



MEMBERSHIP FORM

The Friends of High School Park invite you to begin or renew your membership. Join our efforts to beautify and appreciate our 11-acre, native species park.

NAME _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ E-MAIL _____

\$25 Individual Membership \$40 Family Membership New Membership Renewal Cash
 Additional Contribution Enclosed: \$10 \$35 \$75 \$100 Other Check

This gift is in honor or memory of _____

This gift is given anonymously, please do not list my name in the newsletter.

Please make checks payable to: **Friends of High School Park** All contributions are tax-deductible.

Members and volunteers enjoy the camaraderie of working together and of attending educational programs. Please check any activity in which you have interest:

Arts in the Park Communications Education Fundraising

Membership Restoration Work Days Garden Club

MAIL YOUR DUES AND/OR CONTRIBUTION TO:

FRIENDS OF HIGH SCHOOL PARK PO BOX 11263 • ELKINS PARK, PA 19027

Thank you very much! You will receive our newsletter announcing events and activities in the park.



**Montgomery Ave &
High School Rd
PO Box 11263
Elkins Park, PA 19027
215-782-8082**

www.highschoolpark.org

SAVE THE DATE:

**Arts in the Park
June 1st • 10-5**

(Rain date: June 8th)

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Elkins Park, PA
19027



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NEWSLETTER

Margie Patlak and

Martha Mowry, *Editors*

Sue Harvey, *Design*

TO REACH FHSP

www.highschoolpark.org

215-782-8082

GARDEN CLUB TAKES A VACATION

After several years of holding monthly educational seminars, the FHSP's Garden Club will be on hiatus. Special thanks go to Marc & Nancy Cortez for the countless hours they volunteered securing speakers, mailing postcards and running the program. Thanks also go out to Tom Steigewald for hosting many of the seminars.

Look for information in our next issue about the annual Member Slide Show in the fall.

NEWS

SAVE JUNE 1ST FOR

By Gina Craig

Arts in the Park

The 13th Annual Arts in the Park (AIP) will be held on Sunday, June 1, 2008 (rain date June 8, 2008). Last year, the event ended with the skies opening up, so we're hoping for good weather this year.

The Committee has been hard at work for months now, ensuring the event will be yet another smashing success. 50 very talented artists have been selected to show crafts such as jewelry, Judaica, pottery, mosaics, and fine art. Bands of local students are eager to perform on the main stage, and, as usual, here will be food vendors selling a wide assortment of delicious cuisine. The ever-popular plant sale returns...this is a great opportunity to stock your gardens with native species. Keep an eye out for raffle ticket sales. Parking spaces will also be more abundant this year.



The crowd enjoying the musical entertainment.



Wood Vase by AIP artist Ron Durr

Arts in the Park is a celebrated event for Cheltenham and surrounding communities. AIP is the principal fundraiser for the Friends of High School Park (FHSP), providing about two-thirds of the budget. The income is integral to our projects in the park, assuring that the space remains a showcase of native restoration.

The event is truly a community endeavor and we are pleased and grateful to have **Einstein at Elkins Park, Siegel and Drossner, Weichert Realty, and Elkins Park Pharmacy** sponsor the event this year. Thank you all for your generous support!

Additionally, we gratefully acknowledge the enthusiasm and efforts of the 2008 Arts in the Park Committee, who have dedicated many, many hours in coordinating the event:

Cliff Bassman, David Cohen, Jamie Lemisch, Marvin Weisberg: *Sponsor Solicitations* • Sydney Bassman: *Bake Sale* • Cynthia Blackwood: *Children's Crafts & Artist Committee* • Sue Chirlin: *Children's Activities* • Marc Cortez: *Logistics and Set Up* • Nancy Cortez, Maria Odelia Romeu: *Volunteer Coordination* • Gina Craig: *General Coordination* • Sue Harvey: *Graphic Design* • David Kaplan: *Logistics and Set Up* • Mark Kaplan, Benjamin Laden, Karl Stark: *Musical Entertainment* • Peg Mulligan: *Artist Committee* • Rose Sluzas: *Signage and Lemonade Stand* • Amy Steffen: *Signage* • Linda Stern: *Food Vendors* • Caroline Stritzinger: *Publicity & Artist Committee*



Arts in the Park Volunteers are still needed! You can dedicate a couple of hours or spend the whole day in areas such as raffle, lemonade, or children crafts among many others. It's a fun day and you're helping out a great cause! Please call Nancy Cortez at 215-635-0709 or contact us at volunteer@fhsp.org for more details.

Molly Kaplan volunteers at the face painting station.

President's Letter, Spring 2008

2008 is set to be a big year of activity for the Friends of High School Park (FHSP)! Here's a snapshot of what is planned or already in process.

Spring began with an enjoyable and productive volunteer day at the park. Jo Fagan and Gail Korostoff, co-chairs of the



Amy Steffen supervises a work day volunteer.

Park Restoration and Management Committee (PRAM), oversaw a committed group of volunteers. They removed wine berry bushes, cut English ivy, secured the stakes around the hillside wildflower meadow and pulled the earliest of the garlic mustard. We will have many more workdays this spring and hope you will join us. Please check our website for dates. Better yet, send your e-mail

address to info@fhsp.org so that we can notify you. E-mail is becoming an effective way to communicate with our members.

One advantage to being on the FHSP e-mail list is that you will receive invitations to our latest educational series, **Programs in the Park**. Ronna Kassel is organizing this series as a means to thank our members and encourage greater exploration of the park. Bird watching and star gazing are a few of the upcoming events. Be assured, that we will never give your e-mail address to any other organization, ever.

Plans are underway for the best ever **Arts in the Park**. **Mark your calendars for Sunday, June 1st**. We have lined up many new artists and food vendors, along with some returning

New Wall Paves Way for Native Plant Showcase

Just a short walk into High School Park (HSP) from the Montgomery Rd. entrance and abutting the township parking lot, you may have noticed a large bed with daylilies and non-native plantings on the right, which is defined by a crumbling wall and damaged fence. Well, fortunately it's about to change dramatically, thanks to the Friends of High School Park (FHSP) planning and Cheltenham Township support.

FHSP has been working with the Township to clean out the invasive and overgrown plants and trees in this 2,667 square-foot space. Next, a contractor will repair the wall and fence. Then we'll be able to add some rich compost from the recycling facility and level the plot. FHSP will use this area to plant a native plant garden, complete with shrub and tree signage, that

favorites. It takes six to nine months to organize this community event. For a list of the committee members, see our special thank you to them in this issue. We also appreciate all of you who volunteer to set up and run the event itself. This is truly a community endeavor.

We also offer a big thank you to those of you who completed a survey or interview about your experiences with High School and Ogontz parks. Our Ecological Restoration planning team is eagerly digesting the opinions you provided, and are incorporating your feedback into their recommendations for the parks. The steering committee for the planning has been very helpful. David Cohen and John Stritzinger made the survey available online, greatly increasing participation. Cynthia Blackwood, Gina Craigo and John Hoover, Director of Parks and Recreation for the Township, posted and distributed paper copies. Bruce Ragnow connected us to the athletic associations that frequent the Ogontz fields.

As we collaborate with the Township, Ogontz athletic groups and others, we discover unexpected benefits for High School and Ogontz parks. We can extend our stream bank improvements and native plantings across the road. Bruce Ragnow now wants to organize volunteers from the athletic groups to help our native restoration. The township will receive a more integrated approach to land management. It's a privilege to work with such good folks and expand the circle of cooperation and community we all value. Stay tuned for the next public meeting in which a draft plan will be presented. This plan will guide our park restoration work for many years to come.

will not only beautify this entrance area, but will be an educational tool for anyone who visits the park. We're all excited about this showcase project!

Native plants benefit insects, birds, and humans as well, by eliminating the need for herbicides and pesticides. It is hoped that our native plant showcase bed will not only provide a lovelier entrance to HSP, but inspire gardeners who want to add native plants to their own home landscapes.....maybe your's?

You can learn more about the plants while volunteering on this or other HSP projects. So if you enjoy meeting great people, playing in the dirt, and learning a lot about plants, join us! You will have fun and gain a huge appreciation for this jewel of a park right here in Elkins Park!

By Amy Steffen

By Jo Fagan

FHSP Member List*

We are grateful for the tremendous support from our individual, family, and now business members. Members who recently joined or renewed are:

NEW INDIVIDUAL MEMBERS

Tsurah & Yosaif August
Florence Brook
Jamie Lemisch & Alex Moretsky
Sharon Levin
Martha Mowry

RETURNING MEMBERS

Ben Adams & Gail Korostoff
Lucy & Aram Aghazarian
Irene & David Baker
Lamberto Bentivoglio
Donna & Gary Berkowitz
Dene Bernstein
Dorette & Eric Boehm
Michael Bookman
Maria Platia
Phyllis Borin
Annette Bradley
Jennifer Brandabur & Bill Wilken
Ronnie & Alan Bronstein
Judith & Robert Chernoff
David Cohen
Jean & Charles Cornelius
Robert DeLuca
Diane Ehrlich
Tom Ellis
Elaine & Jules Ellison
Martha Erlebacher
Eileen & Stephen Feldman

Suzan Fine
Eileen Finley
Anita & Howard Fishman
Ellen Friedman & Jeff Cohen
Iris & Michael Gaines
Louise & Myron Goldman
Emily & Howard Greenberg
Jackie & Matthew Grissinger
Margaret & James Hennessey
Susan & Howard Hoffman
Rabbi Elliot Holin
Barbara Hughes
Carolyn Myers
Carol & Marty Kalos
Ronna & Barry Kassel
Donna & Jack Levin
Cindy Little & Len Braitman
Martha Madigan & Jeffrey Fuller
Tobi Maguire
Orly & Gabriel Maravankin
Linda Marcucci & Karl Stark
Edward Mattis & Barbara Roth
Lynn & Julian Meyer
Goktug & Tulin Morcol
Miriam Moss
Scott & Patricia Olin
Lynn & Larry Oxenberg
Marjorie & Martin Parelman
Iris Parker

Margie Patlak & Frank Chudnow
Shirley & Maxwell Pevar
Rita Poley
Jill & Richard Pomerantz
Rosemary & Raymond Porter
Debbie & Dave Posmontier
Freda Rosenzweig
Nan Rosner
Nancy Schaer
Carol & Alan Schwartz
Ryah Schwartz
Mrs. Ryah Schwartz
Andrea & Steven Selbst
Mildred & Leonard Serody
Carol Shackmaster
Phyllis Sichel
Alex & Rose Sluzas
C.J. Smith & Andrew Cassel
Sara Sobel
Sharee Solow
Gerry & Melanie Stefanatos
Amy Steffen & Linda Stern
Ellen & Philip Steinberg
Jennifer & Erik Streitwieser
Elsa & Steve Tarantal
Bette & John Thompson
Dan & Carol Walsh
Jessie & Robert Warms
Young Israel of Elkins Park
Lydia & James Zappacosta
Violet & Richard Zeitlin

Thank you also to the several people who made contributions in honor or memory of a loved one:

IN HONOR OR MEMORY OF:
*In Honor of FHSP Volunteers
In Honor of Belle and Buddy Dzubow
In Honor of Ronna Kassel*

SUBMITTED BY:
*Howard and Lori Siegal
Leslie and Rick Dzubow
Adolph Gross*

**Please note that membership mailings are now mailed twice per year. If you're not sure of your renewal date, please check the bottom of the mailing label on this newsletter, the date you last renewed will be indicated. You may renew at anytime!*

FHSP MISSION STATEMENT

The Friends of High School Park is a non-profit volunteer organization whose mission is to create, manage and preserve a viable native ecosystem in High School Park for the enjoyment of the community, in cooperation with Cheltenham Township. We are dedicated to inspiring the community to connect with others and the natural environment through service and learning connected with the park.

BOOK REVIEW: *Native Alternatives to Invasive Plants*

By Amy Steffen

Thinking about putting some new plants in your garden? I often want to suggest a native plant substitute when I see a neighbor planting an exotic species, as I am convinced of the value of native plants in maintaining the natural ecosystem. If you are interested, there is a book that can be really helpful in making the choice to *go native*. It is **Native Alternatives to Invasive Plants** by the Brooklyn Botanic Garden and it is a worthwhile investment (currently on sale at shop.bbg.org for \$8.95).

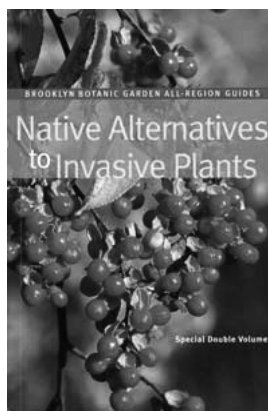
Color-coded “tabs” on the edge of the pages divide the book into sections for trees, shrubs, vines, herbaceous plants and grasses. Entries are listed by the invasive plant at the top of the page, followed by one or more native alternatives. Useful information includes the native habitat and range, hardiness zone, ornamental attributes and uses, and growing tips. Color photographs and a list of “attributes at a glance” make it very easy to select an appropriate specimen.

Finding alternatives turns out to be fun and informative. A close friend was tempted by *Euonymus fortunei*, or Fortune’s Euonymus, a plant that has invaded from Massachusetts to Michigan, south to South Carolina and Mississippi. More like a ground cover with the benefit of being evergreen, it seemed like a perfect plant for a difficult spot. But my friend did not want to unleash more of it into the wild. Paging through the book, we discovered that Bearberry, *Arctostaphylos uva-ursi* would serve as well. Also a spreading groundcover shrub, it has small elliptical evergreen leaves, waxy, bell-shaped flowers and large red berries. The picture was persuasive. She’s going to give it a try!

Substitutes for invasive honeysuckle include winterberry, *Ilex verticillata* and spicebush, *Lindera benzoin*, two of our favorites that have been added to High School Park (HSP)

and to my yard. Whorled milkweed, *Asclepias verticillata* and spreading dogbane, *Apocynum androsaemifolium* are suggested in place of crown vetch. We may try to establish these alternative plants in the HSP’s upper meadow, where there is an invasion of crown vetch. All of these invasive plants have similar shapes and sizes, similar root systems, grow in the same conditions and bloom at similar times—criteria for pairing the natives with the invasives. Unfortunately, the book does not discuss whether the native alternatives can successfully compete with invasive plants that are already established, so we will have to experiment at HSP.

Overall, **Native Alternatives to Invasive Plants** is a good resource at a good price. This slim, easy to carry book has over 200 pages of plant descriptions, each with a color photograph. The book covers the entire United States, so check the range information carefully to avoid choosing plants from the Rockies or west coast. Those interested in very specific range and ecosystem information—for instance plants native to southeast Montgomery County, will be disappointed. We are located in a rather large plant province (geographic region) titled Eastern Deciduous Forests and that is as specific as the detail in this particular book gets. However, it is a useful guide and might also make a great gift for any professional landscaper who is trying to learn about native plants and add them to his/her repertoire, or for a home gardener looking for inspiration.



Eagle Scout Makes Pathway Improvements

By Gina CRAIGO

Boy Scout Ian Rapp has been hard at work with the Trail Restoration Project in High School Park (HSP). This work is part of Ian’s Eagle Scout Leadership Service Project and we are all beneficiaries of his efforts!

In the lower woody old field, Ian is restoring a trail from the upper meadow, which has deteriorated due to erosion. The current trail is 3 feet wide and 120 feet long reaching up a 15 foot-tall hill with 15 stairs. Ian began the project by removing the current wooden steps and rebar. Then he and his team of helpers widened the path by removing weeds and other invasive plants. Ian’s team then leveled the 10-foot areas in between the 15 equal steps. Ian’s next step was to lay down weed barrier

and cover it with 3 to 4 inches of mulch. The final step remaining is to install new timbers to be used as steps. The timbers will be measured, pre-drilled and cut before being installed.

It’s a complex project, estimated to take 118 hours from planning to completion, but will be such a welcome improvement to the trails at High School Park. On behalf of the Friends of High School Park, thank you Ian for your attention to detail in planning and executing the project, as well as to John, Lynn and Sean Rapp for assisting Ian. Special thanks go out to Boy Scout Troop 542 for supporting Ian’s Eagle Scout project and for performing service hours in the park.

VOLUNTEER SPOTLIGHT:

Diane Ehrich

By Gina CRAIGO

In 2003, Diane Ehrich was invited to join a High School Park (HSP) work party by Advisory Board Member, Mark Kaplan and liked the experience so much that she rapidly became very involved in the Friends of High School Park (FHSP). Relatively new to the area and seeking connection to her new community, she jumped at the opportunity to get out and meet her neighbors while participating in gardening and activities she loves.

Diane lives in Melrose Park with her husband and two school-age children. A busy mom and a current student at Temple Ambler Horticulture Program (purely out of interest in the field), she still finds time to be one of our most dedicated volunteers.

Diane served on the Board for two years and as Park Restoration and Maintenance (PRAM) co-chair for two years. In addition to those roles, Diane has taken a very active role in many significant projects of FHSP. For the past two summers, Diane oversaw many of the activities of park intern, Noel Beyrer. She played a key role in selecting and ordering the plants we purchased with the Tree Vitalize grant. She also oversaw the placement and volunteer efforts to plant the 400 trees and shrubs that now dot the woods and lower field. She readily admits that “the tree planting was a huge, but rewarding project. I learned a lot from the process—working with various nurseries, researching local native plant communities, the appropriate trees to plant, and where to put them, and, finally, working with the various volunteers who put in so many hours planting. It was very satisfying to see so many people come together to do the project.”

Diane was also instrumental in having the ecological health of High School Park assessed. While at a conference, she learned about the Plant Stewardship Index (PSI), which is a tool for conducting an ecological assessment of properties. FHSP followed her recommendation to use Jack Holt, a botanist affiliated with Bowman’s Hill Wildflower Preserve, to do the PSI on High School Park. Jack’s report will inform the ecological restoration planning that is currently occurring for the park. “This was a tremendously interesting process as well as a good experience for learning exactly which native and non-native plants are growing in the park and what their value is to the ecosystems we are trying to restore,” states Diane.



“Diane has raised the quality of our native restoration work to a new level,” said Amy Steffen, President of FHSP. “Her knowledge and attention to details is impressive; I’m always eager to hear what she has to say. She is teaching us to think about entire plant communities, rather than focus on individual plants. She is also challenging us to seek out truly native plants—so-called ‘straight species’ that naturally occur in our very specific environment—rather than cultivars or plants more suited to other areas of the United States. She keeps us learning and makes the restoration work interesting. Personally, I am very grateful for all that she contributes.”

Thank you Diane from all of us at FHSP and beyond for all the time, effort and enthusiasm you have given to this community project. You are most appreciated!

Sam’s Club Grant for Friends of High School Park

The Friends of High School Park (FHSP) is the grateful recipient of a generous grant from the Sam’s Club of Horsham’s “Good Works” program. The \$1250 will be used for a new bulletin board at the High School Road entrance. Sam’s Club ascribes to a philosophy of operating globally and giving back locally. Sam’s Club believes they can make the greatest impact in communities by supporting causes that are important to customers right in their own neighborhoods. This grant was made possible through the diligence and efforts of Marc and Nancy Cortez, to whom we send a big thank you!

More Reasons to Spend Time in the Park!! *By Ronna Kassel*

We all know that High School Park (HSP) is a wonderful place for walking and exploring alongside the stream and by the meadow, enjoying nature at its best. We also all know that Arts in the Park (AIP) offers a fun-filled day strolling among the artist booths, listening to music, and enjoying great food. And we all know about our work days



Photo by Ruth Pfeffer
Red-Bellied Woodpecker

spent planting new natives, removing invasive plants, and doing other tasks to continue our restoration mission. And now we have Programs in the Park!

The Friends of High School Park (FHSP) will initiate our new Programs in the Park with a Bird Walk on May 4th. Led by professional birder, Ruth Pfeffer, the group will search for and watch local birds,

which are likely to be plentiful during the annual songbird migration. Amazing what can be seen if you know where to look!

The FHSP is planning other informative, fun programs throughout the year that will be open to all ages and free to our membership. How does "Stargazing the Autumn Sky", "Nature Stories for Kids" and "A Walk with a Naturalist" grab you? We're working on all of those ideas and welcome your ideas too! So let us know what you would enjoy by sending us an email at info@fhsp.org or calling us at 215.782.8082.

MARK YOUR CALENDARS!

Walk with a Naturalist Sunday, June 8, 2PM

See what's growing and living in our park with the guided insight of a professional naturalist

Star Gazing in the Park Tuesday, October 7, 7PM

(cloud date October 8)

Come join us as we're guided through the night sky by Al Lamperti of the Delaware Valley Amateur Astronomers

More information available soon on www.highschoolpark.org

GREEN TIPS FOR YOUR GARDEN

Think Before You Throw! *By Gina Craig*

In March, the Garden Club presented an enlightening seminar titled *Gardening With Recycled Material*. Led by Mona Gold, Director of Volunteers at the Madlyn and Leonard Abramson Center for Jewish Life, she gave many surprising examples of how ordinary items from around the home could be used in one's garden. Aside from saving money on materials, recycled material in your garden helps to conserve natural resources and protect the environment by reducing the amount of rubbish thrown in the trash.

The box to the right includes some of Mona's terrific ideas. Why not print and post this list in your home where it might encourage reuse instead of disposal? Your lawn, garden and the planet will be better off for this easy and valuable effort!

A great free community resource available to Cheltenham Township residents is free leaf mulch at four township locations:

- Curtis Arboretum lower level parking lot, located at Church Road and Greenwood Avenue in Wyncote.
- Kleinheinz Pond parking lot, off of Tookany Parkway in Cheltenham.
- Glenside Library Parking Lot, located at Keswick Avenue and Waverly Road in Glenside.
- Waverly Road Compost Facility, on Waverly Road in Laverock.

The compost is generated from leaves composted from municipal leaf collection programs. Just remember to bring your own bucket and shovel!

REUSE, REDUCE AND RECYCLE

- Save envelopes for storing seeds. Share extra seeds and trade plants with friends.
- Use egg, milk, and pint-size ice cream cartons as seed starter containers.
- Put toilet paper rolls over seedlings to protect them from cutworm.
- Cut the tops off milk jugs and place them over seedlings (top down) to create mini greenhouses.
- Use newspaper and old cardboard as mulch between garden rows and around plants. Watering your newspaper mulch will help it decompose, and will also keep it from blowing around in the wind. Cover it with a layer of wood or hay mulch. *(Use only black and white newspaper and cardboard; glossy and colored papers contain heavy metals.)*
- Use pieces of broken clay pots as plant markers and as drainage material in the bottom of pots.
- Use old nylon stockings as plant ties.
- Make a small hole in the bottom of a plastic soda bottle, fill it with water and use it as drip irrigation for a plant.
- Use clear plastic wrapping (such as grocery store produce bags) to put over plants for frost protection.
- Compost your kitchen waste to produce nutritious soil for your garden.
- Shred lawn waste (grass, twigs, branches, leaves) and use it for mulch.
- Use grass clipping right on the lawn as a fertilizer.
- Create a compost pile or buy/make a compost bin—the commercial ones blend right in to the landscape these days.

Introducing Two New Board Members *By Gina Craig*

Friends of High School Park (FHSP) has changed our bylaws so that all Directors are elected to two year terms. Directors can now serve for eight consecutive years, an increase from from seven, before being required to rotate off for a year. Ratified by the membership at the January 2008 Annual Meeting, this change protects the organization and reflects the realities of service. In the past, nearly all board members have served for at least two years, with the majority serving four to seven years. We are proud of the commitment and longevity of service. Under the new system, only half the directors are up for re-election each year. This design allows for turnover without eliminating all persons who are knowledgeable in any one year. Given the many ongoing projects, e.g., Park Restoration, Volunteer programs, Arts in the Park, Restoration Planning, the Board needs to maintain some consistent expertise over time.

For 2008 there are two new Board appointments: Jamie Lemisch and Martha Mowry.

JAMIE LEMISCH

Brand new to Elkins Park, Jamie Lemisch found out about the FHSP while jogging through the park. She noticed the signage about FHSP and contacted us about getting involved in workdays as a way to connect to her new community. Jamie, who is the Development Associate for WOMEN'S WAY and a former staff member of Fairmount Park's Natural Lands Restoration and Environmental Education Program, also has a strong interest in native restoration. Jamie not only agreed to participate in the workdays, but to join the Board in 2008. Since her appointment, Jamie has hit the ground running working with the Fundraising Committee to secure sponsorship for Arts in the Park and also spearheaded our grant application to Whole Foods for their 5% Giving Day.

Volunteering is part of who Jamie is, having been involved with The Wellness Community's Strides for Hope training team and she also has co-Chaired the Philadelphia Lindy Love Exchange Committee for two years, which is a local group of lindy hoppers (swing dancers) who organize an annual weekend packed with dancing.

In Jamie's spare time, she is training for the Philadelphia Triathlon and taking classes to learn Russian.

MARTHA MOWRY

Martha Mowry has lived in Cheltenham Township for 22 years and raised two children here. She became involved with FHSP initially through an invitation by Board Member, Jo Fagan to serve on Park Restoration and Maintenance (PRAM).

She has served on the Nominations Committee and in 2008 decided to join the Board herself. Martha is also co-editing the newsletter with Margie Patlak.



Martha Mowry & Jamie Lemisch.

Martha worked as a nurse for many years in Philadelphia and after leaving traditional hospital based nursing ten years ago, studied professional coaching and has been working part-time as a coach with managers, executives and individuals. Martha has also been volunteering for five years with the Jenkintown/ Rockledge Youth Aid Panel which works with teen, first-time offenders to help them get back on track and develop personal awareness and responsibility. Martha is also an avid reader, and vegetable gardener and a budding birder.

With her new role with the FHSP, she is hoping to learn more about plant ecology, help restore and maintain the park, and to get connected with others in the community with similar interests. She also lives close to the park and enjoys the benefits of having it there, so it's a way for her to say thank you.

FHSP welcomes both Jamie and Martha to the Board!

Volunteer Workdays *By Gina Craig*

Just two days after spring officially arrived, the first enthusiastic volunteers were hard at work in High School Park (HSP). Armed with gloves, shovels and a sense of urgency to get things going for the season, a group of 11 dedicated volunteers came out and made huge progress on our spring projects. In the course of two hours, volunteers managed to remove the invasive wineberry, repaired the stakes along the hillside meadow and Bob Fulton Garden, and began to remove English ivy and the pesky garlic mustard that's starting to sprout up.

Though we are off to a great start, there's much more work to get done. So mark your calendars with the following work party dates:

- Saturday, May 17: 10-12 noon
- Sunday, May 18: 1-3 pm
- Saturday, June 14: 10-12 noon
- Sunday, June 22: 1-3 pm

Work parties are a great opportunity to get out in nature, meet some of your neighbors and support our community park that is built on volunteerism. All work parties begin at the shed, located near Montgomery Avenue. Remember, always wear long pants and long sleeves, and bring work gloves if you have them, otherwise we'll provide them. Your help is always appreciated!

For more information, please contact Volunteer Coordinator, Gina Craig at 215-663-5911.