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Make check payable to **Friends of the Parks** and mail to:

**Friends of the Parks, 1175 Hilltop Road, Indiana, PA 15701**

Or, you may submit your membership via the internet by following steps 1 & 2 or by scanning this code:

1. Go to the Community Foundation for the Alleghenies website at: <https://cfalleghenies.fcsuite.com/erp/donate>

Scroll down the page to the search box and click on "Show all funds list".

2. Scroll down to "Friends of the Parks (Indiana County) Fund and click the blue "DONATE" button and complete the form.



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# Friends of the Parks 2023 Programs

This schedule available on-line at [www.indianacountyparks.org](http://www.indianacountyparks.org) by clicking on the Friends of the Parks link.

Date / Time	Location	Program Title / Speaker / Description
2/11/2023 Saturday 10:00 AM	Blue Spruce Park Pavilion #1	<b>Hot Chocolate Walk - Barb Hauge &amp; Ray Winstead</b> - Join us for the Indiana County Decathlon Kickoff Event to learn the details of our 7th Annual event series, followed by a winter walk with Barb or hand feeding the chickadees with Ray. Bring your sweetheart and warm up with a cup of Hot Chocolate. Easy walk on paved area or moderate walk on trails. Please dress appropriately for the winter weather.
2/11/2023 Saturday Luncheon: 12:00 PM - 1:00 PM Program: 1:00 PM - 2:00 PM	Blue Spruce Park Lodge 	<b>The Great Mississippi River Adventure and Member Luncheon - Cindy Rogers &amp; Rebecca Sterley</b> Join us for our trip down the Mississippi River from St. Paul to New Orleans in historic low water conditions. The Mississippi River is 2,350 miles from its source at Lake Itasca, MN down to the Gulf of Mexico. We'll share our adventures on the river and off. This presentation will be in conjunction with the annual members' luncheon, sponsored by InFirst Bank, Indiana, PA. Additional information about the luncheon will be provided in the FOP newsletter. Space will be limited and pre-registration will be required by calling 724-463-8636 before February 3, 2023.
2/24/2023 Friday 6:30 PM - 8:30 PM	Blue Spruce Park Lodge	<b>Enjoying Nature Through Photography - Deidre Smith</b> - Local Photographer will be sharing her favorite captures from local parks (and beyond) and sharing tales of her photography adventures. Enjoy snaps of a deer hug, a fish jumping, and a frog in space, along with entertaining photos of our bird population. You may pick up a few tips on how to get a good shot and hear some suggestions on what you can do with your photos. You will definitely leave with a greater appreciation of all that our parks have to offer!
3/9/2023 Thursday 6:30 PM	Blue Spruce Park Lodge	<b>Meet the Mudpuppy! - Ed Patterson</b> - The mudpuppy is the second largest salamander found in Indiana County. Although rarely seen, these secretive aquatic creatures have many unique features. In this program we will learn about their status in the county, their habits, habitat needs, and what can be done to conserve them for future generations.
3/11/2023 Saturday 9:00 AM - 10:30 AM	Park Office at Loyalhanna Dam 440 Loyalhanna Dam Road Saltsburg, PA	<b>Eagle Watch at Loyalhanna Dam - Lisa Meadows</b> - Come join us to check out the Bald Eagles at Loyalhanna Dam. We will provide binoculars or you can use your binoculars to watch the eagles hanging out in the area. Come for a few minutes or stay the whole time. We will meet at the park office at Loyalhanna Dam. This is a weather dependent event, so if raining steadily, snowing, or below 32 degrees, this event will be cancelled. Best suited for adults, teens, and school age children age 6 & up. Watch the Yellow Creek State Park Official Facebook Page for the latest updates.
3/18/2023 Saturday 10:00 AM	Blairsville Veterans' Memorial Park along Water St. Blairsville, PA	<b>Blairsville 1936 Flood Commemoration Walk - David Janusek &amp; Denise Jennings</b> - Join us for an interpretation of the events of the 1936 St. Patrick's Day Flood with David & Denise and a walking history of Blairsville's lost neighborhood of Riverview. We will also learn about the Army Corps of Engineers' yearly controlled flood in Blairsville and celebrate the engineering phenomenon of the Conemaugh Dam. Easy walk.
3/18/2023 Saturday 2:00 PM	Blue Spruce Park Lodge	<b>Lessons From the Bee: How to Work as a Team When No One Knows What She is Doing - John Wenzel</b> - Bees, ants, and wasps organize their colony labor to behave as a well-tuned machine despite having no foreman, no time clock, no blueprint, and not even knowing who are their team partners. We will explore the elegant rules of interaction that allow these workers to integrate their labor so that the colony behaves as if it has a global knowledge of what work needs to be done.
3/25/2023 Saturday 8:00 AM	Yellow Creek State Park Office	<b>Birding Yellow Creek State Park - Roger &amp; Margaret Higbee</b> - We will target the waterfowl migration but also look for winter birds and early spring migrants. Dress warmly.
3/25/2023 Saturday 10:00 AM	Indiana County Conservation District Meeting Room 435 Hamill Rd. Indiana, PA	<b>Spotted Lanternfly - What to Know - Gretchen Barbor</b> - Join Master Gardener Gretchen Barbor for an introduction to an unwanted invasive insect - the Spotted Lanternfly (SLF). Learn how to identify this pest, and what you can do as a homeowner to protect your landscape and gardens. Since its discovery in Berks County in 2014, SLF has presented a significant threat to PA agriculture including the grape, tree-fruit, hardwood, and nursery industries. You will learn how to identify this invasive species, and understand its life cycle, current quarantined areas in PA, and actions you can take to help stop its spread.
3/25/2023 Saturday 10:00 AM - 12:00 PM or 1:00 PM - 3:00 PM	Yellow Creek State Park Environmental Learning Center	<b>Pysanki Eggs With a Twist - Matthew Bartus</b> - Join Matt to learn all about the Ukraine Method of dying Easter Eggs, known as Pysanki Eggs. Matt will show participants how to make these eggs using a different method. Participants will learn how to dye eggs using alcohol inks and rubbing alcohol. All materials will be provided for this class. The cost of the class is \$5/pp. Please bring cash. This program is geared for adults and kids, 10 & over. Space is limited so pre-registration is required by emailing Lisa Meadows at <a href="mailto:limeadows@pa.gov">limeadows@pa.gov</a> with name, phone number, and email and time selection: 10:00 AM - 12:00 PM OR 1:00 PM - 3:00 PM. Registration will start after 2/14/2023.
3/31/2023 Friday 6:00 PM	Blue Spruce Park Lodge	<b>Health Benefits of Nature Hiking - Andrew Browe</b> - Nature hiking offers the health benefits of not only exercise, but also cognitive activity and social interaction, as well as quality of sleep. Dr. Browe is a retired IUP Physiology Professor and will give a presentation based on his expertise and experience in this field - to include working with top-level athletes.
4/1/2023 Saturday 1:00 PM	Yellow Creek State Park North Shore Pavilion	<b>Finding Your Inner Child - Adult Salamander Hike - Lisa Meadows</b> - Did you love jumping in creeks looking for salamanders, turtles, and snakes? In this program, you will have the opportunity to relive those days of youth in search of the wetlands and woodlands of Yellow Creek. Hiking boots and long pants are recommended. This program is for adults, age 18 and over. Participation is limited, so pre-register for this program by emailing Lisa Meadows at <a href="mailto:limeadows@pa.gov">limeadows@pa.gov</a> by 3/30/2023 with name, phone number, and number in your party.

Date / Time	Location	Program Title / Speaker / Description
4/10/2023 Monday 8:00 AM	On-Line	<b>FOP and Penguin Court Native Plant Fundraiser</b> - Buy Mom a plant for Mother's Day! Our website opens today for ordering native plants: <a href="https://friends-of-the-parks-plant-sale.square.site/">https://friends-of-the-parks-plant-sale.square.site/</a> . The site will be open for ordering through 5/7/2023. Plant pick-up will be Saturday, May 13, 2022 from 9 AM – 12 PM. More info about the plant sale will be in the FOP Spring Newsletter.
4/12/2023 Wednesday 6:30 PM	Virtual Presentation	<b>Go Native! Installing Native Plants in Your Landscape - Melissa Reckner</b> - The value of native plants, design considerations, and excellent plants for homescapes will be shared. This will be a Zoom presentation, so please pre-register at <a href="http://www.brandywine.org/conservancy/events">www.brandywine.org/conservancy/events</a> up until the start of the event.
4/15/2023 Saturday 2:00 PM	Mother Earth Farm 4420 Warren Rd. Indiana, PA	<b>Wine Cap Mushroom Cultivation Outdoors - Chloe Drew</b> - Learn how to start a patch of wine cap ( <i>Stropharia rugoso-annulata</i> ) mushrooms in an outdoor environment. Participants will help with the creation of a mushroom patch to learn step-by-step how to create their own at home. Participants will be able to take home wine cap mycelium to start their own patch after the program. This program is led by outdoor educator/vegetable farmer Chloe Drew, a citizen mycologist in training who completed the Community Mushroom Educator course through Cornell University. Suitable for children ages 7 and up; children under 12 must be accompanied by a parent/guardian. Please pre-register by emailing Chloe Drew at <a href="mailto:chloedrew@gmail.com">chloedrew@gmail.com</a> by 4/8/2023.
5/7/2023 Sunday 10:00 AM - 11:30 AM	Yellow Creek State Park Office	<b>Spring Ephemeral Walk - Melissa Reckner</b> - Join Penguin Court's Program Manager, Melissa Reckner, on an approximately 1-mile walk down the Laurel Run Trail to view and learn more about these spring beauties that will fade as spring progresses. Rain or shine! Space is limited, so please pre-register by contacting Melissa Reckner at <a href="mailto:mreckner@brandywine.org">mreckner@brandywine.org</a> by 5/5/2023.
5/14/2023 Sunday 2:00 PM	Blue Spruce Park Lodge	<b>Mother's Day Walk and Tea - Cindy Rogers</b> - Take a walk to learn about local flowers and "weeds" and their edible and medicinal uses. Then enjoy some of those "weeds" in tasty treats. Dress for the weather: if raining hard it will be an indoor slide show; if light drizzle we will do the walk. Please pre-register by emailing Cindy Rogers at <a href="mailto:rogers944@comcast.net">rogers944@comcast.net</a> by 5/12/2023.
5/21/2023 Sunday 2:00 PM	Indiana Community Garden at Mack Park	<b>Families Grow a Garden - Chloe Drew</b> - Bring the whole family to learn the basics of starting a garden in almost any space. Join garden educator Chloe Drew while she teaches you and your children how plants grow, what they need to grow, how to start a garden from scratch, companion planting ideas for any space, how to build your soil, and more. Participants will have hands-on experience planting in the Indiana Community Garden community beds, and be able to take some plants home to start a garden of their own. This program is geared towards children and their families ages 4 and up. Please pre-register by emailing Chloe Drew at <a href="mailto:icg15701@gmail.com">icg15701@gmail.com</a> by 5/15/2023.
5/23/2023 Tuesday 6:00 PM	Buttermilk Falls Trailhead 570 Valley Brook Road New Florence, PA	<b>143 Day Walk at Buttermilk Falls - Barb Hauge</b> - Day 143 (special code for I Love You) is a Day of Kindness in PA that was inspired by Fred Rogers. Join us to remember and celebrate the life and legacy of Mr. Rogers of children's television fame. On our walk we will learn about the significance that Buttermilk Falls played in shaping Fred Roger's outlook on life. Medium/easy walk.
6/3/2023 Saturday 10:00 AM - 3:00 PM	Blue Spruce Park: Activities throughout the Park	<b>Family Nature Pooza Day - Kathleen Abbey-Baker</b> - The Children's Advisory Commission is sponsoring a fun day at Blue Spruce Park. Entire families are welcome: outside hiking & biking, live animals, games, fishing, scavenger hunt, and many more outside activities. Pre-registration is encouraged. To register go to the website: <a href="http://www.ChildrensAdvisoryCommission.org">www.ChildrensAdvisoryCommission.org</a> or call 724-463-8200 ext. 8.
6/17/2023 Saturday 2:30 PM	Ghost Town Trail Rexas Access 1069 Main St. Vintondale, PA	<b>Bike Through History - Katie Gaudreau</b> - Bike Through History - Katie Gaudreau - Bike your way on a tour of a little piece of Indiana County history! This self-guided tour will begin at the Rexas Trailhead Access, continue on to Eliza Furnace and back again. Interpreters will be situated throughout the ride for you to speak with and learn from. Total distance about 5 miles.
6/24/2023 Saturday 1:30 PM - 3:30 PM	Yellow Creek State Park Environmental Learning Center	<b>Papermaking 101 - Shane Miller</b> - Learn how to make paper by hand with Shane Miller from Raccoon Creek State Park. Making paper by hand at home can be a pretty simple process. It is a great way to use up your scrap paper, junk mail, and copy paper that you were about to throw in the recycling bin, and instead create a thing of glorious handmade beauty. Please dress to get messy. Best suited for adults, teens, and kids, age 11 & up. Registration will start 6/1/2023 - 6/22/2023 by emailing Lisa Meadows at <a href="mailto:limeadows@pa.gov">limeadows@pa.gov</a> with name, email, & phone number. Limit 3 per registration.
6/24/2023 Saturday 6:30 PM - 8:00 PM	Chevy Chase Food Forest 643 Fairview Ave. Indiana, PA	<b>Chevy Chase Food Forest - Marie Olson</b> - Join us for a walk through the newly established food forest at Chevy Chase. You will learn about the concepts of a food forest and its tremendous potential for the community and its environment. Pre-registration is preferred by calling Marie Olson at 724-840-3360.
7/1/2023 Saturday 10:00 AM - 12:30 PM - 12:30 PM - 2:30 PM	Yellow Creek State Park Day Use Area Boat Rental	<b>Paddling the Lake Kayak Program - Lisa Meadows</b> - Join Lisa for kayak instruction and a 2 hour paddle on Yellow Creek Lake. For ages 12 - Adult. Age 17 & under must be accompanied by an adult/guardian. Program is limited to 7 people for either the 10:00 AM OR 12:30 PM sessions. Pre-registration is required. Registration will start after 6/1/2023. <b>WE WILL NOT ACCEPT REGISTRATION BEFORE 6/1/2023.</b> Please email Lisa Meadows at <a href="mailto:limeadows@pa.gov">limeadows@pa.gov</a> with your name, email, and phone number. Must indicate which session you want: 10:00 AM -12:00 PM or 12:30 PM - 2:30 PM, and if you need a kayak. Weight limit for park kayaks is 250 lbs. Meet at the Boat Rental area.
7/12/2023 Wednesday 5:30 PM - 7:30 PM	Blue Spruce Park Pavilion #2	<b>Summer Edible and Medicinal Plant Walk - Dana Driscoll</b> - Join us on an interactive walk to learn about 15-20 edible and medicinal plants that are in-season during the summer months. The plant walk will include the ethics, best practices, and tools of wild food and medicine foraging. The walk will also cover plant identification practices, botany, and plant and local ecology. We will place a special emphasis on harvesting invasive plants as well as reciprocating care for the local ecosystem. Plants covered in this walk include monarda, willow, hawthorn, wood nettle, elderberry, mayapple, jewelweed, spruce, plantain, and many more! Please have appropriate footwear for light hiking and bug spray.

Date / Time	Location	Program Title / Speaker / Description
7/14/2023 Friday 6:30 PM	744 Hudson Road Creekside, PA	<b>History of Christmas Trees in Indiana County</b> - <i>Gregg Van Horn</i> - History of Christmas Trees in Indiana County - Gregg Van Horn - Visit an Indiana County Christmas Tree Farm at the Van Horn Residence with an up-hill hike to the tree patch. Learn about Indiana County's claim to the title of "Christmas Tree Capitol of the World." Please pre-register by calling 724-463-8636 by 7/12/2023.
7/15/2023 Saturday 10:00 AM	Donley Property 1243 Five Points Road Indiana, PA	<b>Landscaping for Wildlife with Native Plants</b> - <i>Ed Donley</i> - Experience a home landscape that is designed to benefit wildlife, including ponds, meadows, flower beds, and a bog garden. Learn how native plants support pollinators, caterpillars, birds, and small mammals. Discover ways to make your own suburban or rural landscape an integral part of nature's food web. Take home some free native flower seedlings to enhance your garden. Please pre-register by calling 724-463-8636.
7/22/2023 Saturday 10:00 AM	Yellow Creek State Park near the North Shore	<b>Colonial Garden Tour at Stake Church</b> - <i>Lisa Meadows &amp; Katie Gaudreau</i> - Join Katie Gaudreau portraying an 18th Century farm wife and Park Educator, Lisa Meadows in a living history program. Learn all about the types of plants a woman may have had in her "kitchen garden" when the settlers first moved to this area in the late 18th century. Park across the road from the old white Stake Church which is at the intersection of South Harmony Road and Ray Road. Email Lisa Meadows if you need directions at limeadows@pa.gov by 6/20/2023. This program is weather dependent, if it is raining steadily or storming, it will be cancelled. Best suited for adults, teens, and school age children, age 7 & up.
8/19/2023 Saturday 6:00 PM - 8:00 PM	Blue Spruce Park Pavilion #1	<b>Mountains Meet the Moon Band</b> - <i>Thomas Hong</i> - The group, Mountains Meet the Moon Band, brings a lively performance of jigs, reels, waltzes and airs played on traditional instruments. The performers interact with their audience to share the music's historical background and contribution to Americana.
8/28/2023 Monday 5:30 PM - 7:30 PM	Yellow Creek State Park Lakeview Pavilion	<b>Fall Edible and Medicinal Plant Walk</b> - <i>Dana Driscoll</i> - Join us on an interactive walk to learn about 15-20 edible and medicinal plants that are in-season during the fall months. The plant walk will include the ethics, best practices, and tools of wild food and medicine foraging. The walk will also cover plant identification practices, botany, plant and local ecology. We will place a special emphasis on harvesting invasive plants as well as reciprocating care for the local ecosystem. Plants covered in this walk include oak (acorns), hickory, spicebush, autumn olive, wild grape, witch hazel, wintergreen, partridgeberry, goldenrod, and more. Please have appropriate footwear for light hiking and bug spray.
9/14/2023 Thursday 7:00 PM	Blue Spruce Park Lakeside Center	<b>Whose That Hoot? Owl Prowl at Blue Spruce Park</b> - <i>Lisa Meadows</i> - Curious about owls? Join park educator, Lisa Meadows, to learn all about owls of Southwestern PA. After a short program on owls, we will head out into the park to look and listen for owls that live around Blue Spruce Park. Please dress to be outside and bring a flashlight. This is a general public program for adults, teens, and kids, age 7 & up. Children must be accompanied by an adult. This program is weather dependent. If it is raining steadily, this program will be cancelled and rescheduled. Check the Yellow Creek State Park Facebook Page for updates if there are weather concerns.
9/18/2023 Monday 6:00 PM	Indiana Community Garden at Mack Park	<b>Food Forest and Pollinator Meadow Walk at the Community Garden</b> - <i>Barb Hauge, Marie Olson, &amp; Kay Snyder</i> - Join Landscape Architect Barb Hauge and ICG's Marie Olson and Kay Snyder on a tour of the food forest and pollinator meadow at the Indiana Community Garden. Learn how and why they were created, the special native plants and foods being grown, best management, and the many benefits they provide. Discover how to make your own yard more pollinator friendly and incorporate elements of an edible forest garden, even if you have limited space. Please pre-register by emailing icg15701@gmail.com or calling 724-422-0526.
10/4/2023 Wednesday 6:00 PM	Virtual Program	<b>Groundhogs of PA Virtual Program</b> - <i>Stacey Marendt</i> - Regardless of whether you view groundhogs as annoying or adorable, join us to learn about their odd behaviors and habits. Join us for this virtual program with Presque Isle State Park Staff, Stacey Marendt to learn all about one of our state's most well known mammals. Pre-registration for this program will be posted on the Yellow Creek State Park's Events page in mid to late September. Google "Yellow Creek State Park Events."
10/17/2023 Tuesday 5:30 PM - 6:30 PM	Virtual Program	<b>Winter at Presque Isle Virtual Program</b> - <i>Brian Gula</i> - Have you ever visited one of PA's most visited State Parks aka Presque Isle in Erie, PA? Many people have visited this beautiful park in the summer to enjoy the beaches, but have never seen this strange environment in the winter! Join park educator, Brian Gula, to experience the beauty of Presque Isle in the snow in the winter through a virtual program. Many interesting animals make Presque Isle their home in the winter. Pre-registration is required by signing up for this program through the Yellow Creek State Park's Events page in mid to late September - October. Google "Yellow Creek State Park Events."
10/21/2023 Saturday 11:00 AM	Weyandt Hall Room 107 IUP Campus	<b>Treat Hemlock Trees for Hemlock Woolly Adelgid</b> - <i>Ellen Yerger &amp; Tim Tomon</i> - Join Dr. Ellen Yerger (IUP) and Tim Tomon (USDA) at Indiana University of PA. The Hemlock Woolly Adelgid (HWA) has become a major pest of hemlock trees, causing the long-term decline of hemlock forests. Learn how to treat your trees with a systemic pesticide to control the HWA. Includes a demonstration of two techniques: burying soil tablets of pesticide for treating a few trees and soil injection of pesticide for treating larger numbers of trees. The pesticide is absorbed by the roots and moved up into the branches and needles of the tree where the HWA feeds. There will also be discussion of a few other treatment methods that may be appropriate for particular environmental situations. This workshop will be geared for homeowners who are interested in a demonstration of safe and effective chemical control. Our current research on biocontrol methods will also be discussed.

### Information About the Programs

*Friends of the Parks' programs will be following the most current COVID-19 regulations as described by PA mandates and the CDC in 2023. Depending on those mandates, some of our programs may have space limitations, social distancing, and masking requirements. We ask that everyone adhere to these regulations for the safety of all participants.*

**Who can attend the programs?** We welcome both families and individuals.

**Must I pre-register?** Yes, due to restrictions on group size, some 2023 programs have pre-registration requirements. Please email the address or call the number indicated in the program description to pre-register. If a program is cancelled, we will make every effort to contact those registered. Since most programs will be smaller, if you can't attend after pre-registering, please contact us so that we can give your space to someone else.

**How long are the programs and how should I dress?** Programs usually last from 1 to 2 hours, unless noted. Dress appropriately for the outdoors and for walking. Most programs are held regardless of the weather.

**Is there a fee?** Programs are offered free of charge unless otherwise indicated.

**How do I get there?** Directions to various program locations are available at indianacountyparks.org. Follow the link to Friends of the Parks or get directions to program sites by calling 724-463-8636.

**Friends of the Parks** is a volunteer, non-profit organization dedicated to providing quality environmental education programs in the Indiana County Parks & Trails and Yellow Creek State Park.

**For additional information about a program, contact:**

**For Yellow Creek State Park Programs:**  
limeadows@pa.gov

**Additional program listings for Yellow Creek can be found at:**  
[https://events.dcnr.pa.gov/yellow\\_creek\\_state\\_park#.YZLt2fc8LDs](https://events.dcnr.pa.gov/yellow_creek_state_park#.YZLt2fc8LDs)  
<https://www.facebook.com/yellowcreekSP>

**For Indiana County Parks & Trails Programs:**  
(724) 463-8636 indparks@gmail.com



Our newsletters and schedule are available under "Friends of the Parks" at [www.indianacountyparks.org](http://www.indianacountyparks.org) or by scanning this code:



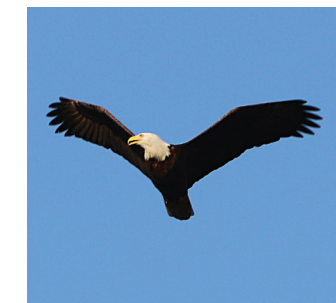
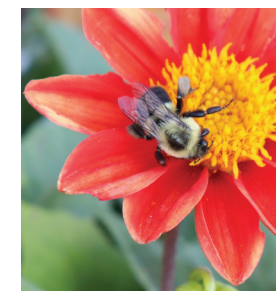
Support for Friends of the Parks comes from organizations, businesses, and individuals like yourself who care about quality environmental programming for Indiana County. Your support is vital to helping us accomplish our goal.



# FRIENDS OF THE PARKS

[www.indianacountyparks.org](http://www.indianacountyparks.org)

Indiana County Parks Yellow Creek State Park



FRIENDS OF THE PARKS  
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Indiana, PA 15701