



DELAWARE  
HIGHLANDS  
CONSERVANCY

# Highlands JOURNAL

Summer 2018

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## Restore, Recharge, Reconnect

**D**id you know that kids who spend time outdoors do better in school? Or that taking a walk in nature immediately reduces stress, improves focus, and could even boost your immune system?

It's true—and it's exciting news for those of us who are fortunate enough to live in beautiful natural areas like the Upper Delaware River region. More and more studies show that spending time in nature, even just a few minutes a day, provides measurable mental and physical health benefits for people of all ages.

From reduced symptoms of depression to enhanced creativity, improved mental energy, faster healing, and the benefits to physical health that come with getting active outside, the research is clear that the natural world

provides a desperately needed restorative break for our overstimulated brains. Even just living near nature seems to provide significant benefits to your overall health and wellness.

This summer, seek opportunities to go outside, even if you just have a few minutes. The farms, forests, and clean waters of our region are perfect for taking time to recharge and reconnect. And, plan to join us for one of our upcoming hikes or nature walks scheduled for this summer. Your brain and body will thank you!



DELAWARE  
HIGHLANDS  
CONSERVANCY

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# A Celebration for Conservation

**O**n April 28th, the Conservancy hosted our 11th annual **Foods of the Delaware Highlands** wine and food pairing dinner at **Silver Birches Resort** in **Hawley, Pennsylvania**. **With record attendance of 175 people, our guests enjoyed a delicious farm-to-table meal, exciting live and silent auctions, and fun conversations with friends.**

Foods of the Delaware Highlands is the Conservancy's primary benefit event. All of the funds raised from the evening support our mission to conserve the working farms and forests, clean waters, and exceptional quality of life of the Upper Delaware River region.

Mark your calendar and save the date for **April 27th, 2019**—a very special Foods of the Delaware Highlands dinner as the Conservancy celebrates our **25th anniversary!**



ALL PHOTOGRAPHS © DAVID B. SOETE

The Conservancy honored Brenda Ruello and Gary Beilman for their leadership and service to the community. From left, Board Vice President Mary Sue Price with Brenda Ruello; Board Treasurer Douglas Hayes with Gary Beilman.





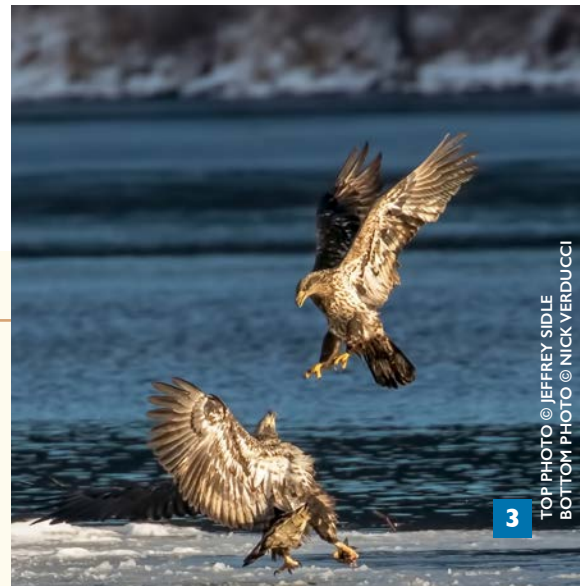
© MARTHA TULLY

## Sharing Place: Eagles and Their Environs Photo Contest

**T**his winter, the Conservancy announced a new juried photo contest for the Upper Delaware River region, open to professional and amateur photographers. **Sharing Place: Eagles and Their Environs** invited photographers to capture striking eagle-inspired photos in four categories: eagles, healthy eagle habitat, factors important to eagle welfare, and a wild card. Photos were judged on creativity, originality, composition, clarity, and impact.

In the “Best Photo of an Eagle” Category, winners were Tina Tison in first place, Bob Yeager in second place, and runners-up Martha Tully (*top photo above*), and Charlie Dill. In the Eagle Habitat category, Nick Verducci took first place, Susan Roberts took second place, and runners-up Tina Niesluchowski and Bob Yeager.

For the Eagle Welfare category, winners were Jerry Cohen in first place and Nancy Tully in second place, with Richard Justus and Ken Roberts as runners-up. In the wildcard category, the winner was Susan Roberts and the runner-up, Liz DiMenno. Jeffrey Sidle claimed the People’s Choice award.



TOP PHOTO © JEFFREY SIDLE  
BOTTOM PHOTO © NICK VERDUCCI



### If you can't shop local, shop to give back...

Through AmazonSmile, 0.5% of the purchase price of your items is donated back to the Delaware Highlands Conservancy by the AmazonSmile Foundation. It's free to sign up and costs you nothing. Visit [smile.amazon.com](https://smile.amazon.com) and select Delaware Highlands Conservancy to get started.

# Getting More Than You Give

By Jason Zarnowski

**A**s a non-profit, the Conservancy relies on volunteers for a variety of different tasks, from helping with mailings, participating in educational events and festivals, joining our board and committees, monitoring protected properties, helping maintain our offices, to our winter eagle watch program. Our volunteers help to make our organization more vibrant and allow us to offer programming that we otherwise could not.

Our eagle watch program is our most labor-intensive volunteer program. This past season, we had 61 volunteers who donated over 850 hours of their time to help people spot eagles, teach about the eagles' decline and recovery, and "eagle etiquette"—how to safely view eagles without disturbing them.

As the volunteer coordinator, I often visit the volunteers during the season at the Eagle Observation Areas to see how everyone is doing. It was great to get out and see the eagles myself, but there was something else that gave me far more pleasure to view. It was the interaction of the volunteers with each other and the relationships that were formed around volunteering together. Sharing a common interest is the catalyst that gives people the opportunity to get to know one another.

Seeing how these relationships develop during the course of the season is also very interesting. In the span of two months, many go from strangers to close friends as people bond over a common interest: eagles! I guess there is something about spending time together in the freezing cold that brings people together. Maybe it's something else.

While volunteering for an organization or a cause you care about greatly helps that organization, many people also find that by giving their time freely to something they love, they also get something in return that is hard to monetize: Friendships, belonging, and a sense that they are making a positive impact on the world.

Find something you are passionate about and give of yourself. You may find that you get as much or more in return than give.

**If you're interested in volunteering for the Conservancy, please visit [delawarehighlands.org/membership-support/volunteer-opportunities/](http://delawarehighlands.org/membership-support/volunteer-opportunities/) or contact me at [jason@delawarehighlands.org](mailto:jason@delawarehighlands.org) or 570-226-3164 ext. 6 for more details.**



*The "Mongaup Eagle Watch Foursome"—Kevin Keller, Ed Duvinski, Mike Dunkley, and Don Kenny.*

# Leaving a Legacy

What type of legacy will you leave behind? Our Legacy Leaders have included the Conservancy in their will or estate plans, or have helped a parent, partner, or loved one leave a legacy.

We can personally discuss (along with your tax and financial advisor) strategies to help you support the Conservancy's land protection mission while also maximizing your tax and financial benefits. If you would like to learn more, or if you have already considered us in your estate plans, please contact us at [info@delawarehighlands.org](mailto:info@delawarehighlands.org) or 570-226-3164 so we may thank you during your lifetime.

## Legacy Leaders

Sue Currier  
Patricia Diness  
Mary Evans  
Arnold Friedman (*deceased*)  
Linda Gearhart  
Susanne Hand & David Kinsey  
Susan Hartney  
Alfred Lees & Ronald Nelson  
Harold MacGregor  
Dorothy Merrill (*deceased*)  
Sally & Enrico Moretti  
Mary Sue Sweeney Price  
Kimberly (Mimi) Raleigh  
Brenda Seldin  
Richard Snyder (*deceased*)  
Charles Victor Traeger (*deceased*)  
Sigrid Wilshinsky  
Jonathan Wind  
Barbara Yeaman

# Women and Their Woods Educational Retreat

September 6-9, 2018

## Highlights Workshop Facility, Boyds Mills, PA

The Women and Their Woods Educational Retreat is an in-depth, fun, engaging, and thought-provoking workshop on caring for your woodlands now and into the future. No matter the size of your woodlands or if you're not yet an owner, join us for four days and three nights of learning, networking, and applying new knowledge about good forest stewardship.

The Highlights Workshop Facility provides a spectacular 1300-acre wooded campus complete with historic buildings, streams and hiking trails, comfortable accommodations and five-star meals. Our planning staff provide expert presenters, resources and learning opportunities. Retreat applications and more information can be found online at [DelawareHighlands.org/watw](http://DelawareHighlands.org/watw). Invite your friends, family and register before August 1st to secure your space!



# Woodloch Resort Guests Raise Funds for Conservation

In early spring, representatives from Woodloch Resorts presented the Delaware Highlands Conservancy with a check for \$35,722 for funds collected in 2017 through the Green Lodging Partnership. The funds were collected at both Woodloch Pines Resort and The Lodge at Woodloch.

Through the Green Lodging Partnership, guests at participating hotels are invited to make a \$2-per-stay donation to the protection of the beautiful farms and forests, clean waters, and outdoor recreational opportunities that make the Upper Delaware River region such a wonderful place to live, work, and play.

The funds raised directly support the Conservancy's land protection efforts—and ensure that everything that's special about our region will remain, now and for future generations. [Learn more at delawarehighlands.org/greenlodging >>](http://delawarehighlands.org/greenlodging)



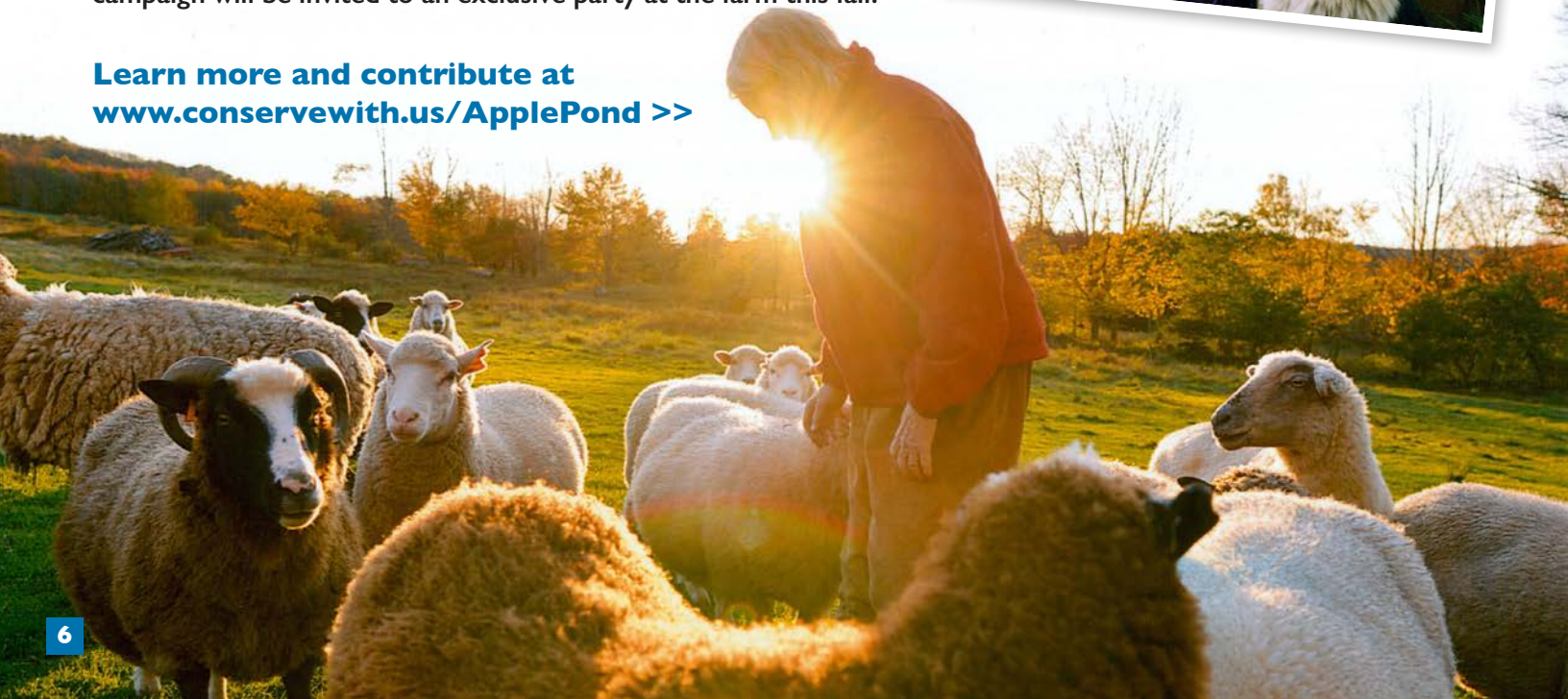
From left: Rory O'Fee, Bethany Keene, Bob Kiesendahl, Jason Zarnowski, and Tess Murray.

## Protecting Apple Pond Farm

A crowd-funding campaign is underway in the Upper Delaware River region to permanently protect Apple Pond Farm, 81 acres in Callicoon Center, Sullivan County, New York.

Landowners Dick Riseling and Sonja Hedlund have chosen to protect the property with a conservation easement with the Conservancy. Dick and Sonja will continue to own the farm, and the land will remain affordable for future farmers—forever. When they retire or sell, the conservation easement will ensure that no matter who owns the property in the future, it will remain as a farm—providing fresh, healthy food to the community and supporting a strong and stable local economy. **Donors to the campaign will be invited to an exclusive party at the farm this fall!**

[Learn more and contribute at www.conservewith.us/ApplePond >>](http://www.conservewith.us/ApplePond)



# Protecting Clean Water With Every Sip

Earlier this year, the Conservancy launched a new program to benefit the Upper Delaware River region, **Drinks for the Delaware**. With its initial participating partners—**Here and Now Brewing Company**, **Loose Leaf Pages**, and **Black and Brass Coffee**, all in Honesdale, PA; and the **Catskill Distilling Company** in Bethel, NY—the program offers residents and visitors the opportunity to contribute directly to the protection of our clean drinking water with every sip.

Participating Drinks for the Delaware establishments offer a featured Delaware Highlands Conservancy drink that includes a donation of \$1 for each one sold (50 cents per drink for coffee and tea purveyors). These donations are distributed to the Conservancy to support our mission to protect the clean drinking water of the Upper Delaware River region.

Breweries, distilleries, wineries, and coffee and tea producers all rely on this abundant clean water to create their product, and these establishments recognize the importance of investing in their local community and in a sustainable future.

“The Delaware River is a vital part of our livelihood and quality of life,” stated Allaina Propst, owner of Here and Now Brewing Company. “As a business and as residents it’s essential that we do all we can to protect and preserve it. Through our partnership we’re hoping to create a strong current of support for the future of the region and our river.”

*Drinks for the Delaware*



## Save the Date!

### Firefly Picnic

**Saturday, September 15th, 4-7pm**  
**Lemons Brook Farm • Bethel, NY**

**You're invited to join us for our annual free community picnic for our members, friends, and supporters.**

We'll enjoy a catered picnic dinner with craft beers, a trail walk, fun crafts and activities for all ages, and more, all on the beautiful Lemons Brook Farm property in Bethel, NY.

The picnic is free and open to the public, but prior registration is required. RSVP to Jason at 570-226-3164 ext. 6 or [jason@delawarehighlands.org](mailto:jason@delawarehighlands.org).





# Upcoming Events

## Birding Walk

**July 8, 8am-10am • Bethel, NY**

Join one of our expert volunteers for an early-morning birding walk on the woodland trail at our office in Bethel, NY. You'll learn about what you see and hear as you enjoy a peaceful walk on our easy, level trail.

## Nature Walk

**August 4, 2pm-4pm • Bethel, NY**

Join one of our expert volunteers for a walk on the woodland trail at our office in Bethel, NY. You'll learn about what you see and hear as you enjoy a peaceful walk on our easy, level nature trail.

## Firefly Picnic

**September 15, 4pm-7pm • Bethel, NY**

Join the Conservancy for our annual free community picnic for our members and friends and enjoy a delicious catered dinner, craft beer selections, a guided trail walk, crafts, and much more for all ages!

## Fall Hike

**October 6, 10am-1pm • Tusten, NY**

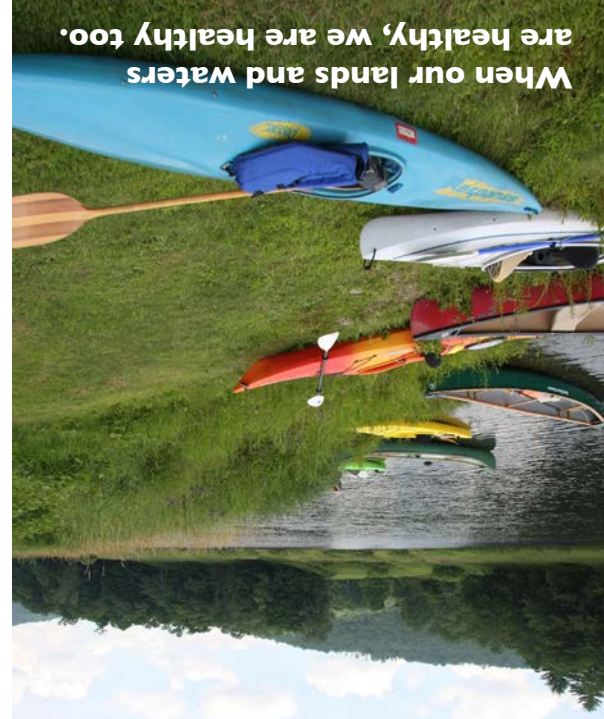
Join botanist and local author Heather Housekeeper for a guided Fall Hike at the Tusten Mountain Trail in Sullivan County, NY.

# To learn more about...

the Delaware Highlands Conservancy or to make a donation in support of our work, visit [DelawareHighlands.org](http://DelawareHighlands.org).

Find us on @DelawareHighlandsConservancy @DHConservancy @DHConservancy

PHOTOS BY DAVID B. SOIETE



When our lands and waters are healthy, we are healthy too.

PO Box 218 Hawley, PA 18428-0218

SERVING NEW YORK AND PENNSYLVANIA

# DELAWARE HIGHLANDS CONSERVANCY

*"Nature is not a place to visit. It is home." – Gary Snyder*

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