

# Women and Their Woods

Information for Women Forest Landowners  
Issue 10, Summer 2013

## Tilda's Toolkit: Part II—Forestry Tools for Women

By Nancy Baker

**Continued from *Tilda's Toolkit-Part I* in the Spring 2013 newsletter...**

A tool is a device or a piece of equipment that typically provides a mechanical advantage in accomplishing a task or enables the accomplishment of a task not otherwise possible. Ladies, this is exactly what we need. The most basic tools are simple machines like levers, wheels, pulleys, inclined planes, wedges and screws; they can be combined to make moving tools, cutting tools, measuring tools, and with power sources, complex machinery that yes, you too can use. Don't be shy! I bet you drive a complex machine every day!

For an effective but elementary example, a crowbar simply functions as a lever. The further out from the pivot point, the more force is transmitted along the lever. Ladies, the longer the lever, the more you can move! You can make that one-ton rock Go Over There, especially if you have a few sections of PVC pipe to roll it on. The same lever idea will also work to uproot invasive plants; the weed wrench is a time-tested tool ([www.weedwrench.com](http://www.weedwrench.com)) that pulls out

entire multiflora roses and autumn olives by firmly gripping the stem and prying them up with a lever using your weight.

Want to measure your trees? Use a Biltmore Stick to measure the diameter at breast height (DBH) and merchantable height. But accurate measurements with a Biltmore Stick depend on your arm length; you should measure the distance from your eye to the stick and if it is shorter than the standard (man-sized) 25-inches, go to the 4-H Forestry Invitational website where you can download the correct scale for your shorter arm (<http://4hforestryinvitational.org/training/tree-measurement-contest/scale-stick-download>).

You use sharp wedges all the time in the kitchen, we just call them knives. In the woods, try a Swedish Brush Axe ([www.forestry-suppliers.com](http://www.forestry-suppliers.com)) for hack and frill/herbicide work; it's lighter than a regular axe, but the weight of the head is still enough to do most of the work cutting for you; the blade is replaceable. Combine a sharp wedge with a ratchet mechanism

that multiplies the force you can apply and you've got a super pruner. I've used Florian Ratchet Cut Pruners of all sizes ([www.floriantools.net](http://www.floriantools.net)) for 30 years, and I finally returned my oldest pair to the company this spring; they replaced them for a very minimal fee. The ratchet



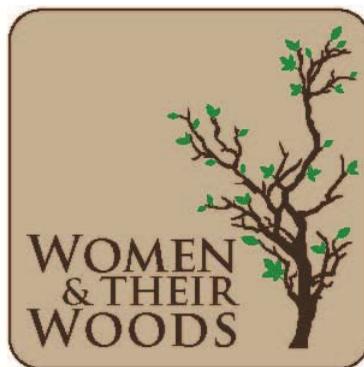
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The Women and Their Woods program is administered by Penn State Forest Resources Extension and the Delaware Highlands Conservancy with support from the Pennsylvania Forest Stewardship Program, US Forest Service at Grey Towers, and PA DCNR Department of Conservation and Recreation.

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

**Women and Their Woods** is a dynamic, fun, and informative program that teaches women to effectively care for their lands. **Women and Their Woods** emphasizes conservation stewardship and the value of intact forestlands and instills in women landowners a sense of confidence in their abilities to meet the challenges of forestland ownership.

We hope you find this newsletter helpful. Please contact us for further information on how to be involved.

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

## ...Continued from front page...

multiplies your strength by 7 times; this makes both the hand pruners and the larger loppers very effective.

Of course the ultimate cutting tool in the woods is a chain saw, and yes, women do use them. Get Proper Training! Game of Logging ([www.gameoflogging.com](http://www.gameoflogging.com)) is better than your husband and will save you from divorce. And Definitely USE PROTECTIVE GEAR! (Hardhat, chaps, steel-toe shoes, and don't forget the hearing protection since your ear drums are thinner than his.)

June Sienko, wife of an expert logging contract who has her own expertise in the woods, suggests, "A woman's saw should not be heavier than can be handled for the amount of time it will be used; but the lightest saw does not necessarily make it the best choice. A mid-size is usually adequate; you need enough weight to keep the saw in line, just not so much that you feel clumsy or awkward while operating it. Lightning speed is not the most important feature either; leave that to the professionals. Most modern chainsaws have power-to-weight ratios with sufficient torque for the saw." June recommends a saw with the decompression button for easy starting. A saw with an anti-vibration system is also easier on the body. She also advises that, "A sharp chain is of the utmost importance; if you know how to sharpen properly, that will cause less fatigue."



Don't forget the wheel as a tool. From the good old wheelbarrow to the rollers we mentioned above, the wheel is the winner. Learn to use pulleys; look at the Simpson capstan winches for moving things. Capstan winches don't coil up line on a drum; they wind low stretch polyester rope around the capstan using an integrated motor or attached to your chain saw. They'll pull up to 2,500 lbs at 22 to 42 feet per minute; there is no loss of pulling power as there is in a drum winch and the rope is safer than a cable. Find them at <http://www.loghomestore.com/c241-misc-chainsaw-attachments.php>.

If you have the ultimate wheeled tool, the All Terrain Vehicle to carry all your other tools around, please read the owners manual and all the warning labels. It is recommended that all new users of ATVs take an approved safety course before riding/driving their vehicles. DCNR has approved the safety course offered by the ATV Safety Institute, a nonprofit division of the Specialty Vehicle Institute of America ([www.atvsafety.org](http://www.atvsafety.org)). For more information on a safety instructor near you, call your local DCNR Bureau of Forestry office.

Lastly, don't get too tired; it's dangerous. Tools imply that we use our heads too; quit before either your head or your body gets tired.

Remember those narrow hips? There's still another effect of the narrowing of the hips; women rely on others to help give birth and as a consequence, they tend to work cooperatively rather than competitively. Not many of us have worked with other women in the woods; and unfortunately, many of our male mentors will generously do things for us, so we lose an important way to learn for ourselves. Seek out opportunities to learn for yourself.

**You go girl! Let's get those woods looking great!**

*Reprinted from Pennsylvania Forests, Summer 2008*



# Women Forest Landowner Educational Retreat

## September 26-29, 2013

It's time to apply!

Join the 2013 class of women forest landowners for a four-day workshop full of exciting educational programs and field trips related to the care and management of forestland. Women from across the Mid-Atlantic region who own, care for, or are interested in learning more about forestland are encouraged to attend the retreat.

The cost to attend the four-day retreat is **\$130** and covers lodging and meals at Camp Susque near the scenic town of Trout Run, PA. **Applications can be found at <http://DelawareHighlands.org/watw>.** To receive a hard copy of the application or for more information, please contact Amanda Subjin at the Delaware Highlands Conservancy (570-226-3164) or email [conserve@DelawareHighlands.org](mailto:conserve@DelawareHighlands.org). **The deadline to apply is August 15, 2013.**



### Topics and Activities Include:

- ◆ 'What is Stewardship?'
- ◆ Forest Plant Identification
- ◆ Forest Ecology
- ◆ The Basics of Silviculture
- ◆ Forest Hydrology
- ◆ Wildlife in the Forest
- ◆ Forest Measurements and Calculating the Value in Your Forest
- ◆ Woods Walk
- ◆ Estate and Financial Planning
- ◆ Working with Resource Professionals
- ◆ Skill Sharing and Resources



"We seek to partner with our land to promote healthy sustainable woodlands. **We are natural nurturers and will pass our knowledge to the next generation.**"

*Susan Benedict, Landowner*

# A Recap of the Women and Their Woods 2013 Spring Event

By Amanda Subjin, Stewardship Coordinator, Delaware Highlands Conservancy

On the evening of Wednesday, May 8, 2013, eleven graduates from the 2011 and 2012 Women and Their Woods (WaTW) Educational Retreats met with me and my two-year-old son at Arch Spring Farm in Blair County, PA.



The historic landmark, once owned by Jacob Isett, a grain farmer, is currently owned and operated as a Bed & Breakfast by PA landowner and WaTW graduate Linda Morrow and her husband, George. Accommodations included seven bedrooms in two limestone houses, built in 1799 and 1805.

Guests arrived, settled into their rooms and then gathered for a walk up the grassy knoll overlooking the rolling hills of the area. We spent the rest of the evening catching up and comparing notes on what sessions we planned to attend during the Private Forest Landowner Conference scheduled to take place that Friday and Saturday.

After a good night's rest accompanied by sounds from the nearby babbling brook, we all ate a hearty breakfast offered by our hostess and then made our way to the Blair County Convention Center for the 2013 WaTW Spring Workshop. There we met up with additional WaTW graduates and others who were new to the group. After we'd all introduced ourselves and had a chance to update others on our most exciting forest stewardship news-to-date, Allyson Muth, WaTW co-coordinator and PA Forest Stewardship Program Associate at PSU, and I highlighted our current work to promote the WaTW program, which includes:

- WaTW program information, past and current newsletters, retreat applications, photos and more at [www.DelawareHighlands.org/watw](http://www.DelawareHighlands.org/watw).
- Continued development and article posts on the **WomenOwningWoodlands.net** website along with a nationwide group of women authors representing various forestry organizations.
- Collaboration with a team of authors from PA, Oregon, Arkansas and Minnesota, on the development of the '**Growing Your Peer Learning Network**' ToolKit geared towards educators, association leaders and landowners who are interested in starting their own regional Women in Forestry groups or learning more about how to further promote, fund or develop an existing network. (We anticipate unveiling the ToolKit in hard copy and ebook form at this September's WaTW Educational Training and subsequent workshops).

To continue the networking aspect of the workshop we then tried a piece of the ToolKit out by playing a round of WOWnet BINGO, which everyone loved. Congratulations to 2012 WaTW graduate, Maggie Heyward who won WOWnet BINGO and the basket of local granola and maple syrup!



and pitch pine.

**Visit [www.DelawareHighlands.org/watw](http://www.DelawareHighlands.org/watw) to learn more about TNC's Brush Mountain Preserve site and download the handouts and resources offered at the workshop.**

After the field trip and a quick supper, we headed back to the Farm and were joined by Linda's Consulting Forester, Bob McColly, who led us on a walk through managed sections of the property.

Overall, workshop participants (who were presented with WaTW tote bags and stainless steel water bottles to add to their WaTW garb!) enjoyed the education-packed day of activities and networking opportunities and were visibly united (thanks for wearing your WaTW shirts and pins!) at the following two-day Private Forest Landowner Conference where we all learned even more about being stewards of our lands and mentors for forest landowners in our communities.



*If you are interested in learning more with us at the upcoming Sept 26-29 WaTW retreat (see page 6 for details) or know someone (daughter, neighbor, sister) who should attend, please visit [www.DelawareHighlands.org/watw](http://www.DelawareHighlands.org/watw) to download an application or contact Amanda Subjin at the Delaware Highlands Conservancy to learn more (570-226-3164 or [conserve@delawarehighlands.org](mailto:conserve@delawarehighlands.org)).*

## **WomenOwningWoodlands.net**

Find information applicable to your forest landownership, connect through nearby events for women landowners, and let us know if you have ideas for future content. [www.WomenOwningWoodlands.net](http://www.WomenOwningWoodlands.net)





# Forest Landowner Perspective



**This is YOUR space!** Share your connections to the forest with other WaTW newsletter readers. Send Amanda an email at [conserve@delawarehighlands.org](mailto:conserve@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!



## Refuge

*Poem by Norma Smith*

Oh how bleak can be  
the road of life  
For all are given a burden to bear.  
And so it was for me as well  
Overwhelmed I came to be.  
There was one place I knew  
I could find refuge there.  
It wasn't far  
It didn't take long.  
I climbed our woods.  
I sat with trees.  
They welcomed me  
And gently soaked up my anxiety.  
The old ones had witnessed so much.  
They told me not to worry.  
They passed their strength to me,  
Lifted my heavy heart  
and gave me calm.  
Oak, Maple, Hickory, Elm,  
Along with all their cousins  
Wait for my return,  
Ready to offer the comfort I seek.



## 9th Annual Festival of Wood

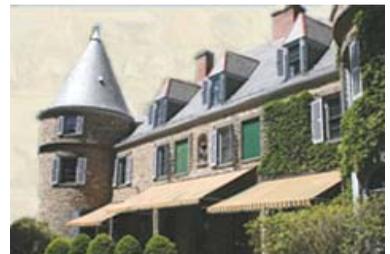
Grey Towers National Historic Site, Milford, PA

Saturday, August 3: 10:00 AM – 5:00 PM

Sunday, August 4: 10:00 AM – 4:00 PM

**FREE!**

Handmade crafts, music, arts, programs, children's activities, educational exhibits, and more!



Don't forget to send in your application to attend the **Sept 26-29, 2013 Women and Their Woods Educational Retreat.**

Applications due by August 15.



The Women and Their Woods retreat class of 2012.

“Being with other women at the retreat was important to me because I think women approach forest stewardship a little differently. **I now feel that I have a good network of resources --- people and information** -- to use to educate others about good forest stewardship practices.

My efforts are being validated by gatherings like this one. It was amazing to have access to people who give a lot of thought to issues that I have had questions about for years.

*Maggie Heyward, Landowner*

Visit [www.DelawareHighlands.org/watw](http://www.DelawareHighlands.org/watw) to download an application and learn more about the event.



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