Hiking 101

By Emily White, Roads, Rivers and Trails Outfitters

In 1877 John Muir wrote; “In every walk with nature one receives far more than he seeks.” Whether it is 15 minutes or 6 months, any hike submerged in nature can be soothing to the mind and to the soul. In order to guarantee these gifts of nature are enjoyable, free of bellowing blisters and threatening thunderstorms, there are a few hiking guidelines that you should follow.

Planning: Nature is wild. Be sure when preparing for your hike you check the weather, map your route, and review trail conditions. Any of these things can change drastically, sometimes within hours, so pack accordingly and take the time to do your research. Contacting a local expert or park service ahead of time is always a good idea.

Apparel: Would you show up on your wedding day in a hazmat suit? I think not. Proper attire is essential to any experience in the outdoors and layers are an adventurer’s best friend. Body temperature fluctuates exponentially with activity and movement so wear plenty of layers and be prepared with appropriate rain wear and extra clothing for potential weather changes. Well-fitting boots or hiking shoes and wool socks should keep your feet happy and blister free.

Fuel: Your body is a machine and it needs the proper fuel to perform. Once body fat reserves are gone, a long-distance hiker can burn up to 5,000 calories a day. Be sure to bring plenty of food/snacks and drink lots of water on the trail. Gram for gram, fat delivers twice as many calories as carbohydrates, so plan your food supplies accordingly.

The Essentials: I love wearing my bright green backpack and the Boy Scout in me insists on always having it packed with The Essentials. What is this magical list of essential survival items you ask? Well, on any expedition, large or small, I always have a compass, first-aid kit, matches, fire starter, my pink pocket knife, sunglasses, headlamp or flashlight, sunscreen, food, water, extra clothes, rain jacket, and my handy dandy whistle for emergencies.

For more tips and hints and for some great local trails contact the park service, guide service, or your local outfitter. Utilize the resources around you and discover the awesomeness hidden in your own backyard. The great health benefits of immersing yourself in nature are evident, just be sure that before you leap into the great outdoors, you’ve packed your own essentials.
Hiking: The Ten Essentials

By Abby Rhodebeck, Outdoor Programs Coordinator at REI

Knowing the Ten Essentials is good. Carrying the Ten Essentials is better.

Whether you are going on a day hike or heading for a week in the backcountry, carrying the Ten Essentials will ensure peace of mind. Adapted from the original list by Seattle based Mountaineers in the 1930s the Ten Essentials provides a comprehensive list that allows for outdoor enthusiasts to be prepared for the unexpected.

1. Navigation (map and compass): If you travel regularly in the wilderness, consider taking a class to learn navigation techniques in depth.
2. Sun protection: This involves sunglasses, sunscreen (for skin and lips) and, for optimized protection, lightweight, skin-shielding clothing.
3. Insulation (extra clothing): Conditions can abruptly turn wet, windy or chilly so it's smart to carry an additional layer of clothing in case something unexpected (you get hurt or lost, for example) prolongs your exposure to the elements.
4. Illumination (headlamp/flashlight): If you're trying to hustle out of the backcountry in dwindling light or trying to set up camp as the last bit of blue drains from the sky extra illumination is incredibly valuable.
5. First-aid supplies: Any kit should include treatments for blisters, adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper.
6. Fire (waterproof matches/lighter/candles): The ideal firestarter ignites quickly and sustains heat for more than a few seconds. Candidates include dry tinder tucked away in a plastic bag; candles; priming paste; heat “nuggets” and even lint trappings from a household clothes dryer.
7. Repair kit and tools: Knives or multitools are handy for gear repair, food preparation, first aid, making kindling or other emergency needs.
8. Nutrition (extra food): Always pack at least an extra day’s worth of food. It can be as simple extra energy bars, nuts, dried fruits or jerky
9. Hydration: Mountaineering suggests always carrying at least 1 water bottle and a collapsible water reservoir.
10. Emergency shelter: If getting lost or injured leaves you stranded something is better than nothing. Options include an ultralight tarp, a bivy sack, an emergency space blanket even a large plastic trash bag.

You can learn more outdoor tips and tricks by visiting www.rei.com/learn

Play-Dough Topo

Lesson Plan

When you plan a hike, the distance you will walk is only half the story. You'll also need to know if you’ll have to climb hills and what kind of terrain you’ll be traveling. In this hands-on activity, your students can visualize how a 2–dimensional topographic map represents 3–dimensional landscape. Great for increasing spatial visualization skills.

www.nps.gov/mora/forteachers/upload/playdough-topo_cvo_lesson.pdf
http://education.nationalgeographic.com/education/activity/make-contour-map/?ar_a=1

Great Resources

ODNR Division of Watercraft has links to water trails across the state http://watercraft.ohiodnr.gov/watertrails
Recreation Maps from Miami Consevancy Distict www.miamiconservancy.org/resources/maps.asp includes water trail maps for the Great Miami, Mad, and Stillwater Rivers and a Miami Valley Bikeways map
Slackpacker has links to trails around Ohio www.slackpacker.com/map_oh.html
Bike trails, walking trails and other outdoor activities from Rails to Trails Conservancy www.traillink.com/
Ohio Environmental Education Fund

OEEF grant guidelines and funding priorities have undergone substantial revision. Please read the guidelines carefully before beginning an application. The requests for OEEF general grant and mini grant proposals are now open in the eBusiness Center. The Letter of Intent to Apply must be submitted prior to submitting a grant.

The Ohio Environmental Education Fund grant program is administered by Ohio EPA and awards general grants of up to $50,000 and mini-grants between $500 and $5,000. The grants are funded by half of the civil penalties OEPA collects for air and water pollution control violations. Eligible recipients include environmental groups, public and private schools, colleges, local governments, among others.

For more information, please contact the Ohio EPA Office of Environmental Education
   Phone: 614-644-2873
   Email: oee@epa.state.oh.us
   Web: www.epa.ohio.gov/oee

Grant Writing Workshops

Oct. 28, Wood County Courthouse  
1 Courthouse Square, Bowling Green, OH 43402.
For workshop information, contact Jeffrey.Montavon@epa.ohio.gov

Nov. 5, Cleveland Metroparks’ Watershed Stewardship Center at West Creek  
2277 West Ridgewood Drive, Parma, OH 44134
http://www.clevelandmetroparks.com/Main/Facilities/Watershed-Stewardship-Center-at-West-Creek-10.aspx
For workshop information, contact Dennis.Clement@epa.ohio.gov

For the spring, 2014 grant cycle, Ohio EPA awarded the following eleven projects for a total of $304,136.

Hiram College - James H. Barrow Field Station, “Eagle Creek Restoration Citizen Science” $24,364
Portage County, Audience: PreK-University (Grades 9-12), Contact: Matthew Hils, hilsmh@hiram.edu, (330) 569-5265
Supports a multi-pronged community education initiative to showcase the benefits of a recent restoration of the natural meander to a channelized portion of Eagle Creek located on the James H. Barrow Field Station at Hiram College, in the Mahoning River watershed. The restoration work was funded through a grant from Ohio EPA’s Water Resource Restoration Sponsor Program (WRRSP). The new education component will help high school and college students and local residents understand the importance of floodplains and how watersheds function to preserve the hydrology necessary for clean water and maintaining biodiversity. Hiram College faculty and students will create interpretive signs and displays for the Field Station trailhead pavilion and overlook, and digital cameras will provide continuous monitoring of water levels along the stream, providing a longitudinal dataset online to support field work and data collection by high school and college classes measuring precipitation and water volume to document the restored functioning of the floodplain, and sampling fish and macroinvertebrate populations to document increased biodiversity. Collaborators include the Davey Resource Group, Portage Park District, Portage Soil and Water Conservation District, and Western Reserve Land Conservancy.

Efficiency Smart, “Super Energy Heroes Summer Camps” $50,000
Statewide, Audience: PreK-University (Grades 4-6), Contact: Manilath James, mjames@efficiencysmart.org, (614) 361-6592
Supports ten week-long camps focusing on energy resources and efficiency for 300 students entering 4th-6th grade, in northeast and northwest Ohio during the summers of 2014-2015. Topics include energy resources, forms and transformations, efficiency, environmental and economic impacts, technological advances and careers in the energy industry. Students will build a solar oven, ride an energy bike to understand the amount of electricity needed to light incandescent, compact fluorescent and LED light bulbs, and take field trips to the Great Lakes Science Center in Cleveland or Imagination Station in Toledo. Students will also receive kits to conduct home energy audits and work with their parents to install and measure the effectiveness of smart strips, CFL light bulbs, furnace filter whistles, LED nightlights, low flow showerheads, faucet aerators, light switch and outlet gaskets, hot water tank blankets and foam weather strips. Based on a 70% participation rate, these measures are expected to reduce energy usage in the students’ homes by 51,000 KWH. Nine local electric utilities affiliated with AMP-Ohio are collaborating.
General Grants Continued

Groundwork Cincinnati/Mill Creek, “Mill Creek Urban Habitat Restoration” $36,036
Hamilton County, Audience: PreK-University, Contact: Robin Corathers, robin@groundworkcincinnati.org, (513) 731-8400

The project will provide outdoor environmental education programs to at least 2,000 Cincinnati middle and high school students. Students will work with local environmental professionals to restore wetlands and improve wildlife habitat in Salway Park by removing invasive plants, identifying native species, observing birds and tracking wildlife using digital applications, and planting wetland plants, perennials and Edible Forest Gardens of native hardwoods to provide food and habitat for wildlife, and fruit trees and vegetables to provide food for both humans and wildlife. The wetland curriculum will be realigned with the new state science standards being phased in for the 2014-2015 school year. Cincinnati Public Schools and the Metropolitan Sewer District of Greater Cincinnati are collaborating.

Alliance for the Great Lakes, “Bringing Great Lakes into Cleveland Classrooms” $31,429
Cuyahoga County, Audience: PreK-University (Grades 3, 5, 7 and 10), Contact: Katharine Larson, kklarson@greatlakes.org, (312) 445-9726

Provides “Great Lakes in My World” curriculum kits, 6-10 professional development workshops for 300-400 Cleveland teachers from grades 3, 5, 7 and 10, plus a three-day summer institute for teachers in grades K-8 and 9-12 to help them incorporate the Lake Erie-specific content into their teaching. Lesson plans aligned with Ohio and national science standards include food webs and ecology, native and invasive species of plants and animals, the Great Lakes water cycle, tributaries, and ground water. The grant also supports coastal stewardship field trips and supplies for twelve classrooms to participate in Lake Erie beach cleanups. The Cleveland Metropolitan School District is collaborating.

Cedar Bog Nature Preserve, “OEECOC Earth Day Project” $11,300
Champaign County, Audience: General Public, Contact: Tracy Bleim, cedarbog@ctcn.net, (937) 484-3744

The Outdoor Environmental Education Collaborative Outreach Committee of Champaign County (OEECOC) aims to help educators and residents understand karst terrain and unique local geological features and wildlife habitats created when the Wisconsinan glaciers receded, such as the Cedar Bog, Ohio Caverns, and Kiser Lake wetlands. A February, 2015, teacher workshop will introduce learning activities aligned with science standards from the national Project Underground and Project WILD/Aquatic WILD curricula to explore topics like cave ecology, sinkholes, the vulnerability of local ground water supplies in karst terrain, and the threat to Ohio bat populations from White Nose Syndrome. These lessons and other activities from Project WET, Project Learning Tree and Healthy Water, Healthy People will be offered to up to 1000 local students and families at a day-long environmental education program around Earth Day, 2015, to encourage local habitat restoration efforts. Graham Local Schools, Mechanicsburg Exempted Village Schools and Urbana City Schools are participating. Ohio Caverns, Urbana University and Valley View Woodlands are collaborating.

Clermont Soil & Water Conservation District, “Fostering Sustainable Behavior Workshop” $20,600
Hamilton and Montgomery Counties, Audience: General Public, Contact: John Nelson, john.nelson@hamilton-co.org, (513) 772-7645

The Greater Cincinnati Regional Storm Water Collaborative and the Miami Conservancy District will host two one-day workshops led by noted environmental psychologist Dr. Doug McKenzie-Mohr on how to foster sustainable behavior and achieve desired changes in behavior. The target audience includes local agencies and organizations offering education programs to encourage the use of different stormwater best management practices, agricultural conservation practices, and the use of alternative modes of transportation, to help them better understand barriers that prevent adoption of desired behaviors, while emphasizing the benefits of the activity, and achieving true and sustainable changes in behavior.

Green Local School District - Green Middle and Green Intermediate Schools, “Growing Green Education Wetlands Goes Public!”, $13,302
Portage, Stark and Summit Counties, Audience: PreK-12 (Grades 4-8) Contact: Paula Warner, warnerpaula@greenlocalschools.org, (330) 896-7500

To reduce stormwater flow in a housing development, the City of Green recently created the Growing Green Educational Wetlands on the campus of the Green Middle and Intermediate Schools. To help students and residents understand the functioning and benefits of the wetland, the project will train 15 teachers in the national WOW! The Wonders of Wetlands curriculum, and provide supplies such as soil augurs, flat pH sensors, saline sensors, flow rate sensors, temperature probes and i-Pods to enable students to monitor conditions and upload their data to the program website. Students will also conduct regular salinity tests in an ongoing study of the effects of salt on the water table, to help the city road department decide whether to switch from road salt to a beet-based solution. They will present their results to local officials and civic groups. The city is providing interpretive signs to explain the wetland to the local community, with QR codes directing residents to web pages about specific wetland features, and the student-collected data. The City of Green and it’s Living Green Task Force are collaborating.
Defiance Soil & Water Conservation District, “Land to Lake Watershed Awareness Campaign” $48,405
Defiance County, Audience: General Public, Contact: Stephanie Michelle Singer, ssinger@defiance-county.com, (419) 782-1794

The public awareness campaign will promote green infrastructure as a cost-effective method to reduce nutrient loadings to streams and stormwater runoff volume by partnering with local leaders to build innovative stormwater demonstration projects. Outreach workshops highlighting backyard conservation & stream monitoring will give residents hands-on tools to improve water quality. Three demonstration rain gardens with interpretive signs will be created in local communities, and rain barrel/rain garden workshops and kits will be offered to at least 160 local residents. Community social events such as movie screenings and canoe trips will be offered to cultivate active participation and build a volunteer base. ‘Land to Lake’ activities will be complemented with a local conservation magazine and a social media blitz. Collaborators include the City of Defiance, Defiance Development and Visitors Bureau, Kircher’s Flowers and Garden Center, ODNR Division of Watercraft, Upper Maumee Watershed Partnership, and the Villages of Hicksville and Sherwood.

Ohio Energy Project, “Energy FUNDamentals”, $50,000
Statewide, Audience: PreK-University (Grades 3-4), Contact: Sue Tenney, stenney@ohioenergy.org, (614) 785-1717

New state science standards being implemented in the 2014-2015 school year are moving the topic of energy to the third and fourth grades for the first time. The program will prepare 150 third and fourth grade teachers to cover topics such as forms of energy (heat, electrical, light, sound and magnetic energy), sources of energy, states of matter (solids, liquids, gases), renewable and non-renewable energy resources in Ohio, electricity, energy efficiency and conservation. Learning activities will enable 4,500 elementary science students to increase their skills at using charts, graphs and dichotomous keys as they explore these subjects and conduct energy audits at home and in the school. They will compare the life cycle of incandescent and compact fluorescent light bulbs.

Ohio University - Edward Stevens Center for the Study and Development of Literacy and Language, “Land Lab Enhancement Project”, $8,700
Audience: PreK-University (Grades 4-5), Athens and Perry Counties, Contact: James Salzman, salzman@ohio.edu, (740) 593-0677

Provides supplies and training for fourth and fifth grade teachers in four school districts in Athens and Perry Counties, to sustain and expand their use of existing land labs and local habitats. Trimble Local Schools will purchase aquatic nets, field guides and hand lenses to facilitate their study of watersheds. Athens Local Schools are participating in Classroom Feeder Watch and are requesting binoculars, nest boxes, butterfly nets and materials for their pollinator project. Mill Creek Elementary School (Southern Local Schools in Perry County) is using a vernal pool on the school campus to study food webs, and is requesting field guides and spotting scopes. Nelsonville-York Schools are using a small no-mow area to attract birds to an observation area, and are requesting funds for a student field trip to the Wayne National Forest to compare their bird observations.

Worthington Libraries, “Outdoor Learning Environment”, $10,000
Audience: PreK-University, Franklin, Contact: Meredith Southard, msouthard@worthingtonlibraries.org, (614) 807-2626

A rain garden and native plant demonstration project and outdoor learning environment will be installed at the Northwest Library location. Features will include rain garden beds, a diversity of more than 40 varieties of native plants, water features, native rocks and boulders, and a bird habitat area. The proposed space will host library adult and children’s education programs on science and nature, rain garden clinics, and programs by local organizations such as the Franklin Soil and Water Conservation District and Master Gardeners. Worthington Libraries will provide more than $30,000 in matching funds including design costs and maintenance to support the project.

### Water Workshops

**Project WET/Healthy Water, Healthy People combined facilitator training**
Oct. 7-8, 9:00 a.m. – 5:00 p.m.
At the ODNR Division of Geosurvey’s Horace Collins Laboratory at Alum Creek State Park, 3307 South Old State Road, Delaware Ohio, 43015-7635.
Registration info to be posted soon or contact Dennis.Clement@epa.ohio.gov

**Healthy Water, Healthy People educator workshop & Level One Credible Data water quality monitoring training**
Oct. 23, near Urbana, Ohio
Registration info to be posted soon or contact Dennis.Clement@epa.ohio.gov
For the spring, 2014 grant cycle, Ohio EPA is awarding a total of $34,514, to support the following eight projects.

**Lake Erie Islands Nature & Wildlife Center, “Karst Topography and Harmful Algal Blooms,” $4,371**
Ottawa County, Audience: General Public, Contact: Jacqueline Ruth Taylor, 419-279-3199, jaytay24@ymail.com.

Provides new interactive exhibits and interpretive signs about karst formations and local geology to improve public awareness, and assist in management of the unique water issues facing the Lake Erie Islands due to heavy nutrient loading into Lake Erie through agricultural runoff and ground water contamination from septic systems. These nutrients contribute to the formation and persistence of harmful algal blooms in the Lake. The project will target local residents, children in the summer Nature Camp program, and the approximately 6,000 annual visitors to the Lake Erie Islands Nature & Wildlife Center on South Bass Island. Faculty and students from the Toledo School for the Arts will paint an existing cave display to better demonstrate typical karst geology formations.

**City of Springfield Stormwater Utility, “Springfield Downspout Disconnect Program,”$5,000**
Clark County, Audience: General Public, Contact: Sky Schelle, 937-324-7739, sschelle@cispringfield.oh.us.

Connected residential downspouts add extra storm water into the sewer system and lead to combined sewage overflows across Springfield. Through workshops, 1,075 mailers, an educational video on the government cable channel and a Website, the Springfield Downspout Disconnect program will educate residents about local storm water issues and innovative storm water management practices such as rain gardens, rain barrels and permeable pavers. Wittenberg University student volunteers will be available to help homeowners disconnect their downspouts, as part of their community service. Over 23,700 people are expected to learn about this issue and 300 downspout disconnecter kits will be available to the first workshop attendees.

**Seneca Soil & Water Conservation District, “Mobile Education Initiative,” $4,828**
Seneca County, Audience: Regulated Community, Contact: Beth Diesch, 419-447-7073, bdiesch@senecaswcd.com.

The Mobile Education Initiative will include purchasing equipment that existing Seneca SWCD staff can use to teach 1,290 livestock producers, grain farmers, wildlife-interested audiences and the general population at field day programs and locations that are more conducive and convenient for their learning. Cover crops, nutrient budgeting and soil health lessons will be the primary topics presented on the sites of farms, home gardens, golf courses and lawns to teach our stakeholders about the need to reduce nutrient loading in the Sandusky River and Lake Erie. The speaker, projector, screen and accessories will be mobile, outdoor-grade equipment that will also be used by staff to teach about storm water management, air quality, habitat restoration and other environmental topics at locations where the impacts and improvements are seen firsthand. Local farmers have agreed to host programs.

**Clark County Solid Waste District, “Project WILD Teacher Workshop,” $2,430**
Clark County, Audience: Pre-School – University (Grades K-12), Contact: Steve Schlather, sschlather@clarkcountyohio.gov.

The Clark County Solid Waste District and the Clark County Parks District are partnering to offer a fall 2014 workshop introducing 25 primary and secondary teachers in Clark County to the Project WILD and Aquatic WILD curricula. Lessons demonstrated will focus on water quality, habitat, solid waste, and careers in wildlife management. The workshop will offer six contact hours and will be held at George Rogers Clark, allowing use of the creek in the park as a setting for at least one water quality monitoring activity. Participating teachers will be asked to introduce the curriculum to their colleagues and provide a brief report on how they used the curriculum in class. ODNR Division of Wildlife is collaborating.

**Great Lakes Science Center, “Great Science Academy,” $4,956**
Cuyahoga County, Audience: Pre-School –University (Grade 6), Contact: Brady Risner, 216-696-2359, risnerb@glsc.org.

Great Science Academy is an immersive science program that uses project-based learning to engage diverse Cleveland youth in solving real-world challenges. The sixth-grade students focus their studies on the relationship between Northeast Ohio, the Lake Erie watershed, and the Great Lakes from cultural, economic, and environmental perspectives. Lessons include Great Lakes Formation and Watersheds, Weather and Waves, Shipwrecks and History, Water Quality, The Cuyahoga River, Beach Health Assessment, Invasive Species, Estuaries and Indicator Species, Watershed Stewardship and the Sustainable Lakefront City. In additional to exploring sources of pollution, students will build a remotely-operated underwater robotic vehicle and take field trips to Edgewater Park, the Watershed Stewardship Center at Cleveland Metroparks’ West Creek Reservation, and the Old Woman Creek National Estuarine Research Reserve.
Mini Grants Continued

Delaware Co, Audience: Pre-School – University (Grades 1-12), Contact: David Hoy, 614-374-5647, secdavidhoy@aol.com.
Stratford is collaborating with several community partners to build two edible rain gardens totaling 800 square feet. Each garden, representing two different model scales (farm and home) will be used to educate youth and adults about conservation and preservation of surface and groundwater resources and the benefits of edible rain gardens. The rain gardens will become part of the educational programs for approximately 5,000 school children and 5,000 adult visitors who come to Stratford annually. Project will demonstrate benefits and methods of managing storm water runoff at home or at a business, how to create a rain garden to achieve these benefits, and how a rain garden can be used to grow food while conserving drinking water.

Summit County Combined General Health District, “Home Septic System’s Impact on River and Stream Nutrient Loading,” $3,000
Summit County, Audience: General Public, Contact: Caroline Terakedis, 330-926-5697, cterakedis@schd.org.
Grant funds would be used to create a brochure for an estimated 2,000 homeowners regarding the proper maintenance and impact of home septic systems on nutrient loading in surface waters. This would be distributed to all homeowners during routine septic inspections and point of sale property evaluations, and support local NPDES Phase II storm water outreach efforts across Summit County.

Regional Air Pollution Control Agency, “Idle Reduction Program,” $4,975
Montgomery County, Audience: General Public, Contact: Brian Huxtable, 937-225-5931, huxtabbm@rapca.org.
Provides “no idling” signs, signposts and printing to support a motor vehicle idle reduction campaign at schools in the Dayton area. Fine soot particles in diesel exhaust pose a significant health risk because they lodge deeply in the lungs. Most school districts already have anti-idling policies in place for their school buses, so the project will target motor vehicle operators waiting in line to drop off or pick children up from school. In addition to reducing children’s direct exposure to diesel exhaust, RAPCA will be working with the Miami Valley Regional Planning Commission (MVRPC) and several City of Dayton schools to combine this new initiative with two ongoing programs: the Ohio Department of Transportation’s Safe Routes to School and the USEPA Air Quality Index Flag Program.

Project Underground & Ohio Geology Workshop

October 28, 8:30 - 3:00
Greenacres Foundation in Indian Hill near Cincinnati, Ohio

Join us to explore the Project Underground curriculum on karst and cave formation and learn about Ohio’s geologic past and present.

Register Online at www.hcswcd.org/teacher-workshops.html
Cost: $30 includes many resources
Brought to you by the Soil and Water Conservation District’s of SW Ohio (Butler, Hamilton and Warren) and the Greenacres Foundation

Teachers, Industry and the Environment Conference

October 22-24, Columbus, Ohio
Sponsored by the Ohio Chemistry Technology Council

The Ohio Chemistry Technology Council’s Teachers, Industry and Environment (TIE) Conference is an exciting “hands on” experience for Ohio’s 3rd through 8th grade science educators. The TIE Conference provides educators with a wide-range of science experiments and classroom tools that create interesting and entertaining lessons for students. The workshop provides great hands-on science experiments and teaching tools.

All expenses are paid for the first 60 teachers of grades 3-8 who register

The workshop is held at the Embassy Suites, 2700 Corporate Exchange Drive, Columbus, OH 43231.
Favorite Hikes

By Dave Moran, Camp Kern

There are epic hikes and then there are favorite hikes. To me a favorite hike is one taken often and whose path becomes a well worn companion, a trail you know intimately in all seasons. It is a hike that is out the back door or no more than a short drive away. By this criteria my favorite hike is The Silver Moccasin Trail.

Located in Warren County, this loop through the Fort Ancient Gorge of the Little Miami River offers a half day’s worth of hills, forest, river, and history. Crossing a mix of private property, youth camps, state lands and a campground, the hike is only five miles long, but a side trail to the Fort Ancient earthworks adds a couple of must see miles. This modest ramble shifts over 200 feet in elevation a few times as it follows the river valley, passing through mature forest, along bike paths, across bridges. It encounters significant Native American cultural locations, a vanished railroad town, and an early 19th century tavern.

Interested in hiking the Silver Moccasin Trail and want more info, a meal, or a place to camp? Contact Dave Moran at dmoran@daytonymca.org.

Interested in letting all of EECO know about your favorite hike? Please send Dave some info and a couple photos.

Links
Map: www.masonpack998.org/forms/silver-moccasin-trailmap.pdf
Fort Ancient: www.fortancient.org/
Morgan’s Canoe Livery and Camp Ground: www.morganscanoe.com/little-miami-canoe/
Ozone Zip-line Canopy Tour: http://campkern.org/ozone/

The “101 Alternatives to the Chalkboard”

39th Annual Educators’ Conference
Inquiry and Awareness
Balancing content and Science-Based Inquiry in our changing environmental education landscape

Friday to Sunday, October 3, 4, 5 of 2014
At YMCA Camp Kern (32 miles northeast of Cincinnati)
5291 St Rt 350 Oregonia, Ohio 45054

$82 includes all sessions, food, and lodging.
$42 for Saturday only (lunch and dinner included)
EECO member discount - $67 for full conference, $32 for Saturday only
Scholarships and reduced rates are also available, call or email for details
For registration, info on being a presenter, and for more information, contact Dave Moran at Camp Kern, 513-932-3756 x1527 or dmoran@daytonymca.org

Julie Zickefoose: Keynote Speaker
Artist, author and naturalist, Julie Zickefoose will be presenting on Friday and Saturday evenings as well as offering a session during the day on Saturday. Julie has been a major contributor to Bird Watcher’s Digest since 1986, and has painted 24 covers for the magazine. Her own books include Letters from Eden and The Bluebird Effect: Uncommon Bonds with Common Birds. And her commentary has been heard regularly on National Public Radio.

This event made possible by YMCA Camp Kern, the Environmental Education Council of Ohio, and the Ohio Environmental Education Fund
Hike for the Health of it!

By Kristi Masterson, Director of Marketing & Membership, Cincinnati Nature Center

Spending time in nature has boundless benefits to your physical and mental well-being. Yet, you may be surprised to learn that the average person in the United States spends more than 90% of his or her time inside his home, office, and car and that percentage has been increasing dramatically during the past 20 years. (Harvard Health Publications, A Prescription for Better Health: Go Alfresco, July 2010). Yet, spending time outdoors is one of the best things you can do for your physical and mental health.

Cincinnati Nature Center has launched its Hike for Your Health Challenge with the goal of getting the tri-state community healthier – both mentally and physically.

So what is the Hike for Your Health Challenge? Simply put, get outside and hike all 20 miles of the Nature Center’s award-winning trails within a year and be rewarded. Participants will be rewarded incentive prizes for every three trails they hike. After completing all 15 trials and become a CNC Thru-Hiker, participants will receive a grand prize and public recognition. But better yet “Thru-Hikers” will reap the physical and mental benefits of hiking in nature.

Because regular hiking leads to:

- Weight control—hiking burns up 370 calories an hour (for a 154-lb person)
- Improved cardio-respiratory fitness
- Improved muscular fitness
- Lower risk of heart disease and stroke
- Lower risk of high blood pressure and type 2 diabetes
- Lower risk of high cholesterol and triglycerides
- Better bone health
- Better quality sleep
- Reduced risk of stress and depression
- Increased attention span and short-term memory

In addition, studies show that exposing yourself to fresh air, plants, sunshine, and even dirt can lift your mood, elicit inner peace, and connect you with life on a fundamental level. Hiking with family and/or friends, allows for uninterrupted personal time together and that is of great value to many people in today’s busy world.

Join the fun and hike for your health! If you are in the Cincinnati Area, the CincinnatNature Center challenges you to experience the joys our trails have to offer and get healthy at the same time.

- Pick up a Hike for Your Health passport at Cincinnati Nature Center
- Check out a heart rate monitor from our Front Desk Naturalist
- Start hiking

Fantastic Hiking Stories

American Discovery Trail

Hiking the American Discovery Trail is a coast to coast trail crossing the country. Josh Seehorn, a Georgia native passed through Ohio last winter on his cross country hike/run. His goal was not only to be one of the few to have through hiked this trail, but to raise awareness for the Envirothon. The Envirothon is a high school academic competition that focuses on soils, wildlife, aquatics, wildlife and current environmental issues. Find out more about the people he met, life and death situations and more at www.outdoorjosh.com

Appalachian Trail

Starting out in Maine, Joe White and Bryan Wolf share their journey south through the Appalachians at http://roadriversandtrails.com/blog/category/at_journal/#sthash.mDsGgUNY.dpbf
Great Trails Lead to Great Hiking Experiences

By Kimberly Whitton, Marketing Communication Coordinator, Great Parks of Hamilton County

There is something about hiking that satisfies all of your senses. One of the obvious feel-good elements is the great physical and cardiovascular health benefits you get from being active outdoors. Another is the positive emotional and mental state that you get from your experience in nature. Please remember to check out your local parks, whether city, county, and state, near you to find out about trails near you. Also check with your local park district for areas that are held in reserve that may only be open on certain days of the year.

If you live in and around the Cincinnati area – or are just stopping for a visit – and are looking for a place to walk or hike, be sure to try out some of Great Parks of Hamilton County’s more than 70 miles of trails.

Great Parks has a great way to motivate you to experience these trails with their Step It Up! Trail Challenge. As part of the 2014 Great Parks Healthy Parks, Healthy People initiative, this self-guided program features an online trail log that will help you, your family and friends to complete five out of seven designated trails through September 1, 2014. And once you have completed the challenge, you will be rewarded with a free T-shirt at the September 28 Take a Walk in the Park event.

So whether you prefer getting out on your own and connecting with nature or enjoy a good challenge to get you going, Great Parks of Hamilton County has trails waiting for you!

As one of the regions trail leaders, Great Parks offers different types to fit your physical aptitude and your frame of mind.

**Nature Trails** - Great Parks has close to 20 miles of nature trails that are perfect for hiking or a moderate walk and provide a more rustic journey in exercising and observing nature.

**Paved Trails** - These trails are designed for an easier hike or walk on even ground. More than 22 miles of paved trails are available, not including access to the 78 miles of Little Miami Scenic Bike Trail at three locations.

**Parcours Trails** - If you’re looking to add another element to your hike, parcours trails provide extra incentive with exercise stations along your route. Five Great Parks feature these types of trails.

**Mountain Bike Trail** - As a mountain biker, hiker and trail runner’s delight, the 8.1-mile trail at Mitchell Memorial Forest offers moderate to steep terrain with some technical features designed to add a challenge.

For more information about Hamilton County’s trails and the Step It Up! Trail Challenge, please visit great-parks.org.

Great Outdoor Weekend

**September 27 & 28**

[www.cincygreatoutdoorweekend.org](http://www.cincygreatoutdoorweekend.org)

Over 120 FREE OUTDOOR events spanning eight counties in and around Greater Cincinnati. This year’s Great Outdoor Weekend (GOW) will be bigger and better than ever: from natural science to guided hikes, climbing, gardening, fishing, paddling—as long as it is outside, we have it!

Great opportunity for organizations to host a FREE outdoor event that we will promote through paid advertising (ads in Cincinnati Parent, Cincinnati Family, Cincinnati Magazine, City Beat, Community Press suburban papers, WNKU, WVXU, Cincinnati Herald, etc.). There is still time for organizations to register their events with Green Umbrella. They should contact Amy Sauer at Amy@greenumbrella.org for more details about event registration and sponsorship opportunities (printed brochure, poster, website with 20,000+ unique visitors leading up to the GOW, etc.).
What region of EECO are you in? And, who is your local contact?

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