



Salt  
Springs

# Messenger

The Newsletter of the Friends of Salt Springs Park

Summer 2009

## 4th Annual Salt Springs Triathlon

By Walt Kostyk, Race Director



Logo by Jasper Perry.

It is never too early to start training for the fourth annual Salt Springs Triathlon, which will take place Saturday, September 5, 2009, sponsored by the Daniel R. Ricci, Jr. State Farm Insurance Agency. Many people have thought about entering a triathlon but were concerned that the physical challenge would be too great or did not know where to start. The Salt Springs **Sprint** Triathlon is the perfect beginner's triathlon. The swim and bike courses are shorter than the typical Sprint triathlon, and the bike and run courses do not have any steep climbs. But make no mistake—the Sprint is a true triathlon, sanctioned by USA Triathlon and produced by a certified Race Director, which means that there are no compromises where safety is concerned. Experienced triathletes with stout hearts will be interested in the Salt Springs **Olympic** Triathlon, which more than shows why this region is called the Endless Mountains!

This year, the Friends of Salt Springs will offer a training course at the park on Saturday, May 9 (*details below*). This course will provide a foundation in training and general triathlon preparation. The fact is that anyone willing to devote moderate energies to training can successfully complete a triathlon, and the Sprint race is the perfect first-time event. There is also the option to enter the Sprint race as part of a two- or three-person team.

Some changes are on tap this year. The safety factor and the challenge of the Olympic race will both be augmented. The athletes-only feast after the race will only improve. Race timing will be performed with double-redundancy backup. The website has been improved (check out the photo gallery and the champion's gallery). The only thing that won't change is the registration fee, which remains unchanged from 2006. See you there!!



Logo by Mark Wayman, Studio MD, Montrose.

**Just Do It! Train for the Salt Springs Triathlon! Saturday, May 9, 2 - 4 pm** Let us help you develop a training program to ensure your success and have you ready to go for the Salt Springs Triathlon. Emphasis will be on building up your endurance in each event, diet and recovery, injury avoidance, and the all-important transition training. Get tips from local athletes who originally set their goal to compete just once and now run this race every year. Find out where to get the equipment you need without breaking the bank. **Participants will receive a 5% discount off the regular race registration fee.** Instructor: Walt Kostyk, Certified Race Director, and local tri-athletes.

## Friends of Salt Springs Park

P.O. Box 541  
Montrose, PA 18801  
570-967-7275  
www.friendsofsaltspringspark.org

### 2009 Board of Directors

John Miskell, President  
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#### Friends' Mission

*The Friends of Salt Springs Park will maintain the unspoiled, rural character of the park created by the Wheaton family. The Friends will provide opportunities to enjoy healthy outdoor recreation and 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.

## Salt Springs Memory Writing Contest

Remember playing "Rolling Stone" at Salt Springs when you were a kid? Remember falling out of the back of the family's Woody while bouncing along Snake Creek Rd? Which neighbor was the first to install indoor plumbing? Stephen Depue remembers all these things, and he has written about them in detail. Mr. Depue's writings are the inspiration for the *Salt Springs Memory Writing Contest*.

"Any age, any era" — No matter what age you are, the Friends of Salt Springs Park invite you to write about your memories of Salt Springs and enter them in our contest. Perhaps you were married there or worked on the Wheaton farm when you were a kid. Perhaps you heard a ghost story about the deep woodlands, went to school with one of the Wheaton children, or went on your first camping trip there. Write about your memories and experiences at Salt Springs and share them with others.

Outside of personal writings, where else will future generations encounter the intimate stories of the special events and people who shaped a community? Who took care of the sick and taught the young? Gave the best or worst advice? Salt Springs—before the Wheatons purchased it in the 1840s and after they gave it over to the public in the early 1970s—has a place in Susquehanna County history. One of the missions of the Friends is to preserve Salt Springs' history, and we invite you to help us do this.

### CONTEST RULES

1. The contest begins May 2, 2009, and ends September 1, 2009.
2. The contest is open to all ages.
3. The purpose is to write down and share a special memory or bit of information you have of Salt Springs. It could be a memory someone else shared with you or a bit of history you learned somewhere along the line.
4. There is no limit on the time period. The event could have taken place yesterday or many years ago. It just has to be related to Salt Springs.
5. Categories and formats include but are not limited to poems, essays, stories, reminiscences, impressions, and history.
6. Ages 16 and younger — please include your age.
7. Entries must be typed or neatly written. Accompanying photographs are also welcome.
8. Entries must be postmarked no later than September 1, 2009. Mail to: FSSP — Writing Contest, PO Box 541, Montrose, PA 18801.
9. Winning entries will be announced and read during a public program on September 27, 2 pm.
10. All entries will become part of the Salt Springs Archives.

Questions? Contact: Debra Adleman (dadleman@stny.rr.com; 570-278-3371)

## News & Notes

### Monthly e-Letter

On April 9th, the Friends launched a new membership publication to keep you better informed about your park. If we have your e-mail address, you received one. We'd love to share the new e-letter with all of you, so please send us a line to ensure that we have your e-mail address. The e-letter will be sent to you during those months you don't receive a printed newsletter.

### Salt Springs Digital Photography Club

Now that winter is gone, the Photography Club has begun holding its monthly meetings again. New members are always welcome. The club is designed for those just getting into digital photography as well as the experienced. Meetings include a photo technique lesson followed by a sharing session, with different topic assignments each month. 2009 schedule, Sundays, 2-4 pm: May 17, June 14, August 9, September 13, and October 11.

### Change of Address?

The re-addressing of Susquehanna County is nearly complete, and county residents are beginning to receive their new addresses. If your address changes, please let us know. You don't want to miss a newsletter!

### Wheaton House Open for the Summer

The Wheaton House and Gift Shop are open on Saturdays, 9:30-4:00, and Sundays, noon to 4. Stop in to see what's new!

The membership year begins on June 1st.



## Friends of Salt Springs Park, Inc.

P.O. Box 541 • Montrose, PA 18801

### Membership Categories

Individual	\$20
Family	\$40
Organization	\$50
Sponsor	\$100
Corporation	\$250
Patron	\$500
Other (any amount)	\$ _____

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

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

## Save These Dates!

Full program details are on the website.

**SALT SPRINGS MEMORIES, OLD & NEW.** Saturday, May 2, 2 pm.

**ANNUAL ROADSIDE CLEAN UP.** Sunday, May 3, 10 am.

**GLORIOUS SPRING MORNING BIRD WALK.** Saturday, May 9, 8 am.

**JUST DO IT! TRAIN FOR THE SALT SPRINGS TRIATHLON!** Saturday, May 9, 2 pm.

**AFTERNOON OF WILDFLOWERS AND WILDFLOWER PHOTOGRAPHY.** Sunday, May 17, 2 pm.

**STONE WALL RESTORATION AND CONSTRUCTION WORKSHOP.** Sunday, May 24, 1-5 pm.

**NATIONAL TRAIL DAY HIKE.** Saturday, June 6, 9 am.

**ALL AMERICAN PATRIOTIC MUSIC.** Friday, July 3, 7 pm.

**SALT SPRINGS SAMPLER.** Saturday, July 25, 9 am.

**MEASURE UP!** Sunday, August 2, 2 pm.

**GEOCACHING WITH THE BLUE RIDGE GEORAZERZ.** Saturday, August 15, 9 am.

**GREAT OUTDOOR PA CHALLENGE.** September 11 through October 11.

**"AND THE WINNER IS?" SALT SPRINGS MEMORY WRITING CONTEST.** Sunday, September 27, 2 pm.

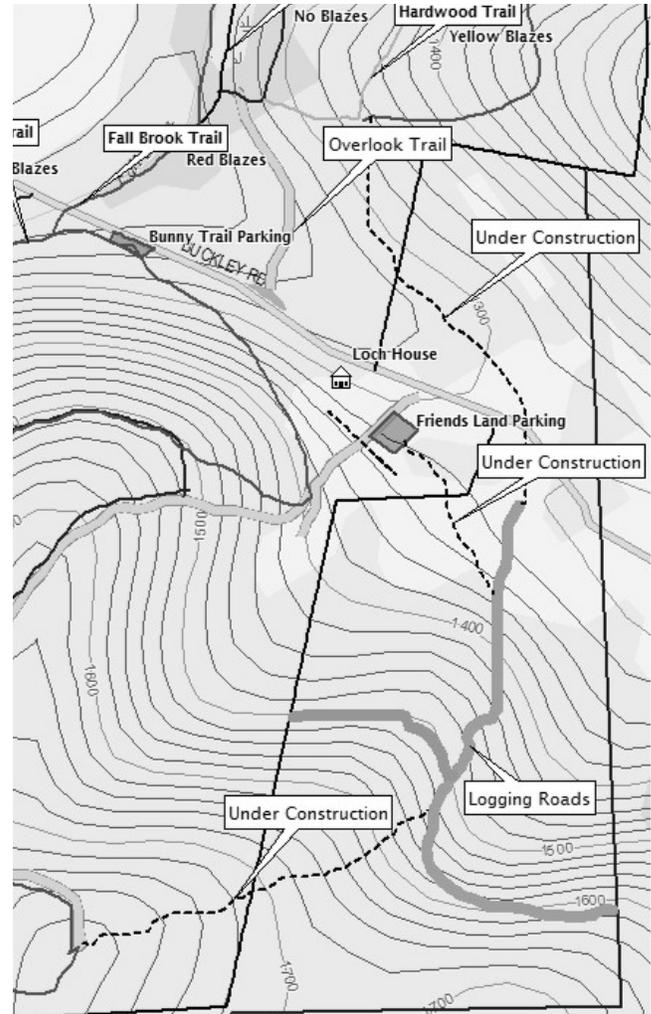
## A New Trail Under Construction

By Dave Clemens  
for the Trail-Building Volunteers

In 2005 The Friends purchased a 137-acre parcel of land, presently called the Fogler Land after the former owners. This new land borders on one side on the Friends Land and on another the main part of Salt Springs Park. An excellent feature of this addition is a well-constructed logging road ideally situated to serve as the backbone of a trail system for the tract.

During the past year volunteers have laid out and partially constructed a connector trail, which connects the Summit Trail at the highest point on the Friends Land with the upper end of the logging road on the Fogler Land. The lower end of the logging road meets Buckley Road, where a new trail originates, which has been laid out through fields to connect with the park trail system near the gorge and the observation deck.

As soon as the weather settles down we plan to mark this new trail with white blazes and, when completed, to open it to the public. This will add 1.9 miles to the park trail system and will be a beautiful addition to hiking possibilities at the park. As part of our spring work we will decide on an appropriate name for the new trail and soon thereafter invite our membership to come walk it with us.



The trapezoidal shape on the right outlines the boundaries of the Fogler Land. North is at the top. Map courtesy of Dave Clemens.

## Montrose Summer Camp Program

Montrose Elementary Schools offer a summer program to students in kindergarten through fifth grade. It is a six week program that will start early July and offers educational and fun activities.

Last year, Salt Springs' instructors were at the school leading stream researches. Then, the students traveled to the park for more outdoor activities, such as nature poem writing and mammal research. We are looking forward to being involved in the program again this year.

## ...And the Sap Began to Run

By Lillian Theophanis

It is February 21st, and the event I have been anticipating is about to begin. On my way to Salt Springs Park, I think about the early days, when I was still in my early 30s. My husband, children, and I were going through our "back-to-the-land" phase, and one of our favorite activities was making our own maple syrup. What fun that had been. Now, I am headed to Salt Springs to participate in the Friends' new maple syrup making program. It's going to be fun.

When I arrive, Walt Kostyk, Dennis Wilson, and Debra Adleman are already in the swing of things. On this day, we gather around the gently burning fire in the fireplace, sip hot apple cider, and listen to Walt explain the fine points of the art of "sugaring." Outside, the crowd inspects the shiny metal sap collection box and woodstove, with its tubing and smoke pipe attachments. Again, Walt explains the finer points, including the importance of "our old friend, surface tension." "Do you think we'll collect enough sap to fill this boiler?" someone asks. Then we tap some trees and come back two weeks later.

On March 7, the novice sap collectors pile into two trucks and head out. As we approach the buckets, we see that the first one is barely half-full. "Uh, oh, I knew this might happen," says one skeptical would-be sap collector. Then we spy the next two buckets...full to overflowing. "No problem," exclaims Sandy Babuka, the optimist of the group. By the end of two trips we have enough crystal clear sap to fill two 50-gallon tubs. There is much laughing and picture taking, and parents are feeling proud of the way their children are pitching in.

Two more weeks pass. It is March 21st, time to reap the fruits of our labor. We savored our maple syrup over homemade ice cream (made possible by Paul, Mary, and Eli Gere). We made 12 gallons of syrup from 600 gallons of sap! We have sold some, given some away, and enjoyed a camaraderie rare these days. Perhaps, in the not too distant future, some of the participants... young, older, and in-between, will have the pleasure of trying this on their own.

## Position Available!

Are you an outgoing, creative individual with good organizational skills and a desire to support the Friends in their many community efforts? We are looking for that perfect individual to take on the **volunteer** position of coordinating our Silent Auction for this year's Celebration, on Saturday, September 5.

Primary responsibilities include working with the board and event coordinator to secure donations for the auction, scheduling item pick up where necessary, setting up the auction at the park the day before, and supervising it the day of the event. If this sounds like fun to you (and it is!), then call or e-mail the Friends and leave a message for Nancy Wottrich, Celebration Coordinator.

*Mark your calendar!!*

7<sup>th</sup> Annual  
Salt Springs Celebration



**Simple Pleasures**  
*A day at the park to enjoy living simply and simply living!*

Saturday September 5, 2009  
11 am – 5 pm

<ul style="list-style-type: none"><li>• Music &amp; entertainment</li><li>• Old fashioned games &amp; races</li><li>• Nature exploration</li><li>• Llama obstacle course</li><li>• Dancing</li></ul>	<ul style="list-style-type: none"><li>• Silent auction</li><li>• Great food</li><li>• Exhibits &amp; demonstrations</li><li>• Camaraderie</li><li>• &amp; much more!</li></ul>
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© Designed by Anna McNaught

**Editor's Note:** Due to space limitations, Lillian's article has been greatly condensed. Her full write-up will be posted soon on our website, in a new section of the Photo Album, "Programs at a Glance." There, you will soon find program highlights in the form of photographs and participants' accounts.



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

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Permit #75  
Montrose, PA  
18801

## **Specialist-in-the-Park Program**

To reflect its evolving nature, the Friends' Specialist program has been renamed the Specialist-in-the-Park Program. The program operates on a yearly basis and is designed to benefit both Salt Springs Park and the Specialist.

We welcome experienced or budding artists, sculptors, naturalists, geologists, photographers, writers, story tellers, historians, musicians, and anyone of visual or performing art creative ability. The Friends of Salt Springs Park hope that specialists will explore and use the park's rich geological and natural environment, its unique heritage and history, and its amazing beauty to inspire new work.

Applications are now being sought. The deadline is June 30, 2009. For more information on the Specialist program and to obtain an application, visit our website or leave a message at the park for Sandy Babuka, program coordinator.