

unique perspective on the subject. He is an avid birder and has served as the president of the National Bird Feeding Society and of the PA Society for Ornithology. **Fee: Free-will donation.**

DISCOVERY WALK: R IS FOR RAMBLING ROCKS. Wednesday, October 26, 1–3 p.m. Explore and learn by discovery as we experience our environment through the changing seasons. Lessons focus on hands-on learning activities. In October, we will walk the Meadow Trail and note the changes in the landscape as the greenery fades and other features become more prominent. This lesson will focus on observation skills and geology. **Fee: \$5/person; \$15/family; members, free.**

HALLOWEEN FEST. Saturday, October 29, 4–8 p.m. Our popular family fall event is back, with lots of pumpkins, activities, games, and food—something fun for everyone! We have pumpkin carving at **4 p.m.**, a piñata and ghost stories at **6 p.m.**, and our “haunted house” **after dark. All activities are held outside, so dress for the weather. Fee: \$5/person; \$20 for families; members, 50% discount.**

November

GEOCACHING AT SALT SPRINGS PARK. Sunday, November 6, 1–3 p.m. Whether you are curious about trying geocaching or are a seasoned expert, we will have some tips and treasures for you today. A short presentation giving you all the basics you need to get started is followed by an outdoor, hands-on treasure hunt. **Rain or shine. Fee: \$5; members and kids, free.**

FULL MOON HIKE. Wednesday, November 9, 6:30 p.m. Come explore the park by the light of a full moon. End the evening with some hot chocolate and sharing snacks and stories. Bring a snack, a flashlight, and an adventurous spirit. **Fee: \$5/person; \$15/family; members, free.**

GAME NIGHT. Friday, November 11, 7–8:30 p.m. We offer a family fun game night to learn about the environment on one Friday night of the month. Choose from board games like Monopoly—Go Green, Hit the Habitat Trail!, and Walk in the Woods, or try your hand at Nature Bingo. Bring a snack and enjoy an evening of fun games. **Fee: Free-will donation.**

HOLIDAY CENTERPIECE AND NATURE CRAFTS. Sunday, November 13, 1 p.m. Let's create some natural artwork with nature's materials. Bring your creativity, a container for your artwork (like a shoebox or a picture frame) and any accessories you might want to add. Bring your own tools—scissors, glue, glue gun—if you have them; we'll have a limited supply available to

share. Children 3 to 103 welcome! **Fee: \$5; members, free.**

STAR PARTY. Saturday, November 19, 6:30–9:30 p.m. Mike and Mary Sinkovich will host a star party to look for a variety of celestial bodies and constellations. Five planets will be out: Mars, Jupiter, Saturn, Uranus, and Neptune. We begin in the Wheaton House with some tips about telescopes and using good Internet resources for astronomy. At dusk, we'll move to the field above, where viewing is ideal. All levels of astronomers and star gazers are welcome. Bring binoculars and a cheap flashlight that we can transform into a “red light.” Cloud-cover and weather are unpredictable, so check our Facebook page if conditions look iffy. **Remember to dress warmly. Fee: \$5; \$15, families; members, free.**

December

FULL MOON HIKE. Friday, December 9, 7 p.m. Come explore the park by the light of a full moon. End the evening with some hot chocolate and sharing snacks and stories. Bring a snack, a flashlight, and an adventurous spirit. **Fee: \$5/person; \$15/family; members, free.**

HOLIDAY CENTERPIECE AND NATURE CRAFTS. Sunday, December 11, 1 p.m. Let's create some natural artwork with nature's materials. Bring your creativity, a container for your artwork (like a shoebox or a picture frame) and any accessories you might want to add. Bring your own tools—scissors, glue, glue gun—if you have them; we'll have a limited supply available to share. Children 3 to 103 welcome! **Fee: \$5; members, free.**

GAME NIGHT. Friday, December 16, 7–8:30 p.m. We offer a family fun game night to learn about the environment on one Friday night of the month. Choose from board games like Monopoly—Go Green, Hit the Habitat Trail!, and Walk in the Woods, or try your hand at Nature Bingo. Bring a snack and enjoy an evening of fun games. **Fee: Free-will donation.**

WINTER SNOW FUN. Saturday, December 17, 1 p.m. Get out to see some winter wonders—animal tracks, snow drifts, white landscapes.... We will provide snowshoes and ice cleats and poles; just wear your winter boots. Basic instruction will be given to those new to these winter sports. **In case of inappropriate weather conditions, the outing will be rescheduled. Check Facebook for updates. \$5; \$15 for families; members, free.**

FSSP programs are funded in part by a grant from the Susquehanna County Conservation District.

Friends of Salt Springs Park

Programs & Events

September-December

2022



Salt Springs Park Franklin Forks, PA

(From Montrose: 6 miles N on Rt. 29;
1 mile W on Silver Creek Rd to park)

For latest program information:
570-967-7275

www.friendsofsaltspringspark.org



Join us on Facebook!

****For all programs, children under 18 years of age must be accompanied by an adult.**

****Meet at the Wheaton House Main Parking Lot unless otherwise noted.**

September

FIELD, FOREST & FALLS TRAIL RACE, Saturday, September 3, 8:30 a.m. Says Race Director Diana Bean: "It will be year 10 for this scrappy little race that hasn't let things like a flood or a pandemic stand in its way!" Choose the 5K or the 10K; both are technical courses through an old-growth forest with spectacular scenery—if you dare take your eyes off the trail. The 10K is known for steep climbs and loose descents. The 5K is a kinder, gentler version, perfect for kids and new trail runners. Registration closes midnight September 1. Cost is \$20. As always, you can choose to buy a T-shirt for \$12. Always a unique design! Order by August 25. Register at runsignup.com.

ARCHERY FOR BEGINNERS. Saturday, September 10, 10 a.m. till Noon. We provide the equipment, targets, and instruction. All ages are welcome. This is a great family activity taught by NASP-certified instructor **Diane Wurth**. **Meet by the Dairy Barn, beyond the parking lot. Fee: \$5; \$15/family.**

FULL MOON HIKE. Saturday, September 10, 7:30 p.m. Come explore the park by the light of a full moon. End the evening around a campfire sharing snacks and stories. Bring a snack to share, a flashlight, and an adventurous spirit. **Fee: \$5; families, \$15; members, free.**

YOGA IN THE PARK. Saturday, September 17, 10–11:30 a.m. Join us for a Vinyasa Flow (Yoga) Practice along Silver Creek, led by **Ramona Lena**. Beginners are welcome. Bring a yoga mat or blanket and drinking water. **Fee: \$5; families, \$15; members, free.**

GAME NIGHT. Friday, September 23, 7–8:30 p.m. We offer a family fun game night to learn about the environment on one Friday night of the month. Choose from board games like Monopoly—Go Green, Hit the Habitat Trail!, and Walk in the Woods, or try your hand at Nature Bingo. **Meet at the Williams Pavilion (or the Wheaton House if bad weather). Fee: Free-will donation.**

TAKE A LOOK AT THESE TREES! VOLUNTEER OPPORTUNITY. Saturday, September 24, 10:30 a.m. to 4 p.m. **Meet at the Dairy Barn next to the main parking**

lot, and bring lunch (12:30–1 p.m.). For the past 3 years we worked to accomplish a great feat—we planted over 1,250 seedlings along Silver Creek. From the North Trail you can see the growth over time. Some of the shrubs need protection from deer browse. Come help us add the protection, experience this magnificent site, and learn why riparian buffers are important to the environment. We will access the North Trail via the trailhead on Silver Creek Road by either driving or walking to it. Wear waterproof boots if you want to cross Silver Creek; an alternate route is available for those who cannot cross the creek. Supplies will be driven to the site. **No fee.**

MONARCH MADNESS AND MILKWEED MUD PIES. Sunday, September 25, 1 p.m. Now is the time to think of providing monarch butterfly habitat. Monarch butterfly caterpillars eat only milkweed, so add a stand of these beautiful flowers to your garden. A short presentation is followed by hands-on seed preparation, which you will take home to plant. All materials are provided. Bring gloves if you don't want to get your hands dirty! **Fee: \$5; members, free.**

DISCOVERY WALK: T IS FOR TOWERING TALL TREES. Wednesday, September 28, 1–3 p.m. Explore and learn by discovery. Our sessions will be extended to experience our environment through the changing seasons. Lessons focus on hands-on learning activities. In September, we will walk the Meadow Trail and collect as many different tree leaves as we can. This lesson will focus on tree identification using pattern recognition and creating a leaf print collage. **Fee: \$5/person; \$15/family; members, free.**

October

WELLNESS WONDERS: YOGA AND SOUND THERAPY. Saturday, October 1, 10 a.m. to 12:30 p.m. Join us for two Wellness Wonders: Vinyasa Flow (Yoga) Practice by **Ramona Lena** and Sound Bath with Himalayan Singing Bowls with **Angela Callahan**. Bring a yoga mat and a blanket/pillow as well as water. An optional round-table discussion on nutrition will follow. Bring your favorite healthy lunch foods as well. **Fee: \$10.**

FALL PHOTOGRAPHY. Sunday, October 2, 1–4 p.m. Capture the colors of fall and learn the basics of landscape photography. We will explore options using your camera's manual settings to create a stunning nature photo. A 30–40 minute presentation on basic shooting techniques will be followed by a short break, and then we'll walk out into the park to practice what we've learned. Bring your digital camera and, if you have one, a tripod. Hiking shoes are helpful for the field photo shoot. **Pre-registration appreciated (570-967-7275). If**

rain, check Facebook for rescheduling. Fee: \$10; members, \$5.

DOGGIE HIKE. Wednesday, October 5, 1–3 p.m. Take your dog on a trek at Salt Springs Park. **Ken Thompson**, a long-time hiker and volunteer at Salt Springs, has explored many trails here with his energetic dog Patience. We will pick one of their favorites and enjoy some canine comradery. Please make sure you have a leash and clean-up bags and that your dog is well socialized. **Fee: Free-will donation.**

QUILT EXHIBIT. Saturday, Sunday, and Monday, October 8, 9, and 10, 10 a.m. to 5 p.m. daily. Two local quilters, **Barbara Merritt** and **Jayne Stoll**, will exhibit a selection of their textile art in the Wheaton House this weekend as part of the countywide Artists' Open House Weekend art tour. This is site #5 on the tour map. **No fee.**

FROM APPLES TO CIDER. Saturday, October 8, 1 p.m. Once produced on nearly every farmstead, apple cider is now generally available only in stores. Bring your apples and an empty jug and help run those apples through the presses for your own fresh cider. Or, come sit a spell, watch cider being pressed, listen to live music with **Corky Staats**, and enjoy free cheese samples from the **Susquehanna County Dairy Princess** and her team. We will also have some fresh cider for sale, while our limited supplies last! **Fee: \$5; kids 12 and under, free.**

GAME NIGHT. Friday, October 14, 7–8:30 p.m. We offer a family fun game night to learn about the environment on one Friday night of the month. Choose from board games like Monopoly—Go Green, Hit the Habitat Trail!, and Walk in the Woods, or try your hand at Nature Bingo. Bring a snack and enjoy an evening of fun games. **Fee: Free-will donation.**

ARCHERY FOR BEGINNERS. Saturday, October 15, 10 a.m. till Noon. Join us for our last day of archery for the season. We provide the equipment, targets, and instruction. All ages are welcome. **Meet by the Dairy Barn, beyond the parking lot. Fee: \$5; \$15/family.**

BIRD FEEDING. Saturday, October 22, 10–11:30 a.m. Autumn is the perfect time to prepare your yard for winter bird feeding. Join us for a presentation on attracting winter birds to your property. **Evan Mann** will address the species you can expect, how to make good choices when buying seed, and the variety of feeders available. Mann spent 30 years working in the wild bird feeding industry and offers a