



DELAWARE
HIGHLANDS
CONSERVANCY

Roots & Branches

WOMEN AND THEIR WOODS

Spring Workshop Success! Planning and Managing for Increased Biodiversity in Your Woodland

On March 7, 2020, participants from across the tri-state area of PA, NY and NJ joined Conservancy staff at the Milford branch of the Pike County Public Library to learn ways to increase biodiversity in their woodlands from Dr. Linda Rohleder, NY-NJ Trail Conference's Director of Land Stewardship.

Dr. Rohleder's presentation included a firsthand look at her experiences expanding the biodiversity within her own 13-acre woodland. She discussed identifying areas of her property where she most wanted to focus (small bites!), excluding deer from certain areas using light-weight netting, hand-pulling garlic mustard and barberry seedlings in areas where they hadn't already taken over, and setting achievable goals for encouraging native plant populations. She also provided examples on how she's been tracking changes to the property over time.

During lunch participants shared stories and insights into their properties and their plans to move forward with projects in the future.



Attendees learning from Dr. Linda Rohleder at the Pike County Public Library in Milford, PA.

Following the discussion-filled lunch break, Dr. Rohleder provided a detailed look into identifying and managing the most common invasive plant species for our region.

Along with a great group of books she brought along for show-and-tell, Dr. Rohleder suggested the book *Plant Invaders of the*

continued on page 6...



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.

For additional information, please contact:

Amanda Subjin
Delaware Highlands Conservancy
(570) 226-3164 x2
amanda@delawarehighlands.org

Allyson Muth
Center for Private Forests at Penn State
(814) 865-3208
abm173@psu.edu



WILLIAM PENN
FOUNDATION

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.



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 and specify if you would like to receive our mailings electronically or continue to receive hard copies in the mail.

Fun Ways for You and Your Family to Connect to the Outdoors

While we are all staying home to stay safe these days, it's a great time of year for the whole family to explore outdoors and learn about what you see and hear. Here are some simple tips to connect to nature and enjoy the changing seasons from your own backyard or from a local park or trail while safely practicing social distancing.

Create distraction-free adventures

Most young children have never known a world without technology at their fingertips. Challenge yourself and your kids to experience 1-2 outings a week where you leave your devices at home. If you prefer to bring along your cellphone for safety reasons, be a role model and avoid texting, making calls or taking excessive photos. Get as close as possible to trees and wildlife. Immerse yourselves in the chirps, cracks and rustlings with all your senses instead.



Listen to Nature

Nature provides us with many unforgettable sounds, from leaves rustling to birds singing to streams gurgling. Download Project Learning Tree's "Sounds Around" family activity to engage children in the sounds of nature at <https://www.plt.org/family-activity/sounds-around/>.

Encourage unstructured play

Let kids use their creativity and innovation by encouraging unstructured play outdoors. Look under small logs, make stick houses decorated with leaf flags, stir up some delicious mud soup, and collect little treasures like rocks and feathers. The only rule should be to have fun!



Establish a nature routine

Create a routine that incorporates a little bit of nature every day. It could be as simple as eating lunch outdoors, getting some fresh air and soaking up a little vitamin D, or as active as a 30-minute family stroll around the neighborhood after work. Here are some more nature walk activity ideas: <https://www.plt.org/educator-tips/nature-walk-activities>

These tips sourced from Project Learning Tree. To read more tips to connect to the outdoors and to download additional activity ideas, visit:

<https://www.plt.org/educator-tips/11-tips-for-parents-to-connect-kids-to-the-outdoors/>

WOMEN AND THEIR WOODS

2020 Virtual Educational Retreat

Applications Now Being Accepted!

Forest landowners and aspiring landowners from across the mid-Atlantic region are invited to attend a virtual educational retreat to learn more about managing their forestland and connecting with other forest landowners. (The retreat was originally planned for September 24-27.) As guidance continues to unfold regarding the gathering of groups in the Fall of 2020, the Conservancy and our partners are poised to offer the 2020 Women and Their Woods educational retreat [online!](#)

The cost per applicant is \$150.00* and includes 8-12 hours of online presentations, 12 hours of facilitated and discussion-based learning opportunities, as well as meeting materials, supplies, and resources shipped directly to you prior to the start of the retreat.

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 while we learn, network, and apply new knowledge about good forest stewardship. Retreat sessions are presented by professionals from a variety of organizations and offer insights into:

- Connecting to your land and understanding what you have.
- Identifying your forest values and planning goals in a changing landscape.
- Planning the next steps for your forest, your legacy, and ways to stay connected to the Women and Their Woods network.

By submitting your application, you agree to fully participate by viewing all online presentations and attending all virtual meetings which will be held at 6pm on the following Thursdays in the Fall: Sept 10, Sept 24, Oct 8, Oct 22, Nov 5, and Nov 19.

** Scholarships may be available; please inquire. Space at the retreat is limited to 30 applicants. Application fees are non-refundable after August 1.*

Visit www.DelawareHighlands.org/watw to apply for the virtual retreat by August 1!

"I really liked the camaraderie with many women who were very much like me. The wide variety of topics presented in the classes gave me many options toward the maintenance of my forestland for the future. I heartily recommend this experience to women no matter how they are associated with the woods."

- PA landowner and 2013 WaTW Retreat graduate

Online Presentations Available for Viewing September 1, 2020



PROPOSED VIRTUAL MEETING SCHEDULE*
TO OCCUR FROM 6-8PM ON THE FOLLOWING THURSDAYS ON ZOOM

WEEK OF	DISCUSSION TOPICS
Sept 10	1. Welcome and Introductions 2. Developing Goals and Objectives
Sept 24	1. Tree ID 2. Forest Measurements
Oct 8	1. Forests and Water 2. Wildlife Habitat
Oct 22	1. Creating a Dynamic Plan 2. Legacy Planning
Nov 5	1. Forest Ecology 2. Silviculture 3. Forest Health: Invasive Plant ID and Control
Nov 19	1. Virtual Field Tour and Landowner Visit 2. Sharing What You've Learned

**Schedule is subject to change.*



...continued from page 1

MidAtlantic, available as a PDF online at <https://www.invasive.org/alien/pubs/midatlantic/midatlantic.pdf>.

After a lively facilitated discussion about steps each participant would be taking using this newfound or reinvigorated knowledge, each participant received a copy of Doug Tallamy's book *Bringing Nature Home*. Nearly all participants noted that the presentation increased their knowledge on how to identify invasive and native plants and about strategies for removing invasive plants.

The Conservancy would like to thank the Pike County Public Library for sponsoring the event as well as the US Forest Service at Grey Towers and William Penn Foundation for their financial support.

Sponsored by:



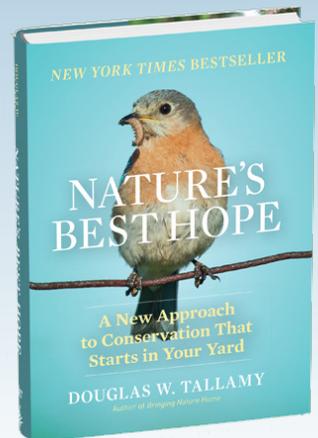
Interested in learning about how to increase biodiversity in your backyard?

Watch Doug Tallamy's presentation online!

In his new book, *Nature's Best Hope*, Douglas W. Tallamy urges homeowners to turn their yards into conservation corridors that provide wildlife habitats.

Tallamy, one of the leading figures advocating native plant gardening in the United States, joins the Western New York Land Conservancy for a special virtual event. During this free event, you will learn practical, effective, and easy steps for taking environmental action in your own yard.

Watch now: <https://www.youtube.com/watch?v=H3X6wWCWm0A>

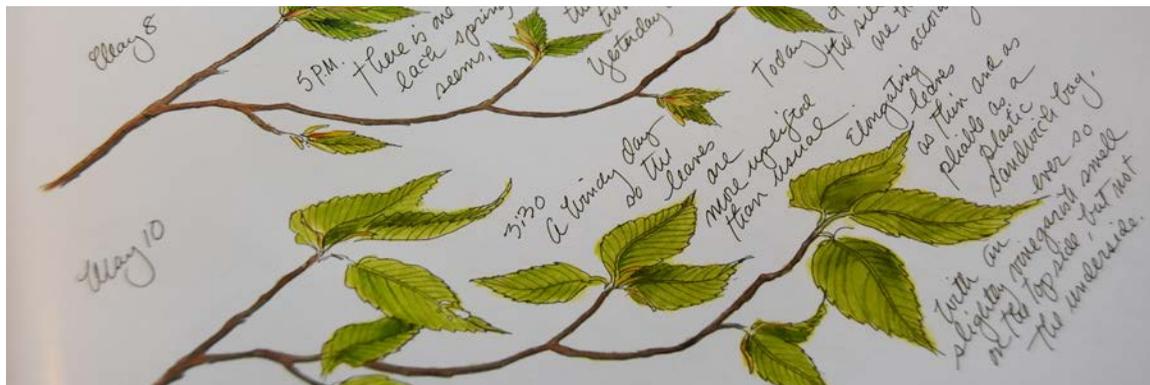


Rose-breasted Grosbeak

Share Your Experiences, Help Other Women Landowners

You are invited to participate in a research project led by Olivia Lukacic, a Master's student at the University of Massachusetts. Olivia is working on a project centered on female forest owners.

The goal of this project is to develop an outreach publication specifically geared towards women. She is looking for female landowners to be interviewed to better understand the kinds of decisions women are making, the challenges they face, and their preferred information sources. You don't have to have taken major action on your land to be interviewed and help out with this project. If you are interested, or want to learn more, please email Olivia at olukacic@umass.edu.



Are you looking for career or internship opportunities in conservation?

Sign up for the U.S. Fish and Wildlife Service Bi-Weekly Distribution List for Career and Internship Announcements: Committed to expanding diversity, inclusion, and mutual respect within the Service and in efforts with partners and the public.

Sign up here: <https://public.govdelivery.com/accounts/USDOIFWS/signup/11826>

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.



Conservancy Update

As we expand our educational opportunities virtually, Conservancy staff are actively developing videos and photos to share with our landowners, members, and friends through email and social media. Though we are not able to host events in-person at this time, we are dedicated to providing you with educational content useful for ongoing management of your lands.

This year we're asking for your contribution of ideas, photos, or videos to share with other landowners. **What are you doing on your land? Is there a project you think others would find interesting? Have you captured exciting photos of wildlife on your property?**

Be sure to join in the conversation on Facebook **@DelawareHighlandsConservancy** and Instagram **@DHConservancy** or let Amanda know if you have things to share! **Amanda@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 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

- Share Your Experiences
- Educational Retreat: Apply Now!
- Women and Their Woods 2020 Virtual to the Outdoors
- Fun Ways for the Whole Family to Connect
- Spring Workshop Success!

INSIDE

PO Box 218 Hawley, PA 18428-0218

WOMEN AND THEIR WOODS

Roots & Branches

