



DELAWARE  
HIGHLANDS  
CONSERVANCY

# Roots & Branches

WOMEN AND THEIR WOODS

## The Women and Their Woods Retreat, Through The Eyes of a Female Forester

*By Kelley Duffield McCarter, on behalf of National Woodland Owners Association*

**This year, the Women and Their Woods Retreat hosted several natural resource professionals interested in starting or improving outreach to women woodland owners in their respective regions. The following article is a review by one of the professionals who attended.**

Through the experience of participating in the Women and their Woods retreat, I was genuinely impressed by the land ethic that all of the woodland owners imbued; Aldo Leopold would have been pleased! Based on their questions and conversations, they were eager to learn and act on new knowledge. But it was clear that many of them have felt a bit lost, not knowing how to find the knowledge and skills they craved.

I believe that this retreat gave them new and useful directions they were seeking. Some expressed how the retreat was jam packed with information and left them overwhelmed at times. In some cases, participants were hyper-focused on issues specific to their property or situation. I believe that each



*Attendees learned about forest stewardship from the professionals at the 2018 Women and Their Woods Educational Retreat.*

day, they came to understand that all topics covered were actually intertwined in such a way that every presentation and field trip gave them a better understanding of their woodlands. A bonus to them may have come as they realized they are not alone and that there are many professionals dedicated to helping them achieve their landownership objectives.

The retreat was well organized and held in a very nice facility, with plenty of forested and natural habitats making for good outdoor

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[DelawareHighlands.org/watw](http://DelawareHighlands.org/watw)

The Women and Their Woods program is administered by the Delaware Highlands Conservancy and the Center for Private Forests at Penn State with support from the US Forest Service at Grey Towers, Pennsylvania Forest Stewardship Program, and the William Penn Foundation.

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# Women and Their Woods

Throughout our region, women are increasingly responsible for the stewardship of private forestlands. To be good forest stewards, landowners require accurate information and relevant knowledge about available options for managing their properties.

The Women and Their Woods initiative provides landowners with the support, knowledge, and confidence to effectively care for their lands with an emphasis on conservation and the value of intact forestlands. In addition to receiving resources such as this newsletter, participants are invited to become a part of this peer-learning network by attending field tours, hands-on workshops and the popular biennial Educational Retreat.

We encourage you to share this newsletter with other landowners. If you have a story to share about your forest, a resource that has helped you or suggestions for future information or workshops, please let us know!

**Learn more and join the mailing list at [DelawareHighlands.org/watw](http://DelawareHighlands.org/watw).**



## We Need Your Email Address!

As conservation-centered organizations, we want to conserve resources by communicating with you through email.

Please send your email to [amanda@delawarehighlands.org](mailto:amanda@delawarehighlands.org) and specify if you would like to receive our mailings electronically or continue to receive hard copies in the mail.

# Recipe: Black Birch Tea

Black birch trees (*Betula lenta*) are valued as a source of wintergreen oil, which can make great tea! Some visual cues for spotting the black birch include: dark brown bark; cone-like structures that are green in the spring and brown by late summer; and dark, shiny, serrated green leaves in the summer that turn bright golden yellow in the fall. A scratch-and-sniff test of the twigs will reveal the minty smell.

## To brew:

1. Cut about a quart of twigs into one-inch pieces.
2. Place in a suitable pan and pour hot (but not boiling) water over them.
3. Let the mixture steep until it's cool and strain the twigs and impurities from the water with a tea strainer.
4. Heat again and serve warm with milk and a dash of honey.
5. Enjoy!



Source: <https://www.motherearthnews.com/real-food/black-birch-tea-recipe-zmaz71mazgoe>



*This year, the Women and Their Woods initiative was financed in part by a grant from the Community Conservation Partnerships Program Environmental Stewardship Fund under the administration of the Pennsylvania Department of Conservation and Natural Resources, Bureau of Recreation and Conservation administered through the Pennsylvania Environmental Council's Pocono Forests & Waters Conservation Landscape Mini-Grant Program.*



# Women and Their Woods Educational Retreat

## PHOTO ALBUM

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.

Retreat attendees spent four days and three nights learning, networking, and applying new knowledge about good forest stewardship at the Highlights Foundation Conference Center campus in September 2018.

**Visit [www.delawarehighlands.org/watw](http://www.delawarehighlands.org/watw) to learn more about the event and see the online photo album.**



*Attendees and presenters at the 2018 retreat.*



## Women and Their Woods Network

Looking to network and reconnect with Women and Their Woods members? **Come join us at the 2019 Forest Landowner Conference on March 22 – 23**, at the Penn Stater Conference Center and Hotel. We'll be hosting a meet-up during the cocktail hour prior to the Keynote Speaker and during the long break on Saturday. We'll also be spending time at our exhibitor table.

This event is open to all individuals interested in forestry from all states. More details to come! Hope to see you there.

**Or - are you attending another forestry conference and would like to help recruit more Women and Their Woods Members?** Let us know and we would be happy to mail you our banner, brochures, and other items to display.

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classroom experiences. The presenters, tour guides and invited speakers fit well with the overall theme and take-home messages. The lodging and food services were way more than adequate, which, I think, allowed the participants to immerse themselves in the experience and therefore gain more from it.

This experience was both personally and professionally valuable to me as I encountered the synergy of the group that grew stronger each day. I feel even stronger that the Women Owning Woodlands (W.O.W.) initiative is both effective and needed.



## WomenOwningWoodlands.net



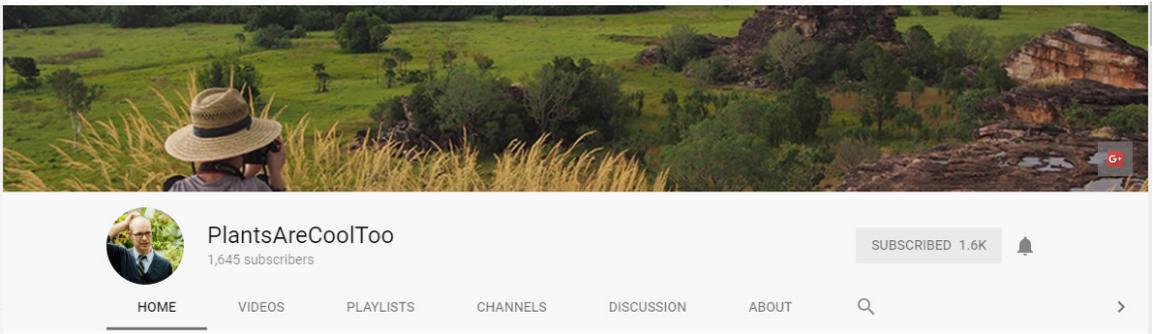
You'll find stories from other landowners, information applicable to your forest landownership and find ways to connect through nearby events for women landowners.



## Legacy

Looking for something to share with your children or grandchildren to get them excited about nature? Try Youtube! "Plants Are Cool, Too!" is a web series acknowledging that animals are pretty interesting - but plants are cool, too! Created and hosted by Dr. Chris Martine of Bucknell University, the series is co-sponsored by the Botanical Society of America.

Be sure to check out the episode titled, "Rappelling Scientists Find Rare Species Hiding for 100+ Years" which explores the bluffs of Pennsylvania's own Susquehanna River Valley.



# Become a Citizen Scientist!

iMapInvasives is an on-line, GIS-based data management system used to assist citizen scientists and natural resource professionals working to protect our natural resources from the threat of invasive species. It is designed to share and manage invasive species information for stakeholders within your state or province.

This information includes species maps, treatment efforts and effectiveness, and areas where invasive species were searched for but were not found. Since many regulatory and budgetary decisions about invasive species are made at the state level, each state/province can customize the iMapInvasives interface by selecting their tracked species list, data permission levels, and many other details.

On a broader scale, iMapInvasives is a growing, collaborative partnership of participating states and provinces, creating a network of professionals and shared resources to help combat the threat of invasive species. **Go to <https://www.imapinvasives.org/> to learn more.**



# Save the Dates!

## March 22-23: Working Woods for Today and Tomorrow: Forest Landowners Conference

Penn Stater Hotel and Conference Center, State College, PA

The region's foremost gathering of woodland owners, forest practitioners, forest businesses, and others interested in woodlands and the wildlife that use them. The conference will provide you with the tools you need to improve the health and well-being of your forest. Learn more inside.

## January - February 2019: Eagle Watch Bus Tours

Upper Delaware Visitor Center, Lackawaxen, PA

Join the Delaware Highlands Conservancy for guided Eagle Watching excursions. Learn more at [www.DelawareHighlands.org](http://www.DelawareHighlands.org).

## FOREST LANDOWNER PERSPECTIVE

### This newsletter is YOUR space!

Share your connections to the forest with other WaTW newsletter readers. Send an email to [amanda@delawarehighlands.org](mailto:amanda@delawarehighlands.org) with your photos, journal entries, drawings, other artwork, or stories, and we'll share it here. **We're looking forward to hearing from you!**

SERVING NEW YORK AND PENNSYLVANIA

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