesser-used entrance to the park. Adjacent to Springside Chestnut Hill Academy (SCH), and nestled along the curve where Cherokee Street turns into W. Hartwell Lane, sits a lovely little trailhead. It’s a short walk from the St. Martins train station on the Chestnut Hill West Line, and from the trailhead, it’s a short hike to popular spots like Valley Green Inn, Magargee Dam, the Rex Avenue bridge, and the Tedyuscung statue.

Upon entering the forest at this trailhead, you’re immediately greeted by tall trees and the soothing sound of the Hartwell Run—the sweet embrace of nature! A minute down the path, it’s easy to forget that you’re in the sixth largest city in the country.

One of the most wonderful things about the trail system in Wissahickon Valley Park is its endless options—you can easily create loop hikes of varying distances and terrains—and starting at the Hartwell Lane trailhead is no exception. Within a few minutes of walking down the Hartwell Lane access trail, you’ll be met with a few options. To the left, you’ll find two trails that take you onto the SCH property, the second of which is a beautiful boardwalk recently funded by the SCH Parents Association that zigzags along Hartwell Run. If you instead continue down the access trail, there’s a fantastic little connector trail on the right that leads to the higher elevation White Trail. If you skip those trails, you can continue down the access trail into the gorge, where Hartwell Run eventually meets the Wissahickon Creek. From that spot, you can turn left and take the Orange Trail downstream to Valley Green Inn, or turn right and follow either the (lower) Orange Trail or (upper) White Trail upstream.

When hiking on trails, remember to wear firm hiking boots or sneakers, bring a bottle of water, and watch where you step to avoid poison ivy, stepping off trail, or twisting your ankle on the rocks. I recommend taking a map with you so that you can easily find your way and plan a hike of your own. Or, if you’re more adventurous, just follow a trail and see where it takes you!

Below is a description of my favorite hike starting from the Hartwell Lane trailhead:

About 0.3 miles from the trailhead, turn right onto the connector trail. This dips down briefly to a serene spot along the stream before climbing up and curving around to a footbridge that leads you onto the White Trail. This section of the trail is scattered with dramatic changes in elevation, beautiful views, and giant poplar trees. If you prefer less people on your outings into the Wissahickon, the White Trail is for you. A little less than a mile after getting onto the White Trail, you’ll find yourself at the Rex Avenue trail access—turning left will take you down to the historic bridge. At this point, you have more choices to make! For a shorter hike, skip the next paragraph.

For a longer hike, cross the Rex Avenue trail access to continue on the White Trail. This will take you on a steep 150-foot uphill climb to the iconic Tedyuscung statue, a perfect place to stop and have a rest. Continuing down the White Trail, about a half mile from where you crossed the Rex Avenue trail access, turn left and head downhill along the old Thomas Mill Road to the Red Covered Bridge—the only covered bridge in a major US city! Here, you have the option to cross the bridge and take an easier stroll along Forbidden Drive, but I recommend taking the Orange Trail downstream about a half mile back to the Rex Avenue bridge.

From the Rex Avenue bridge, take the Orange Trail downstream. This section of the Orange Trail is rugged and stunning—it runs close to the bank of the Wissahickon Creek and provides a mix of fascinating Wissahickon geology, rhododendron (which bloom around early June), hemlock trees, and cool, creek breezes. By the Magargee Dam, you’ll find a bunch of great spots to sit and relax and enjoy the rush of water. About a mile from the Rex Avenue bridge, the Orange Trail connects with the White Trail at the bottom of Hartwell Run. Follow that trail access uphill along the Hartwell Run, out of the gorge, and back to the Hartwell Lane trailhead.

**Longer Loop:** about 3.8 miles • **Shorter Loop:** about 2.7 miles
The summer is upon us at the Tree House, and the forest is full of life. There is adventure on every trail, and every day a new discovery. Our newest discovery for visitors is a small library on our back porch. Thanks to the Andorra Branch of the Free Library of Philadelphia and the Friends of Andorra Library, the Wissahickon Environmental Center (WEC) has its very own Little Tree House Library. The library, a small replica of the Tree House, holds books for children, adults, and families to enjoy at the Tree House, borrow and read at home, or exchange with a book they would like to share with our Tree House friends.

The donation of the library, books, and new reading discoveries is part of a larger grant that also brought the Birding Backpacks to Andorra Library (see FOW spring 2018 newsletter). In 2016, JoAnne Woods, Branch Head at the Andorra Library, wrote a proposal to launch a “Free Library of Nature.”

“The comprehensive proposal included many equipment, installation, and programming ideas, including the birding backpacks and the little library,” Woods said.

Martha Raively, member of the Friends of Andorra Library, explained that when Andorra’s proposal to launch a Free Library of Nature was only partially funded internally, the Friends group was still happy to support it.

“A Little Free Library located at the Wissahickon Environmental Center seemed a perfect marriage of books with nature,” she said.

Raively also said that the Friends of Andorra Library were especially delighted with the efforts of the woodworkers to match the little library’s design with the WEC’s tree house theme.

After extensive research, Trish Fries, Environmental Education Specialist at the Tree House, found woodworker James Wall on Esty. He was excited to take on the challenge of designing and building a replica of the Tree House. Fries sent Wall photos of the Tree House and a budget, and he graciously created this steeply discounted masterpiece. And, of course, our library would not be standing if not for the talents of woodshop volunteer John Dickson.

The Free Library of Nature was partially funded by a grant from the Knight Foundation, which provided the Birding Backpacks. In order to complete the little library portion of the initiative, the Friends of the Andorra Library received a grant from the Philadelphia Activities Fund through Councilman Curtis Jones Jr. of the 4th District.

Woods said she is thankful for the current funding and hopes to continue to find additional funding to expand this initiative.

Books, summer afternoons, and shade trees go hand in hand in the summer, relaxing the body and awaking the soul. Visit our Little Tree House Library to discover adventures in the Wissahickon—not just in the woods, but also in the words of a favorite book.

Christina Moresi, M.Ed., is an Environmental Education Planner at the Wissahickon Environmental Center.

The library, a small replica of the Tree House, holds books for children, adults, and families to enjoy at the Tree House, borrow and read at home, or exchange with a book they would like to share with our Tree House friends.
Registration is not required but recommended in the event of cancellation. Unless otherwise noted, walks are on rocky, rugged trails that may be wet, slippery, or steep. Wear long pants for protection against poison ivy and possible ticks, as well as sturdy, protective shoes or boots. Bring water. Walks suitable for children are noted in their descriptions. Walks are cancelled in the event of heavy rain and/or dangerous driving conditions. Visit fow.org to register.

Meanderings in the Wissahickon with Shelly Brick
Fridays, June 15, July 13, August 3, September 7 • 1-3 pm
Meet at Kitchen’s Lane Parking Area.
July 13—Meet at Chestnut Hill Avenue Trailhead.
August 3—Meet at intersection of Wayne Avenue & Allens Lane.
September 7—Meet at Rex Avenue Trailhead.
Join FOW TA Shelly Brick for a hike through our beautiful park. We will explore a variety of locations and “talk story,” a Hawaiian tradition. All ages are welcome, and the pace will be set by the group.

Protect the Park: Leave No Trace with Sue Caskey
Saturday, June 16 • 10 am-12 pm
Meet at Livezey House (Glen Fern).
Do you love the outdoors? Learn how to make every trip outdoors even more enjoyable for everyone. Learn how to put the seven principles of Leave No Trace (LNT) into practice every time you’re outdoors; whether it’s walking your dog or hiking the Yellow Trail. Join us on this walk and be part of maintaining healthy, vibrant natural lands for all to enjoy—now and into the future! Level: moderate. Ages: 12 and under with adult.

Trails Less Traveled I: The Monoshone Trail with Gerry Schweiger
Sunday, June 24 • 1-3:30 pm
Meet at Johnson St. between Wissahickon Ave. and Lincoln Dr. Johnson is one way between Wissahickon and Lincoln, so enter Johnson from Wissahickon. Park on Johnson as close to Lincoln as possible.
Did you know that there is a trail along the Monoshone Creek? Or that trails lead up to the Magargee Dam from Wissahickon? Meet at the Monoshone Dam, then hike to the upper Monoshone Dam. Distance: 3.25 miles. Level: moderate difficulty over some rocky trails.

Geology of the Wissahickon with Sarah West & Lisa Myers
Sunday, July 15 • 2:30-4:30 pm
Meet at the Wissahickon Environmental Center (Tree House).
Learn the story found in the rocks of the Wissahickon! Join TAs Sarah West and Lisa Myers for a presentation on the rocks of the Wissahickon and learn to identify the five most common rocks found here: schist, quartzite, granite, pegmatite, and talc schist with magnetite. After the presentation, Lisa will lead a geology walk along Forbidden Drive between Northwestern Ave. and Bell’s Mill Road. Level: easy.

Kid-Friendly Hike with Marv Schwartz
Saturdays, July 21, August 18 • 10 am-12 pm
Meet at Valley Green Inn.
This hike takes participants along Forbidden Drive and on wooded trails with interesting geologic formations. 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 on return to the Inn. Distance: 2.5 miles. Level: moderate difficulty over some rocky trails.

Trees of the Wissahickon with Jenny Prince & Sue Caskey
Saturday, July 7 • 10 am-12 pm
Meet at W. Mt. Airy Avenue & Emlen Street.
Let’s explore the beautiful trees in the Wissahickon! On this hike, we’ll look closely at tree features and will practice using a dichotomous key to help us identify them. Come out and discover more about these giants of the Wissahickon. While there will be minimum walking, there is a steep staircase in the beginning. Level: moderate. Ages: 12 and under with adult.

Trails Less Traveled VIII: Something Old, Something New with Gerry Schweiger
Sunday, July 22 • 1-3:30 pm
Meet at “Cherokee” Parking Lot of Springside Chestnut Hill Academy (SCH) adjacent to the SCH athletic fields.
We will visit SCH’s new hiking trails and various trails that will take us to the Magargee Dam. From there we’ll connect to the abandoned old White Trail and climb to locations overlooking the Hartwell Run gorge and the Wissahickon Creek. Distance: 2.5 miles. Level: moderate, but will include one strenuous climb and difficult footing at the Magargee Dam.
Moth Night with Kris Soffa
Wednesday, July 25 • 8-10 pm
Meet at the Wissahickon Environmental Center (Tree House).

Learn about these alluring nighttime beauties. FOW TA and PA Master Naturalist Kris Soffa will give a “Moth Basics” presentation and share her mounted specimen collection. You will learn the best ways to observe moths in your home garden and how to construct a simple catch-and-release moth trap. You will have the chance to check if live moths are visiting with “ultraviolet light-white sheet lures” and “sugar bait lures” painted on nearby trees with her secret 3B Moth Bait recipe. Bring a flashlight and smartphone. Be prepared to walk quietly in the nearby woodland at the Tree House. Rain cancels. Level: easy. Ages: 12+ with adult.

Butterfly Nature Safari with Kris Soffa
Wednesday, August 1 • 10 am-12 pm
Meet at the Wissahickon Environmental Center (Tree House).

Join FOW TA and PA Master Naturalist Kris Soffa for a mini nature safari where you will sharpen your senses and learn fascinating facts about butterflies. We’ll hike to the meadow observation loop in the Andorra Natural Area and learn how to identify common butterflies. Kris will also offer some tips on how to attract butterflies to your home garden and raise butterflies at home. Bring water, camera, and ID book (optional). Be prepared to walk quietly in the nearby woodland at the Tree House. Rain cancels. Level: easy. Ages: 12+ with adult.

Trails Less Traveled VI: Toleration of Obscure Trailheads with Gerry Schweiger
Sunday, August 5 • 1-3 pm
Meet at corner of Mt. Pleasant Place and N. Mt. Pleasant Rd. Park on N. Mt. Pleasant between Wissahickon Ave. and Mt. Pleasant Pl.

The Toleration Statue is complaining about not getting enough visitors. To boost his ego we will visit the statue, starting from the very out-of-the-way Mt. Pleasant Place trailhead. Along the way we will visit the monastery and the historic Church of the Brethren baptismal site. NOTE: Terrain at Toleration Statue is rocky and difficult. Distance: 2.5 miles.

Photos with Longer Shadows with Bruce Wagner
Thursday, August 16 • 5:30-7:30 pm
Meet at Valley Green Inn.

It’s so common for us to seek bright full sun for our photos that we overlook the dramatic effects of late-day sunshine, with softer colors and longer shadows. Our photo walk will take advantage of the sun setting over the western ridge of the Wissahickon Valley to find dramatic shadows and reflections along the creek and golden illumination on the eastern slopes—a magnificent way to end the day! We will be walking slowly along Forbidden Drive or across the creek on the Orange Trail. Bring a camera. Children who have an active interest in photography are welcome with an adult. Contact bwagner@temple.edu for more info. Level: easy. Duration: 2 hours, depending on the light.

Hotels, Cabins, Inns, and Bridges with Kimberly Quinn
Sunday, August 26 • 10 am-12 pm
Sunday, September 23 • 12-2 pm
Meet at Crefeld Street Trailhead.

With this hike, you get a little bit of everything! We’ll start at the Lavender Trail in Chestnut Hill, connect to the White Trail to visit the Tedyuscung Statue, cross the Rex Ave. bridge onto Forbidden Drive, and cross the Red Covered Bridge. From here we’ll explore the Orange Trail and return to the Lavender Trail. Learn about the history of the bridges, Depression era trails, and hotels that once stood in this area. Amazing views from high and low! Distance: 3 miles. Level: moderate. Ages: 8+ with adult.

Fun with Fabulous Fungi with Faith Watson
Sunday, Sept. 2 • 10-11:30 am
Meet at Cedars House Café.

We will explore the hills near Andorra Meadow and learn about the role underground fungi play in helping trees grow and communicate. You will also be introduced to the above-ground fruiting structures: knobs, buttons, shelves, cups, and umbrellas we all know as mushrooms. We will not be touching or eating the fungi, but this will make for a great photography adventure. Wear sturdy boots and be ready for some hidden magic! Level: moderate. No dogs. Ages: 12+ with adult.

“What Would John Muir Say?” with Lisa Myers
Sunday, Sept. 9 • 1-3 pm
Meet at Forbidden Drive & Bell’s Mill Road.

Join TA Lisa Myers for some fun speculation on what John Muir might have to say about our beloved Wissahickon. The presentation includes a synopsis of his life, work, and philosophy. Lisa will also be sharing pictures from her own 210-mile trek on the John Muir Trail in the Sierra Nevada Mountains.

Autumn Comes to the Meadow with Bruce Wagner
Saturday, Sept. 15 • 10 am-12:30 pm
Meet at Forbidden Drive & Bell’s Mill Road.

In autumn, the meadows change character. The grasses wave and the goldenrod glow. We will enjoy the special peace of September in Houston Meadow. Our walk should last around 2.5 hours as we circle our most diverse meadow. The hill from Forbidden Drive to the meadow is daunting, but the walk around the meadow is flat with only a few rocky stretches. Level: moderate to slightly challenging. Children welcome with an adult. Contact bwagner@temple.edu for more info.

Trails Less Traveled II: Cresheim Creek South Trails with Gerry Schweiger
Sunday, Sept. 16 • 1-3:30 pm
Meet at corner of St. Martin’s Lane and Huron Street.

The main trail usage along the Cresheim Creek is on the well-maintained north (Chestnut Hill) side; but there are trails covering the hillside along the south (Mt. Airy) side. We will hike two of these lesser-used trails and visit Devil’s Pool and Climber’s Rock. NOTE: These trails cross several steep draws/ravines. Distance: 3.25 miles.

Autumn Comes to the Meadow with Bruce Wagner
Saturday, Sept. 15 • 10 am-12:30 pm
Meet at Forbidden Drive & Bell’s Mill Road.

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Trails Less Traveled II: Cresheim Creek South Trails with Gerry Schweiger
Sunday, Sept. 16 • 1-3:30 pm
Meet at corner of St. Martin’s Lane and Huron Street.

The main trail usage along the Cresheim Creek is on the well-maintained north (Chestnut Hill) side; but there are trails covering the hillside along the south (Mt. Airy) side. We will hike two of these lesser-used trails and visit Devil’s Pool and Climber’s Rock. NOTE: These trails cross several steep draws/ravines. Distance: 3.25 miles.

Friends of the Wissahickon • Summer 2018
A SEASON FOR THE BIRDS
(and Bird Lovers)

By Ruth Pfeffer, Owner of Birding With Ruth

It’s not just people who flock to the Wissahickon this time of year. Birds who reside, nest, or migrate through the natural habitat of the park’s forests and meadows are in abundance. On a recent cool, overcast day in May, 12 hearty bird enthusiasts joined me on Forbidden Drive to observe and hear some avian friends.

A big puddle along the trail turned out to be a perfect surprise place to spot the first bird. A veery (thrush) was foraging for food around the water, carefully watching the visitor traffic passing by. In the background, the group heard the “see me–hear me–find me” song of the red-eyed vireo, which called several times during the half-mile walk to the Red Covered Bridge.

Other highlights included a pair of ruby-throated hummingbirds searching for nesting materials at a spiderweb just a couple of feet in front of the group—many birds use the strong, yet soft, spiderwebs for their nests. The hummingbirds nest along Forbidden Drive every year. After a sharp “chirrip” sound, two male common yellowthroats, one of the species that nests in the park, popped up while they were feeding on insects in the vegetation. How exciting it was when wood ducks were spotted in the canopy—both male and female were on a sycamore limb. They are cavity nesters and are partial to sycamore trees and the bird nest boxes that Friends of the Wissahickon has placed along the creek.

All told, the sharp-eyed participants on the walk saw/heard 41 species of birds! On the following page is the list that was documented and reported to the Philadelphia Bird Count.

It certainly was a glorious day for birding. Thank you to the hearty group members who did not let lack of sun dampen what turned out to be what one of them described as a “magical experience.” Happy birding!

Ruth Pfeffer is owner of Birding With Ruth and creator of the birding program at the Morris Arboretum. For information on her bird walks, visit birdingwithruth.com.
<table>
<thead>
<tr>
<th>BIRD LIST</th>
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<tbody>
<tr>
<td>Acadian Flycatcher (heard)</td>
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<tr>
<td>American Goldfinch</td>
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<tr>
<td>American Robin</td>
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<tr>
<td>Baltimore Oriole</td>
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<tr>
<td>Black-and-white Warbler</td>
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<tr>
<td>Black-billed Cuckoo (heard)</td>
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<tr>
<td>Black-throated Blue Warbler</td>
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<tr>
<td>Black-throated Green Warbler (heard)</td>
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<tr>
<td>Blue-gray Gnatcatcher</td>
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<tr>
<td>Blue Jay</td>
</tr>
<tr>
<td>Brown-headed Cowbird</td>
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<tr>
<td>Canada Goose</td>
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<tr>
<td>Carolina Chickadee</td>
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<tr>
<td>Carolina Wren (heard)</td>
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<tr>
<td>Chimney Swift</td>
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<tr>
<td>Common Yellowthroat</td>
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<tr>
<td>Eastern Towhee (heard)</td>
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<tr>
<td>Eastern Wood-Pewee</td>
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<tr>
<td>Gray Catbird</td>
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<tr>
<td>Great Crested Flycatcher</td>
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<tr>
<td>House Wren (heard)</td>
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<tr>
<td>Mallard</td>
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<tr>
<td>Northern Cardinal</td>
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<tr>
<td>Northern Flicker</td>
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<td>Northern Parula</td>
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<tr>
<td>Northern Rough-winged Swallow</td>
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<tr>
<td>Northern Waterthrush</td>
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<tr>
<td>Ovenbird (heard)</td>
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<tr>
<td>Pine Warbler</td>
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<tr>
<td>Red-bellied Woodpecker</td>
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<tr>
<td>Red-eyed Vireo (heard)</td>
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<tr>
<td>Red-tailed Hawk</td>
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<tr>
<td>Ruby-throated Hummingbird</td>
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<tr>
<td>Scarlet Tanager (heard)</td>
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<tr>
<td>Tree Swallow</td>
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<tr>
<td>Turkey Vulture</td>
</tr>
<tr>
<td>Veery</td>
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<tr>
<td>Wood Duck</td>
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<tr>
<td>Wood Thrush (heard)</td>
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<tr>
<td>Yellow-rumped Warbler</td>
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<tr>
<td>Yellow Warbler (heard)</td>
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</tbody>
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After a sharp “chipppp” sounded, two male common yellowthroats, one of the species that nests in the park, popped up while they were feeding on insects in the vegetation. How exciting it was when wood ducks were spotted in the canopy—both male and female were on a sycamore limb.
A Conversation With
MATTHEW LOREI, M.D., CHESTNUT HILL HOSPITAL

Dr. Lorei has had a long-term relationship with Wissahickon Valley Park. An FOW member, he discovered the Wissahickon soon after moving to Philadelphia for medical school. He and his then girlfriend/now wife would go for a run every Sunday on Forbidden Drive. Years later, that’s where his children learned to ride their bikes. Whenever he can, he loves to go trail running (the Yellow Trail is a favorite) with his dog. Dr. Lorei’s interest in orthopaedics started in fifth grade when he fractured his arm playing football. Today, he is Chief of the Division of Orthopaedic Surgery at Chestnut Hill Hospital, Chief of the Joint Replacement Service at Temple Hospital, and Assistant Professor of Orthopaedic Surgery at Temple University School of Medicine. He was recently named a Top Doctor by Philadelphia Magazine.

Q. Are there any outdoor activities that are better or worse for joints?
A. In the absence of injury or known arthritis, there is very little evidence to suggest that any type of moderate, repetitive physical exercise is detrimental to joints in any way, even running on the more rigorous trails in the Wissahickon.

Q. Is arthritis in the hip and knee joint an inevitable part of aging?
A. No. Contrary to common belief, the wear and tear of aging does not necessarily cause degenerative joint disease (a.k.a. osteoarthritis). Most people will not develop significant hip or knee degenerative joint disease even if they live a long life. By age 70, only 1 in 4 females and 1 in 5 men will develop significant hip or knee arthritis. A strong genetic component accounts for the majority of cases. There are other risk factors that can predispose one to arthritis as well. With knees, it can be due to a major injury in youth or early adulthood that leads to deformity of the joint over time. Hip arthritis can be caused by a congenital or developmental abnormality, or because of a repetitive, sports-related micro-injury to the hip (e.g., football, ice hockey) in childhood, which can lead to arthritis later. Obesity is also a major risk factor for hip and knee problems.

Q. How do I know if it might be time for a joint replacement?
A. Significant arthritis seen on an X-ray, where protective cartilage between the bones has worn away, is the most obvious indicator. Pain level is another significant determinant. If one or more of the following pain-related factors apply to you, it may be time to have a conversation with your physician about joint replacement surgery:
• Pain that wakes you from sleep at night
• Climbing stairs only one at a time
• Inability to walk more than block or two without stopping
• Needing a cane or other support to aid walking
• Regular limping
• Trouble standing at work, frequent need to sit down
• Difficulty doing the things you love to do because of joint pain

Q. After joint replacement, what form of exercise is best?
A. Following joint surgery, exercise that strengthens the muscles around the joint will reduce post-operative pain and increase performance of the prosthesis. Your physical therapist will help to guide you with appropriate exercises. Most patients are able to resume normal walking, without a cane, about six weeks after surgery. It’s best to start out on a flat, even surface like Forbidden Drive (avoid any hills) and limit your distance to a mile or two for the first month or so. My overall rule of thumb: Listen to your body. If it hurts when you do something, stop. If your joint is really sore the next day—you probably overdid it.

Q. For the long-term, what activities are recommended to preserve an artificial joint?
A. Artificial knees are cemented in place, so premature cracking, chipping, or loosening (think of the grout in your shower) can occur with high stress activities. Hips don’t get loose, but wear is a potential issue. Therefore, to prolong the life of your joint prosthesis, walking is terrific, even on the more challenging Yellow or Orange Trails. You can also safely engage in other low stress (on the joint) activities, such as biking, golf, swimming, tennis—even cross-country skiing on Forbidden Drive—for the rest of your life with no deleterious effects on the joint. But high impact activities—distance running, full-court basketball, soccer—can possibly cause premature wear and loosening of the joint. Also, I generally discourage any activity with a high risk of falling.

THE PARK AND YOUR HEALTH

You should sit in nature for 20 minutes a day, unless you’re busy. Then you should sit for an hour.

—Old Zen Saying
Appalachian Mountain Club Delaware Valley Chapter
amcdv.org

Mondays. Wissahickon Wanderings. Join us for a hike of 5 miles on various trails throughout the beautiful Wissahickon Gorge.
The distance of the hike will be dependent on conditions and speed of the group. Meet at 6:30 pm by the Valley Green Inn. Bring water, snacks, and a flashlight. Bad weather may cancel. If doubtful, check the status of the hike before 5:30 pm.

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 are found along the way, so wear proper footwear and be ready to hike. Meet at 2:00 pm at Cosimo’s Pizza, 8624 Germantown Ave. at Bethlehem Pike (the top of Chestnut Hill). Registration with the hike leader is required: Bert G. at bert2254@comcast.net.

Hiking with Maura the Explorer
Last Friday of every month. 10 am
Join FOW Executive Director Maura McCarthy for a hike on the last Friday of each month. She will tour a different section of the Wissahickon during each hike and talk about her park experiences, as well as point out any recent improvements by FOW. Bring your hiking shoes and be ready to share your favorite Wissahickon stories with her! Registration is recommended. For more information and to register, visit fow.org.

GIVING

There are several ways to make meaningful gifts to advance FOW’s mission.

UNITED WAY DONATIONS
Friends of the Wissahickon can receive donations through the United Way. If your employer offers United Way giving and you would like to designate Friends of the Wissahickon as your beneficiary, please use our option code #9882.

AMAZON SMILE
If you shop on Amazon.com, use AmazonSmile (smile.amazon.com) and select Friends of the Wissahickon as the nonprofit organization you would like to support. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases to FOW.

STOCK
Consider giving a gift of stock. Our DTC # is 0062 and our Vanguard Brokerage Acct # is 23501307.
CALENDAR OF EVENTS IN THE WISSAHICKON

WISSAHICKON 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 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, speeds, drill levels welcome! Fun food and cash bar afterwards courtesy of the Valley Green Inn. For updates and more info visit wissahickonrunningclub.org.

EVERY SATURDAY
Shawmont Running Club. Starts at Northwest Ave. & Ardmore Rd. (north end 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.org.

WISSAHICKON VALLEY ENVIRONMENTAL CENTER
Programs are FREE unless otherwise noted. Registration strongly requested or required for most programs; registering early is recommended at TreehouseWEC.Eventbrite.com. Programs begin at the Tree House (300 W. Northwestern Ave., Philadelphia, PA 19118) unless otherwise noted.

FIREFLY FIREWORKS
MONDAY, JULY 2 • 8 PM
Get started on your holiday celebration with an evening visit to our meadow and enjoy an explosive display brought to us by our state insect ... the firefly. Also known as lightning bugs, these fascinating creatures light up the Andorra Meadow with bioluminescence. Bring a blanket and bug jar! We will also listen for night singing insects and use our bat detector to identify any bats we encounter. All ages. Registration required. FREE

WINDBERRY WILD WEDNESDAY, JULY 11 • 4 PM
In this summer edition of Kids Explore, we will head out for a special expedition to find and eat windberries. Windberries are a raspberry-like fruit that is highly invasive in the Wissahickon, but delicious to eat. After completing this expedition, both the kids and the Wissahickon will be healthier. Ages 5–12 with adult. Registration Required. FREE

MORNING BIRD WALKS WITH MARTIN SELZER
SATURDAY, AUGUST 15 • 7:30 AM • TREE HOUSE
Meet local birder Martin Selzer at the Tree House from 7:30-8:30 a.m. to catch an early wave of bird migration in Andorra and Harpers Meadows. All ages. Pre-registration is required. FREE

SUNDAY, SEPTEMBER 11 • 9 AM • HOUSTON PLAYGROUND
Meet local birder Martin Selzer at Houston Playground to catch another early wave of bird migration in Houston Meadow. All ages. Pre-registration is required. FREE

MOTH NIGHT WITH KRIS SOFFA
WEDNESDAY, JULY 25 • 8 PM
Join us to learn about these nighttime beauties. Watch a 20-minute moth PowerPoint presentation. Learn how to best observe moths in your home garden, suitable for children over 12 years old with a responsible adult. Registration required. FREE

BUTTERFLY WALK WITH KRIS SOFFA
WEDNESDAY, AUGUST 1 • 10 AM
Join FOW Trail Ambassador and PA Master Naturalist Kris Soffa for a mini nature safari where you’ll sharpen your senses and learn fascinating facts about butterflies. We’ll hike to the meadow observation loop in the Andorra Natural Area. Learn how to identify common butterflies while picking up pollinator caterpillar host plants tips on how to attract butterflies to your home garden. Ages 12+ with an adult. Registration Required. FREE

DOG DAY AFTERNOON
SATURDAY, AUGUST 4 • 1 PM
Bring your favorite canine friend to the Tree House for a hike in the Andorra Natural Area. Learn the history of one of Philadelphia’s best dog hiking parks. Pet-friendly treats will be served following the hike. Socialize only with your dog and they must be on a leash. Dog Walkers age 7 and up. Registration Required. FREE

MONARCH RELEASE
TUESDAY, SEPTEMBER 1 • 4 PM
We anticipate that most of our Monarch caterpillars have completed their metamorphosis into adults by September 1. In honor of Patriot Day, we will release our monarch butterflies in Andorra Meadow after a short lesson and tagging. If there are no butterflies by September 1, we will still hold the lesson and hiking portions of the program. All ages. Registration required. FREE

HISTORIC RITTENHOUSE TOWN
Historic RittenhouseTown 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 215-438-5711, programs@rittenhouse.org, or www.rittenhouse.org.

VOLUNTEER OPPORTUNITIES
TUESDAYS
Join us for structure repair and construction from 9 am to 1 pm. For more information or to volunteer, contact Field Operations Manager John Holback at holback@fow.org or 215-361-2947.

THURSDAYS
Join FOW on Thursdays for a morning of trail maintenance in the park! Work will consist of regular trail maintenance projects including repairing drains and grade reversals, restoring stone work, narrowing widened trails, and emergency trail repairs. Meet at Pachella Field (8751 Henry Ave.) at 9:30 am and plan on being on the trails starting at 9:45 and back at Pachella by 1 pm. For more information or to volunteer, contact Volunteer Coordinator Shawn Green at green@fow.org.

SATURDAYS
There’s never a better way to be friends than to help us in the park with trail maintenance, invasive weed removal, planting, and general cleanups from 9 am to 1 pm. Visit fow.org/volunteering for more information.

THIRD SATURDAY OF THE MONTH
Join Friends of Crexheim Trail to improve the trails in the Crexheim Creek area. Meet at the entrance at Lincoln Drive and Allen’s Lane at 10 am. Wear sturdy shoes, long pants, and long sleeves to protect against poison ivy. Tools and gloves provided and coffee and snacks will be served. (Yum!) For more information or to volunteer, contact Friends of Crexheim Trail at info@crexheimtrail.org or 215-715-9159.

WISSAHICKON VALLEY ENVIRONMENTAL CENTER
Programs are FREE unless otherwise noted. Registration strongly requested or required for most programs; registering early is recommended at TreehouseWEC.Eventbrite.com.

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

WISSAHICKON VALLEY PRESERVATION SOCIETY
All members receive a map of Wissahickon Valley Park, invitations to all events, delivery of our quarterly newsletter, and a membership card to claim discounts for meals at Valley Green Inn (dimmers Mon-Fri), The Cedars House Café, and FOW merchandise. In addition to these benefits, Basic members receive a calendar (at year’s end). Family members receive all Basic member benefits plus a choice of two kids’ T-shirts OR one children’s book. Contributing members and above receive all Basic member benefits plus a choice of a hat OR T-shirt.

MEMBERSHIP LEVEL

<table>
<thead>
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<tr>
<td>Contributing*</td>
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*Choice of:
- Hat
- Good Night Wissahickon Valley Park Pass
- 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 Friends of the Wissahickon with:
- Membership
- Community Outreach
- Trail Repair
- Cleanup
- Wildlife
- Fundraising
- Restoration
- Structures Repair
- Education
- Vine Removal

请签署

Expiration Date:__________________
Signature:____________________

Future calendar listings for the newsletter may be placed by contacting the Friends of the Wissahickon at 215-247-0417 or info@fow.org. The Calendar of Events in the Wissahickon may also be viewed at favog/events, which contains updates on our events, including cancellations.

- Friends of the Wissahickon Membership Form –

YES, I want to help conserve and protect the Wissahickon.

- Photographers
- Surveyors
- Field Stewards
- Volunteers

- Membership
- Sustaining
- Sustaining+2
- Sustaining+5
- Sustaining+10

- Gifts of Membership
- Gifts of Membership+2
- Gifts of Membership+5
- Gifts of Membership+10

- Gifts of Membership+Family
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- All Memberships+Family+Community+10

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

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