



Streamlines



THE NEWSLETTER OF THE BRODHEAD WATERSHED ASSOCIATION

SPRING 2017

Flip-flops, bears and Bach:

Lessons learned by a hike leader

By CAROL HILLESTAD

Get Outdoors Poconos hikers have covered a lot of ground since July 2015.

We've stood a thousand feet above the Delaware River at Stairway Lake near Milford. We've been eye-level with the confluence of the Brodhead and the Delaware at Smithfield's Minisink Park. Hikers have looked down on the backs of turkey vultures flying past Mount Wismer in Barrett Township, and gotten down on their bellies to peer into pitcher plants at Long Swamp in Dingmans Ferry.

574 hikers have signed up for the 20 hikes offered so far. Together, we've walked



Hike leader, writer and tree hugger Carol Hillestad helps Get Outdoors Poconos participants get closer to nature.

miles of trails, talked about birds' nests and boulders, wetlands and waterways — and shared our deep gratitude for the vision and work it takes to protect this priceless resource of public land.

Some of the many things I've learned along the way:

I've learned that hikers come in every conceivable kind of package. The youngest hiker is not quite 2. The oldest is 85. Some folks are happy to take their time, sniff a whiff of wintergreen, squeeze a mass of sphagnum moss, listen for a while to the bubbling water or a warbler. Others can't wait to get there —

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2017 HIKE LINEUP

The Get Outdoors Poconos series, hosted by BWA and funded by the William Penn Foundation, offers monthly hikes and articles by Carol Hillestad. See brodheadwatershed.org/gopoconos for details as hike dates approach.

And BWA will publish a handy booklet of Get Outdoors Poconos hikes in April! Look for it in the April 21 Pocono Record and at the Earth Day celebration on April 22.

- May 20:** Lacawac Sanctuary
- June 24:** Mount Nebo
- July 15:** Red Rock Loop and Mount Sophia
- Aug. 19:** Cherry Valley Golf Course
- Sept. 23:** Paradise-Price Preserve to the Brodhead
- Oct. 21:** Spruce Lake (tentative)

ANNUAL NATIVE PLANT SALE

Start planning your nature-minded garden now

As the days slowly grow longer and warmer, gardeners start anticipating their tasks. One thing they should plan to do: Stop by Brodhead Watershed Association's annual Native Plant Sale, to be held Friday and Saturday, June 9-10, at Pocono Township Fire Company's "carnival building" on Route 611, Tannersville.

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The Friday sale, held 5:30 to 7:30 p.m., is for members only. Saturday's sale will run 9 a.m. to 3 p.m.

"This will be an exciting sale because we have 65 different perennials to offer," said Deb Mattie of Paradise Township, plant sale organizer.

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VOLUNTEERS NEEDED

Would you like to volunteer at the Native Plant Sale, one of BWA's biggest annual fundraisers? Helpers do a variety of tasks, from organizing plants to assisting customers. If you'd like to help, call 570-839-1120 or email info@brodheadwatershed.org.

HIKE

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wherever “there” is — the view, the bog, the overlook, the huge boulder. Or even just back to the trailhead.

I’ve noticed that hiking gear is as varied as the hikers themselves. An eighth-grader showed up at the first hike, at Barrett’s Pasold Farm, in cutoffs and flip-flops. At the other end of the gear rainbow was a fella I ran into at Promised Land State Park. He was strung with “performance” gadgets, including a wireless speaker in his backpack, blasting Bach. He said it scares the bears, because “bears don’t like Bach.” Hard to believe.

A walk in the woods doesn’t take special gear, of course. Sturdy boots or shoes, a walking stick if you like, water and a map are all you really need. Skip the flip-flops, though.

I’ve confirmed for myself what the doctors and scientists say: walking in nature is good for you. People need to connect with nature in some way, any way at all — making that connection feeds the spirit. Every hike, whether an easy stroll or a gasping climb, starts at the trailhead with a babble of questions, jokes, exclamations, a general ruckus. Ninety minutes later, as we come out of the woods, faces look relaxed. Voices are low. Quiet smiles and bright eyes tell me it’s been a really beautiful day.

Hope to see you on the trail.

Springing into the new year

Here at BWA we have certainly sprung into a new year. I became the full-time executive director at the start of 2017. I traded my daily commute to Parsippany for a commute to Paradise – literally, Paradise Valley; figuratively, the paradise we call the Brodhead Watershed.

As a native of Monroe County, I have stumbled through most of the water of this county in the last half-century, and I am fortunate to have so many at BWA mentor me into this new role, including Edie Stevens, who has earned her Lifetime Achievement Award for Women in Conservation



FROM THE DIRECTOR

Bob Heif

through her visionary thinking and endless strategies to protect our water.

It’s been a behind-the-scenes whirlwind. We are applying for new grants to implement our mission of clean water for the Brodhead Watershed; planning for Phase II of the Delaware River Watershed Initiative,

in which we partner with others in the region for clean water strategies in the next three years; and scheduling our activities and events for 2017.

With spring finally here, we will now be in action – Streamwatch training, Earth Day at Northampton Community College, other festivals and events, the Native Plant Sale in June. Our small office staff will rely on members, volunteers and sponsors to make this a success. I encourage you to volunteer and invite others to join us in our mission for clean water in the watershed.

BWA to the T

With these new T-shirts from BWA, you can show everyone how you feel about the importance of clean water.

T-shirts (women’s and men’s styles) and hooded sweatshirts are available online in a variety of colors. Choose from high-quality shirts with BWA’s exclusive design, all for the lowest cost possible. Minimal profits go to BWA’s programs!

Order at teespring.com/BWA-cleanwater



PLANT

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Almost every gardener in the Poconos seeks out deer-resistant plants, and the BWA won’t disappoint them. There will be 40 varieties from which to choose.

“A large majority of the plants are deer resistant and will be labeled as such,” Mattie said. “Also, plants for pollinators and butterflies will be labeled.”

Also new this year: bigger pot sizes. “So think bigger and better,” said Mattie. “There will be something for everyone regardless of what kind of garden you have – full sun, part shade, shade, dry or wet.”

New plant species for this year’s sale include:

Allegheny spurge
Beardtongue
Beebalm
Black cohosh
Black-eyed Susan
Blue vervain
Carolina lupine

Creeping Jacob’s ladder
Cup plant
Feather reed grass
Five lanceleaf coreopsis
Garden phlox
Goatsbeard
Goldenrod
Mayapple
Mist flower
Queen of the prairie
Spike gayfeather
Spotted phlox
Stokes aster
Tall thimbleweed
Turtlehead
Virginia bluebells
Wild geranium

MAKING MORE STREAMWATCHERS



More than 60 people attended two Streamwatch training sessions on March 30 at East Stroudsburg University and April 8 at Northampton Community College. Jackie Speicher and Darryl Speicher (above) led the sessions. BWA will soon assign water testing points to new Streamwatchers.

Anyone interested in becoming a Streamwatcher can learn more on the Streamwatch page at brodheadwatershed.org/streamwatchers.html, or email info@brodheadwatershed.org.



FRESH FISH FINDER

For a handy search mechanism to find out where the Pennsylvania Fish & Boat Commission is stocking fish this year, go to fbweb.pa.gov/stocking/. The site can also tell you which species are being stocked.



BWA will be at Earth Day extravaganza

The county-wide Earth Day celebration will be held 10 a.m. to 3 p.m. Saturday, April 22, at Northampton Community College's Tannersville campus.

BWA will host a booth centering on the themes of native plants and green infrastructure. Stop by for a chance to win a BWA T-shirt or rain barrel!

New exhibitors will include the Coast Guard auxiliary, Trout Unlimited and residential solar vendor and installers.

The celebration will also include electronics recycling, tire amnesty, crafts, environmental talks, entertainment throughout the day and more!

Would you like to help at the celebration? Volunteers are still needed to help with the children's activities, crafts and information booths.

For information or to sign up as a volunteer, see mcearthday.org.

Welcome, new members!

Jonathan Donovan of Canadensis, Katherine Daniels of Stroudsburg, Jeffery Perkins of Philadelphia, Bridget Keating of Shawnee-on-Delaware, Rosemary Miller of Stroudsburg, Valerie Laico-Ganci of Delaware Water Gap, Larry Laubach of East Stroudsburg, Charles Garris of East Stroudsburg, Pam Kemecsy of East Stroudsburg, Leslie Bates & Craig Levins of Canadensis, Michelle & Todd Farley of Cresco, Robert & Carol Hergenhan of Ben Salem, Rob & Amy Johnson of Scotrun, David & Karen Wotring of Scotrun, Patricia Michelin of Stroudsburg, Steven & Marilyn Detrick of Neola; Andrew & Nancy Rance of Cresco; Mary Jane Drake of Stroudsburg; Karen Griffin of East Stroudsburg; Douglas Bannon of Bloomfield, N.J.

Wanted: Social media manager



Do you love to post and tweet? The BWA could use your help in managing our social media presence. If you'd like to volunteer, email info@brodheadwatershed.org.

CALENDAR

COUNTYWIDE EARTH DAY CELEBRATION

10 a.m. to 3 p.m.
Saturday, April 22

Celebrate Mother Nature at Northampton Community College's Tannersville campus. See story inside this newsletter.

LACAWAC SANCTUARY

(a free Get Outdoors Poconos hike)

10 to 11:30 a.m.
Saturday, May 20

Get to know one of Pennsylvania's National Natural Landmarks, Lacawac Sanctuary, near Lake Wallenpaupack. This moderate hike of less than 3 miles includes a stop at the sanctuary's crown jewel — a natural, pristine glacial lake. The sanctuary protects Wallenpaupack Creek and



Summer isn't far away. See brodheadwatershed.org/gopoconos to find great hikes for any season.

drinking water downstream. Free, but registration is required. Call 570-839-1120 or 570-629-2727; email info@brodheadwatershed.org. For information, see brodheadwatershed.org/gopoconos.

NATIVE PLANT SALE

June 9-10 at Pocono Township Fire Co. "carnival building" on Route 611, Tannersville.

Members save 10 percent and get first pick of rare plants on Friday evening! See story inside this newsletter.

MOUNT NEBO

(a free Get Outdoors Poconos hike)
10 to 11:30 a.m.
Saturday, June 24

This 159-acre regional park in East Stroudsburg offers two walking loop trails, a small

pond, and lovely views any time of year. This is a moderate hike, suitable for families — perfect for a morning outdoors in early summer. The park protects local drinking water and the Delaware River. Free; registration is required. Call 570-839-1120 or 570-629-2727; email info@brodheadwatershed.org. See brodheadwatershed.org/gopoconos.

The Brodhead Watershed Association is a non-profit organization formed in 1989 to promote and preserve the environment of the Brodhead watershed and the water quality of the Brodhead, Cherry, Marshalls, McMichael, Paradise and Pocono creeks and their tributaries.

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