KTA Gets the Job Done!

On a beautiful weekend in mid-September a work crew of 10 Keystone Trails Association (KTA) volunteers and about the same number of Friends volunteers tackled several trails in the park that were in need of major repairs. Both the Hemlock Trail (the main trail up to the old growth forest) and the Fall Brook Trail (through the gorge) had sustained extensive damage from the June 2006 flood and the April 2007 snowstorm. With the help of many able hands, strong backs and some really cool tools, these trails were repaired and will now be much more usable for visitors.

Water bars were constructed along the slope of the Hemlock Trail and Woodland Trail to divert rainwater and prevent trail erosion. Stone steps were built at the new trailhead for the Hemlock Trail, just past the Salt Spring. In the gorge, trees that have been blocking the trail for a year were cut and cleared, and sections of the trail that had collapsed were reconstructed. Many thanks to Joe Healey of KTA for organizing the work weekend and all the KTA crew for your effort! Thanks also to Friends volunteers: Kathy & Joe Blaisure, Jim Morris, Dave Clemens, Tom Norville, Paul DeSera, Ralph & Debbie May, Jim Coan, Dennis Wilson, and Nancy Wottrich.

Theme

We don’t assign themes to our newsletter issues, and we didn’t intentionally do so this issue. In review, however, there is a theme to this one. It is thank you. Thank you one and all.

Salt Springs exists for the community, and it is the community that keeps Salt Springs alive. Like all nonprofit, volunteer organizations, the Friends have many ongoing and evolving needs, from simple tools to creative thinking to cash money. Like other such fortunate organizations, we thrive because our supporters help. Just as our needs are multilevel, our community organizations’ and individuals’ abilities to help are multilevel. All are equally important and equally valued and equally depended on.

We hear children enthuse, “I gotta bring my mom/dad/friend here!” Without your help, not only wouldn’t these children be here in the first place, but they wouldn’t want to come back.
The mission of the Friends of Salt Springs Park is to provide opportunities for enjoying healthy outdoor recreation and to serve as an outdoor classroom for environmental education, while conserving the natural, scenic, aesthetic and historical values of the park.

The Friends of Salt Springs Park is a private 501(c)3, non-profit organization. Support for the Friends’ work at the park comes from memberships, public and private agency grants, business donations, in-kind donations of materials and services, special events, and program fees for educational services. Contributions are tax deductible.

5th Annual Celebration
an Outstanding Success!

Picture perfect weather, fantastic music, and a hungry crowd helped to make this year's celebration our most attended and profitable one yet! See page 5 for highlights. Our heartfelt thanks to all the businesses and individuals, especially Nancy Wottrich, event coordinator, who helped in so many different ways to make it happen for us.

Businesses
ABC Sure Save
Andre’s & Son
Arcadia Trees
The Book Shoppe
The Butler’s Pantry
The Butternut Gallery & Second Story Books
Carlton Country Home
Coon’s Farm Crafts
Craigie’s Gifts and Floral
Endless Mountains Health Systems
From the Heart
JDE Salon and Spa
Kunzler Meats
Little Leaf Natural Foods
Montrose Auto Parts
Montrose Beverage
Mary’s Home Furnishings
Montrose House of Fitness
Montrose Produce
Montrose Theatre
Price Chopper
Rosemont Inn B&B
Rusty’s Treasures
Sea Hag Soaps and Art Mercantile
Self Discovery Wellness Arts Center
Summerhouse Grill
The Sweet Spot
Taylor Rental
Times Shamrock Group

Individuals
Debra & Mary Adleman
Toby & Libby Anderson
Sandy Babuka
Gladys Bennett
Bill Brown
Anne Butler
Bob Campbell
Dave Clemens
Jerald Ely
Reuben & Beth Everitt
Erin Fitzgerald
Mary Lee Fitzgerald
Charis Frisbee
Elsie Hackbart
Phil Hammer
Kim & Kathleen Harwood
Juanita Homer
Meg and Sophie Jacob
Paul Kelly
Robert Kelly
Karen Leonard
Bruce McNaught
John, Marian & Rhea Miskell
Lou Mitchell
Susan & Larry Newhart
Mary Niederberger
Roxie & Keith Oberg
Deb O’Hara
Ellen O’Malley
John Puzo
Hedi Randall
Dr. David Rechlicz, DMD
Charlotte Remakus
Tom Richie
Bruce Rossman
William Rought, Jr.
George Schreck
Michaela Steele
Lillian Theophanis
Kathy Tuttle
Joan Webster
Duscha Weisskopf
John & Barbara Wilkerson
Dennis Wilson
Nancy Wottrich

Music
Emily Adams
Corky Staats
Jay Steveskey
Charlene Thompson & "Fine Companions"
Tom & Marie
Brian Wahl & the Ring of Fire

Displays & Activities
Kathy Blasure & Susqco Conservation District
Jerry & Junie Ely
Melissa Haertsch
Bob Lippi
Tim Matthews & E.L. Rose Conservancy
Tom Richie
William Rought, Jr.
George Schreck
Brian Swartz
Dennis Wilson
ATTENTION HIKERS!
FOREST REPAIR IN PROGRESS
PLEASE STAY ON MAIN TRAIL

On your next visit to the park, you may notice these signs throughout the gorge and along the more heavily used trails. Extensive root damage and erosion is occurring as a result of visitors cutting their own trails through the woods. Please use the trails that are marked and give the woods a chance to heal.

DCNR Crew Makes Important Repairs to Fall Brook Channel

Fall Brook Gorge was not its usual pristine and serene self during the June 2006 flood. The brook became an angry, raging wall of chocolate water that destroyed bridges, gouged out the creek, deposited tons of sediment and rock, and carried away car-sized boulders and logs like they were pebbles and toothpicks. The changes nature’s awesome force wrought upon the stream bed are not conducive to a public recreation area and have made it dangerous and difficult for visitors to enjoy the stream and picnic area. Therefore, the Friends applied to the Susquehanna County Conservation District for a General Permit #3 (GP3) that would allow some repairs to be made along the stream. Jen Morelli, an Erosion and Sedimentation Technician with the Conservation District, visited the park to review the work with the Friends and a DCNR work crew from Lackawanna State Park Complex. In August the crew spent 4 days working to restore the stream channel as allowed through the permit. They removed gravel bars that were restricting the water flow and stabilized the stream bank with 100 tons of rip-rap. This restorative work will help to prevent future erosion and direct the stream flow during high water to help keep it within its banks. In just a few years, the now raw appearance of the stream banks will soften with vegetative growth and again be an inviting place to linger.

Friends of Salt Springs Park, Inc.
P.O. Box 541 • Montrose, PA 18801

Membership Categories
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Email __________________________
Phone __________________________

Make check payable to: FRIENDS OF SALT SPRINGS (Your cancelled check is your receipt)

Save These Dates!

Check the program brochure and website for details!

FLAMING FOLIAGE. Saturday, Oct. 13, 10 am - 12 noon. Walk led by Jim Kessler.


HIKING WITH THE LLAMAS. Sunday, Oct. 28, 2-4 pm. Fee: $5. Pre-registration required.

IS OUR WEATHER CHANGING? ANNUAL MEETING. Wednesday, Nov. 7, 6 pm. Fee: $22. Pre-registration by Oct. 28 required.

NATURAL DECORATIONS FOR THE HOLIDAYS. Saturday, Nov. 10, 2-4 pm. Fee: $15. Pre-registration required.

HOLIDAY STRESS BUSTER HIKE. Sunday, Dec. 9, 2-4 pm. Moderate 2-3 mile hike.

IS OUR WEATHER CHANGING? ANNUAL MEETING. Wednesday, Nov. 7, 6 pm. Fee: $22. Pre-registration by Oct. 28 required.

KITCHEN CUPBOARD REMEDIES. Sunday Mar. 2, 2-3:30 pm. Fee: $12. Registration required.

OPEN HEARTH COOKING. Saturday, Mar. 29, 10 am-4 pm. Fee: $20. Registration required.
Salt Springs Triathlon ‘07

The weather forecast for Saturday, September 1, was for a spectacular early-autumn day, but the forecast looked wrong based on the appearance of Lake Montrose that morning. Coated by a layer of thick, swirling fog in the steel-gray dawn overcast, the weatherman’s clairvoyance appeared suspect. But then the mists obediently peeled away, revealing the large orange floats in the lake that could mean only one thing—it was Salt Springs Triathlon day!

And there the athletes were, arranging their running gear at Mr. Eldred’s & Mr. Sodon’s property at the end of Silver Creek Road, then prepositioning their bikes at the Bible Conference property, and finally making their way to Mr. Ricci’s property on the opposite shore of Lake Montrose for the triathlon’s swim start.

There were many more participants in 2007. “We almost tripled our count from 2006,” notes Race Director Walt Kostyk. “We placed more emphasis on signing athletes up this year, presenting our Sprint event as an ideal first-time triathlon due to its relatively short distances, and our Olympic event as a challenge to experienced triathletes. Both groups responded—17 athletes completed their first triathlon, and the Olympic race attracted 16, many of these being seasoned triathletes who just crushed the course.”

David Drouse of Scranton, PA took the Men’s Olympic race in a course record 2:13:46, and Irene Cobb of Nicholson, PA, competing in only her third triathlon (and first at the Olympic distance) won the Women’s Olympic race in a women’s record 2:41:37. Jason Barkanic of Klingerstown, PA, set a course record by winning the Men’s Sprint in 1:04:27, and Cathy Guzzi of Clarks Summit won the Women’s Sprint in 1:07:37, also setting a women’s record.

As in 2006, many participants with local roots emerged from the triathlon with their Continued on page 6

Bloom Where You Are Planted

The Garden Club of Montrose is a member of The Friends of Salt Springs Park and has provided support throughout the years. This year the club has taken another step in providing that support. A donation for the purchase of bulbs has been made to the Friends through the club’s civic beautification program. This will help greatly with the Friends’ beautification program!

The look of the area around the Wheaton House has been a work in progress; perhaps you have noticed the steady improvement. It has included getting rid of a bank of knotweed at the entrance to the parking lot and replacing it with vinca and daylilies. Flowers have been planted in the two silo bases by the barn, native plants put along the split rail fence near Fall Brook, and a cheery planting installed at the stone steps leading up from the kiosk.

All of this work has been done by volunteers who also do the required maintenance. In the forefront of this effort is Marian Miskell, whose energy and enthusiasm never flag. (No job is too large or too small for her.) On the volunteers’ wish list were spring bulbs but without funds that seemed to be something out of reach.

Now that The Garden Club of Montrose has donated funds to the Friends of Salt Springs Park this wish has become a reality. Spring bulbs have been ordered and will be planted in the above mentioned areas. We deeply appreciate this gift to The Friends, which will add to that “unique, natural, peaceful” experience visitors describe to us. Thank you to the members of the club for their generosity.

Chain Saw!

It is hard to imagine that in 13 years the Friends have not owned a chain saw. Thank you to all Friends who have lent their personal chainsaws in the past, and thank you to Tim Smith and Tina Christensen, of Lambertville, NJ, for donating one!
School children were challenged to design a Salt Springs Triathlon logo. And the contest winner is . . . Jasper Perry! Her design is shown on the left. Some of those present at her award ceremony, right, were Dennis Wilson, John Miskell, Debra Adleman, Tensen (wearing all black), Libby Anderson, Toby Anderson, Jasper Perry, Saras Perry (runner up), and Sandy Babuka.

Music filled the air. Charlene Thompson and Fine Companions was one of several groups who played on the front porch.

Informative displays were spread around the Wheaton House. New this year was Chris Egnato, sharing his knowledge of primitive skills and survival in the wilderness.

Civil War re-enactor Brian Swartz is an enduring attraction. His authentic display continues to amaze young and old alike.

And of course there were lots of animals, like Gideon here. He seems awfully proud to be involved.

Scenes from the Celebration

These photos were provided by Bob Campbell, member of the Salt Springs Digital Photography club. Thanks for sharing, Bob!

The children . . . . A prime focus of the day is to engage children in the beauty of nature, to encourage their creativity, and to help instill a love of nature by exposing them to Salt Springs.

The children were encouraged to design a Salt Springs Triathlon logo. And the contest winner is . . . Jasper Perry! Her design is shown on the left. Some of those present at her award ceremony, right, were Dennis Wilson, John Miskell, Debra Adleman, Tensen (wearing all black), Libby Anderson, Toby Anderson, Jasper Perry, Saras Perry (runner up), and Sandy Babuka.
Continued from page 4

own personal success stories. Cathleen Jordan was the Women’s Sprint Runner-Up with a time of 1:09:39. She also won the swim leg of the Sprint in 8:57, but didn’t learn who was right behind her in the swim until after the race. It was her brother Chris Jordan, 13 years old, of Montrose, finishing second in the swim with a 9:24 in a field of 24 adults! Chris was racing with his brother Thomas Jordan, 15, of Montrose and Marc Rubin of Pittsburgh, PA, as a Sprint Relay team.

Dawn Washo of Montrose finished her first-ever triathlon with a time of 1:25:30 in the Sprint. Her transition times were much faster than would typically be seen with a first-timer, which surely had a lot to do with coaching from her husband Jerry Washo, winner of the 2006 Olympic distance event. Hilary Caws-Elwitt of Friendsville knocked almost 11 minutes off her 2006 time in the Sprint, and Rosi Franssen of Dimock also participated in her second Sprint Relay effort, shaving more than 16 minutes off her team’s 2006 time. Ray Gillen of Montrose posted a fast 1:10:08 in the Men’s Sprint (his first triathlon in years), while Doug Overfield and Steve Andre, both of Montrose, teamed to finish the Sprint Relay in 1:06:33.

The Friends of Salt Springs Park wishes to sincerely thank all of the athletes, volunteers, and sponsors who helped make the triathlon a success once again. The professional safety volunteers from Montrose Fire Company, Snake Creek Fire Company, Silver Lake Fire Company, Silver Lake Dive Team, United (Montrose) Ambulance, Silver Lake Ambulance, and Silver Lake Police Department are to be especially commended for stepping up and managing an event that tripled in size without any safety incidents.

Dawn Washo, at the finish line!

Triathlon Sponsors:

Thank You!

The Friends of Salt Springs Park thank the sponsors of the 2nd Annual Triathlon for helping it to be such a wonderful success! We couldn’t do it without you!

Downtown Grounds
Montrose Beverage
Montrose Geocaching Club (MAHS)
New Milford Bike Shop
Pump & Pantry, Montrose
Dan Ricci, State Farm Insurance
S & H Lodging, Hop Bottom
Summerhouse Grill
The Sweet Shop
W.J. Logo Design, Tunkhannock

Walt & Sandy & Dennis

The Friends especially thank Walt Kostyk, USAT Certified Race Director, Sandy Babuka, Executive Director, and Dennis Wilson, Transition Area Coordinator, for orchestrating the event with such finesse!
Leadership 2020

On a beautiful sun-filled Sunday afternoon in September, Leadership 2020 alumni and family enjoyed a potluck picnic in the pavilion at Salt Springs Park. Roxie Oberg, volunteer host at Salt Springs and former board member, talked to the group and answered questions about the park and its facilities. After the presentation, the group participated in a service project by staining five picnic tables.

Leadership 2020 is sponsored by the Penn State Cooperative Extension in partnership with Susquehanna County organizations. It recruits individuals from all walks of life, regardless of economic status, age, or occupation, and exposes them to the leadership techniques that will help them develop the skills they can use to be leaders in their communities. Leadership 2020 has graduated nearly 70 participants in its seven-year history. Year VIII will begin in October 2008.

You Are Needed!

Activities, programs, events, and park visitations are on the increase; now we need more help than ever before.

If you have a chain saw, will you help keep the park trails open and cut wood for campers?

Can you sit and chat while helping to get out mailings? Are you computer smart? We can use your skills.

Celebration, Triathlon, Annual Meeting, and event planning? We can use help from the planning stage down to carrying out the details. Gardening, greeting visitors, school children, writing . . . every skill is of value. Please call Debra at 967-7275 or email her at info@friendsofsaltsprings.org.

Announcement and News
From the Historical Committee

The Pennsylvania Historical and Museum Commission has awarded the Friends $5,000 to produce a series of maps. Local surveyors John Butler and Scott Williams will identify the historical and geographical features of the park and the Friends’ lands, digitize the data, and produce maps representing the area circa 1795, 1825, 1850, 1875, and 2008. These illustrations are key to future publications, displays, and programs being developed by the Historical Committee.

The committee’s current project involves the Friends’ historical photographs. They will be scanned onto CDs for archival and reproduction purposes.

Several new committee members brought fresh ideas and much enthusiasm this summer. We invite you to join, too. Not interested in “committee work” but do have a love for history? Perhaps some old photographs of Salt Springs or Franklin Forks? A good story to tell? There are many ways you can help. Let’s talk!

Where Are the Falls?

This is the number one question asked of our weekend hosts this summer, reflecting the fact that more people than ever have discovered Salt Springs. The hosts who greeted and guided and answered innumerable questions were Libby and Toby Anderson, Shirley Andre, Erin Fitzgerald, Charis Frisbee, Nita Homer, Joann Kowalski, Jane LaBonte, John and Marian Miskell, Larry and Susan Newhart, Keith and Roxie Oberg, Bruce Rossman, and Dennis Wilson.

Ray Osburn, co-founder (left), and Eric Hamby, year V graduate (right), nurturing future leaders like Eric’s daughter Rachel.
JOIN YOUR FRIENDS FOR DINNER

This year, the Friends are adding something special to their Annual Meeting — dinner at the Montrose Bible Conference in Montrose. The dinner meeting is set for Wednesday, November 7, at 6 pm.

The after-dinner program will feature Ms. Barbara Watson, Meteorologist-in-Charge of the National Weather Service office in Binghamton, NY. Ms. Watson’s presentation will answer the question “Is Our Weather Changing?” by taking a look at some of our own recent weather disasters.

Watch for your special invitation in the mail and plan to join us for an informative evening! Dinner is $22/person and will include a full dinner with a choice of two entrees. Reservations required by October 27. Call 967-7275. Reservation forms will also be available on the website (www.friendsofsaltspringspark.org).

Some of the destruction has been fixed.

But. Will it happen again?

When?