

# The Natural Observer

## Governor Dick Park



### Boardwalk and Restroom Complete!



The restroom is being set in place...



Benches on the boardwalk provide a place to slow down in nature for a while and enjoy the forest.

Come out for a quiet stroll today!



### November Nocturne

Put November 2 on your calendar! In cooperation with Wellspan Good Samaritan Hospital we will have a bonfire and refreshments at the tower, pending township permission to have the fire. It all begins at 6:00 p.m. (the rain date is November 9). The cost is \$3.00 per person and \$10 per family.



... and there it is!

# Governor Dick Environmental Center

## *Spectacular Butterflies!*

On August 18 we were pleased to welcome Fred Habegger from the Lancaster Butterfly and Entomological Club to the park. The native meadows that have been planted at the Park became our classroom as Fred walked us through how to observe and identify a variety of butterflies commonly seen in the area. Observation of color, wing patterns, and flight behavior helped us to identify over 14 species of butterfly. The walk also included a discussion of the importance of host plant species to our native butterfly populations. Many of us are aware of the monarch caterpillar's need for milkweed as food for its survival. But did you know the beautiful Zebra Swallowtail's caterpillar depends on our pawpaw trees? And that the Spicebush Swallowtail caterpillars depend on our spicebush? Not only do our meadows create important food sources for butterfly caterpillars, they also provide critical habitat for surviving the winter. Though some butterflies, most famously the monarch, migrate to survive the winter, many others survive winter in their chrysalis nestled amongst the tall plants of our meadows.

Here are some highlights of our walk:



The Silvery Checkerspot was the star of our day. We found it by looking for its host plant, wingstem, in our meadow.



Here's a monarch caterpillar...



...and a Zebra Swallowtail. Look at those tails!

Fred's deep knowledge of butterflies, their habits, and needs created a memorable learning experience for all. If you have a natural history topic you would like to learn more about let us know. We look forward to learning together.



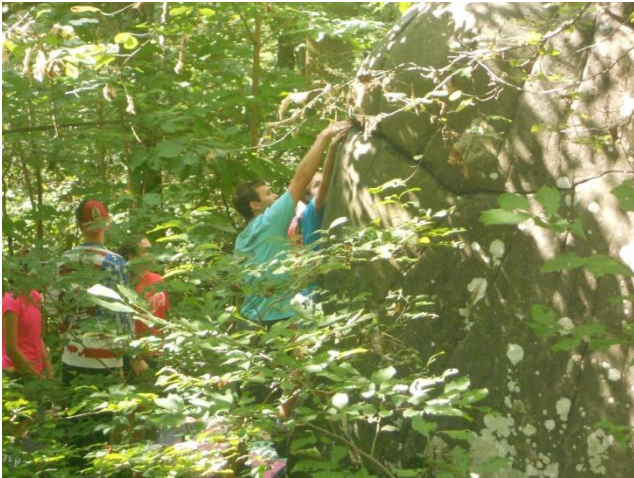
## **“Plant a Legacy”**

White spruce seedlings are here! They can be found at the “Tree Nursery” in the middle of the parking lot at the Environmental Center. Brochures are available that describe the Park's goals for this planting project and how you may take part by planting a tree on your next hike. Our goal is to plant 10,000 trees!



# Governor Dick Environmental Center

## Program Highlights



Adam Hartman teaches two **Bouldering Clinics** every year, and in this photo he is pointing out a good hand hold to a young climber.



Spotters are at the ready as a climber looks for the next hand hold (and he did make it to the top).

**32** species of mushrooms were found during a foray led by the Eastern Penn Mushroomers club on September 14. Participants were excited to find a variety of fungi including the deadly destroying angel, eyelash cups, beefsteak polypore, and *Panellus stipticus* which is a mushroom that glows in the dark! Visit their website to learn more about the club: [www.epennmushroomers.org](http://www.epennmushroomers.org). Thank you to Linda Sears for organizing this.



**Toddlers in Tow** is a popular program for 2- to 5-year-olds led by Sally Schach. Here a youngster tries his hand at being a butterfly!



When did you last take time to slow down in nature to feel a velvet-soft, moss-covered boulder? **Mindfulness in Nature Hikes** were led by Debbie Early, PhD, who guided us as we immersed ourselves in the forest. Using our senses we connected with nature through our hands, feet, eyes, ears, nose, and mouth. Being mindful in nature is a proven way to relax, reduce blood pressure, increase energy, reduce fatigue, improve heart health, prevent disease, and reduce stress.

“It was the highlight of my week in Gretna,” one participant shared. Another commented on how she struggles to slow down and calm down, and how beneficial Debbie’s walk was for her. People truly enjoyed being mindful in the forest. A final **Mindfulness in Nature Hike** is planned for November 2 at 2:00 p.m.

# Governor Dick Environmental Center

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## *Planning Ahead.....*

### **Winter Lecture Series**

Governor Dick Park is partnering with the Lebanon Valley Conservancy on a new lecture series this winter at the Environmental Center. Mark your calendars and plan to join us by the fireplace as we hear from local speakers on land use planning, the changing nature of our forest plant species, and Lyme disease awareness. The lectures will take place at 2:00 p.m. on the second Sunday of January, February and March.

#### January 12

“Return on Environment: Lebanon County” with Jeanne Ortiz of Audubon Pennsylvania

Natural resources in Lebanon County are worth over \$600 million annually in avoided costs and revenue. Jeanne Ortiz, Audubon Pennsylvania, and Tom West, on behalf of Keystone Conservation Trust, will provide an overview of the 2019 Return on Environment study and demonstrate how results can be used for land use planning and decision-making and to support conservation efforts. The study was conducted for the Kittatinny Coalition as part of the Kittatinny Conservation Landscape project funded by the PA DCNR in partnership with the Swatara Watershed Association.

#### February 9

“Invasive Plants of Pennsylvania” with Rebecca Urban, Associate Professor of Biology at Lebanon Valley College.

Learn how to identify common invasive plants found in Pennsylvania, and how these plants negatively impact the environment. Species such as Japanese barberry, bush honeysuckle, and garlic mustard have fundamentally changed our Pennsylvania forests. What you choose to plant in your backyard can have consequences to our forested landscapes. Planting native species

provides vital habitat for wildlife and supports pollinators.

#### March 8

“Dare 2B Tick Aware,” a Program of the PA Lyme Resource Network with Presenter Anne Desjardins, Lebanon County Lyme Support Group Leader.

Almost everyone knows someone impacted by Lyme disease. Join us for this important discussion which includes Lyme disease trends in PA, information on tick habits and life cycles, diseases regularly carried by ticks, and Lyme prevention strategies. We will also discuss how to recognize early symptoms of Lyme disease and how, when, and where to seek help.

**You still have time to sponsor a Memorial Brick. This would make a great Christmas gift for that hard-to-buy-for person!**



All programs are free unless stated otherwise. Meet at the Environmental Center on Pinch Rd. **Registration is required:** call 964-3808 or e-mail [governordick@hotmail.com](mailto:governordick@hotmail.com).

**\*Calendar subject to change. Check our website for up-to-the-minute information.\***

Sept. 28, 1:00 p.m. – In Search of the Pawpaw. Identify the tree, its fruit, and learn its importance in the ecosystem.

## Governor Dick Environmental Center

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Oct. 5, 11:00 a.m. – The Art of Flintknapping. Mike Whorley, Jr. returns to demonstrate how stone points are made.

Oct. 5, 1:00 p.m. – Teddy Bear Hike. Kids of all ages, bring your favorite stuffed animals for a hike and games as we learn about the black bear.

Oct. 6, 1:00 to 4:00 p.m. – Music on the Porch bluegrass jam.

Oct. 6, 1:30 p.m. – Walk in Penn's Woods. The importance of forests. Receive a tree field guide (while supplies last) and plant a tree.

Oct. 11, 10:00 a.m. – Toddlers in Tow: Go Batty! For children ages 2 to 5.

Oct. 12, 10:30 p.m. – The Year of the Tree family program.

Oct. 13, 8:00 a.m. – Fitness Hike.

*Oct. 17, 7:15 p.m. – Monthly Board meeting.*

Oct. 26, 6:00 p.m. – Family Night Hike.

Oct. 27, 1:30 p.m. – Golden Eagle Hikers. Gentle-paced 2 to 3 miles for folks over age 50.

Nov. 2, 2:00 p.m. – Mindfulness in Nature Hike. \$3 per person.

Nov. 2, 6:00 p.m. – November Nocturne. Annual bonfire at the tower. Refreshments and fun for all. \$3/person; \$10/family. Rain date Nov. 9.

Nov. 3, 1:00 – 4:00 p.m. – Music on the Porch bluegrass jam.

Nov. 8, 10:00 a.m. – Toddlers in Tow: Animals in Winter. For children ages 2 to 5.

Nov. 10, 8:00 a.m. – Fitness Hike.

Nov. 16, 1:00 p.m. – Seeds on Weeds walk.

Nov. 17 – NATIONAL TAKE A HIKE DAY 5-mile hike at 1:30 p.m.

*Nov. 21, 7:15 p.m. – Monthly Board meeting.*

Nov. 23, 8:00 a.m. – 9<sup>th</sup> Annual Bouldering Competition. Rain date Nov. 24.

Nov. 24, 1:30 p.m. – Golden Eagle Hikers. 2-3 miles at an easy pace for hikers over age 50.

Dec. 1, 1:00 to 4:00 p.m. – Christmas Music by the Fireplace bluegrass jam. Pickers welcome!

Dec. 14, 1:00 p.m. – Christmas Scavenger Hike. \$5/person.



Autumn is a great season for observing spiders and their webs. Make a web duster to better see the webs you discover. Put one-half cup of cornstarch in the toe of an old worn sock and wrap a rubberband around it to keep it from spilling. When you find a web, tap the sock over the web to make it appear more defined. What a marvel of design and an example of how hard a spider works!

*To contact us:*

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