

Women and Their Woods

Information for Women Forest Landowners
Issue 13 Summer 2014

GRAND IDEAS! Great Ways Grandparents and Grandfriends Can Connect Kids to Nature

by Richard Louv

Marti Erickson makes a practice of keeping two collapsible chairs in her car trunk. If she's having a particularly stressful day, she drives to the closest patch of nature, sits on one of those chairs, and is soothed. She always carries two chairs in the trunk of her car. "My oldest grandchild likes nature breaks, too, and joins me when we're out together."

I asked Facebook friends and others to contribute ideas from their own experience. Here are some of their ideas, and a few of mine, for how grandparents and grandfriends can connect kids to nature:

- Keep it simple, especially at first. Barbara R. Duncan takes her three-year old grandson outside to "do small things...that capture his attention, like picking up rocks...and feeding the ducks."
- Grab a daypack filled with a magnifying glass, binoculars, notebooks, a compass and snacks, and then go on a hike in your own neighborhood. You'll find nature, even in the sidewalk cracks, alleys, parks, and on the high window ledges where raptors live. Later, together, you can write and illustrate your Explorer's Report.
- Watch the sky. During a meteor shower, or on any night with a clear sky, look at the stars together. Or identify and track clouds together.
- Go wildwatching. "Salamander crossing nights are great to inspire my grandkids," writes Sue Cloutier, referring to those special warm evenings when you can see critters crossing the road. "There is something to do in each season and in any weather," she adds. "Night walks for owls and woodcocks. Take time for quiet observations."

Create a Grand Garden. "From an early age, I



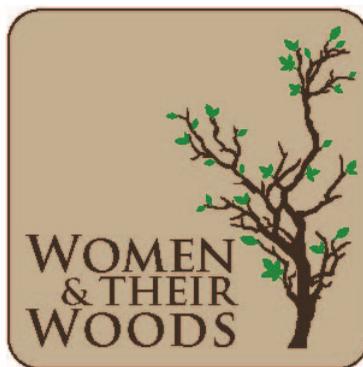
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The Women and Their Woods program is administered by Penn State Forest Resources Extension and the Delaware Highlands Conservancy with support from the Pennsylvania Forest Stewardship Program, US Forest Service at Grey Towers, and PA DCNR Department 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 and specify if you would like to receive our mailings electronically or continue to receive hard copies in the mail.

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- remember being in the garden with my grandparents,” writes Penny Ellis Maurer, “weeding, watering, learning... Then the fruits of our labor were brought into the kitchen where I learned the finer points of canning, preserving and preparation from my grandmothers.”
- Go on a techno-fast. Studies suggest that spending time in nature can help children and adults recover from mental fatigue, restore attention, and reboot the brain’s ability to think.
- Record the nature skills you learned as a kid. Make a video, tape or book .
- Tell your grandkids about your own childhood nature adventures. That time you saw a mountain lion, the fish that got away, your own tree house. Ni Ke, who lives in Tonga, described how her 84-year old mother “tells her grandchildren the songs they sang” in hard times, and the simple skills they learned, including “how to make garlands and how to keep pressed flowers.”
- Learn a new outdoor skill together. It’s never too late to learn to camp or hike. Take a tracking course together.
- Reignite your own sense of wonder. Mary Burton Willis suggests: “Find something you like to do, and they’ll do it with you.” Sometimes just introducing a child to the wind is magic enough. You may even discover that you haven’t really listened to the wind in years.



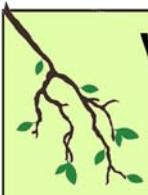
By doing these and other activities with your grandkids or other children, you’re building the ground beneath their feet. You’re giving the gift of resilience. “Thinking about this brought to mind walking/riding scooters to the library last year,” writes Dennis W. Schvedja. “My grandson fell down, and instead of crying, began naming and talking about the insects he saw as he was lying on the ground!”

*Reprinted with permission and edited for length from <http://blog.childrenandnature.org/2013/04/30/grand-ideas-21-great-ways-grandparents-and-grandfriends-can-connect-children-to-the-natural-world/>. Author Richard Louv is chairman emeritus of the Children & Nature Network (www.childrenandnature.org) and the author of *THE NATURE PRINCIPLE: Reconnecting With Life in a Virtual Age* and *LAST CHILD IN THE WOODS: Saving Our Children from Nature-Deficit Disorder*.*



The Delaware Highlands Conservancy offers free fun and educational programs for families throughout the year to connect kids to nature. Visit our complete events calendar at www.DelawareHighlands.org to learn more.

Outside the Upper Delaware River region, your local land trust or environmental nonprofit organization likely offers similar events—and will be happy to add you to their mailing list if you give them a call!



Women Forest Landowner Educational Retreat

September 25-28, 2014

AGENDA*



Join the 2014 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 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.

The deadline to submit applications is **September 1, 2014**. Applications can be downloaded from: <http://DelawareHighlands.org/watw>

Thursday, September 25:

Dinner, welcome and evening activities

Friday, September 26:

‘What is Stewardship?’

Forest Plant Identification

Forest Ecology

The Basics of Silviculture

Field Trip



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Saturday, September 27:

Forest Hydrology

Wildlife in the Forest

Forest Measurements and Calculating
the Value in Your Forest

Field Trip



Sunday, September 28:

Woods Walk

Estate and Financial Planning

Working with Resource Professionals

Skill Sharing and Resources

**Portions of this proposed schedule are
subject to change.*



“It is hard for me to believe how differently I view my woods after our four days together. In addition to loving my woods, I feel a strong responsibility to care for it in a purposeful way. The network of support available is wonderful. I am embarked on a new, beautiful, and heretofore unexpected relationship with my forest.

-Christine Foland, PA Landowner and 2013 WaTW Retreat Graduate

Applications for the 2014 Women and Their Woods Educational Training and Retreat can be found online 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.

Phone: 570-226-3164 ext. 2. Email: conserve@DelawareHighlands.org.

Growing Your Peer Learning Network

Tools and Tips from the Women Owning Woodlands Network

This toolkit, available for free download at http://extension.oregonstate.edu/catalog/pdf/em/em9064_toc.pdf, is designed to engage women woodland owners with an empowering, peer-learning approach. **In April, it won the Bronze award in the Long Publication category from the Association of Natural Resource Professionals.**



Peer-learning alternatives will be conducive to open, problem-based, learner-driven exploration. Confidence, engagement in learning, development of mutually supportive personal relationships, and basic technical skills will all increase, leading to more informed land stewardship decisions.

This toolkit focuses on the nuts and bolts of designing, forming, holding, and maintaining a peer-learning group, whether the group you want to reach is women woodland owners or any other group of people who have similar goals for learning. You'll find in this toolkit templates and worksheets for you to use, with samples to make clear how to use them.

If you are:

- An educator or association leader involved with forest and rangeland communities in the United States,
- A woman who owns forest or rangeland and who is not currently engaged in your respective forestry or range communities,
- A woman who owns forest or rangeland and who stands to serve as a mentor or facilitator of a peer network, or
- A woman who may not currently be managing but who stands to inherit or otherwise acquire forestland,

Then this book is for you.

Growing Your Peer Learning Network

Tools and Tips from the
Women Owning Woodlands Network



Oregon State
UNIVERSITY

Extension Service
EM-9064 - August 2013

Allyson Smith, Penn State University; Amanda Sabin, Chatham
Highlands Conservancy; ES Sague, University of Minnesota;
Nicole Stone, Oregon State University and Teresa Wallengrath,
University of Arkansas.

The Story of Our Woods: A Memoir from the Heart of the Forest

by Norma Dale Smith

Part 2

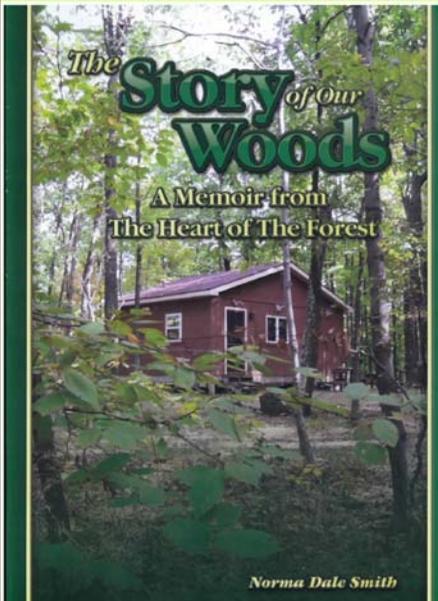
The Tree Planting Project



If you've ever seen a forest immediately after a logging job is completed you will understand why I felt compelled to undertake my tree project. The woods just looked devastated in certain areas so I thought replacing some of the trees might be a good idea. My friend at work told me about a program available through Blair County Department of Forestry which offered various tree seedlings at a great price to woodland owners.

After I attended the WaTW retreat in September 2012, I came home bursting with enthusiasm. Knowing I had to do something to instill the love of our land and the importance of stewardship to the next generation of our family, I was inspired to write a story. "The Story of Our Woods - A Memoir from the Heart of the Forest" is the finished result of my project.

-Norma Dale Smith



Several different species of trees were available, and since our woods had very few pine trees I chose to purchase white pine. They only came in lots of five hundred, but the cost was just thirty dollars, so that explains why I ordered so many. This was spring of 1994.

My plan was to do the planting over Memorial Day weekend. I started out wondering how to go about picking up all those trees--did I need a truck or perhaps a U Haul? Turns out each "tree" was no bigger than a pencil, and the bundles they came in fit easily in the trunk of my car. I went out to our woods determined to enhance the environment. Let me tell you, Johnny Appleseed had nothing on me.

I spent the better part of two days completing my task, finding it much more difficult than I had

anticipated. Digging in forest soil laden with roots and rock is not easy, especially when one is incorrectly following planting instructions by placing the seedlings too close



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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



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together as I found out later. My areas of planting varied far and wide - up hill and down dale shall we say. Dick began to feel sorry for me after the first day and came along to help the next day.

As I'm writing this some eighteen years later, I know exactly where one tree still stands. Seems as though deer love munching on pine seedlings (who knew?) so those poor buggers didn't have a chance.

Look for more from Norma's story in future issues of this newsletter, and read the first installment in the Spring 2014 issue online at www.DelawareHighlands.org/watw.



Forest Landowner Perspective

This newsletter is YOUR space! Share your connections to the forest with other WaTW newsletter readers. Send Amanda an email at 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!



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