

MARSH MUSINGS

The latest news and updates from Friends of Heinz Refuge

Friends of Heinz Refuge Annual Report



Vasculature by Daniel Kalamarides

Fiscal Year 2023

Our Mission

"FOHR" is a non-profit charitable organization working in partnership with John Heinz National Wildlife Refuge to connect people with nature and promote a culture of environmental stewardship through education, outreach, service, and nature-based recreation for the conservation of wildlife and habitat."

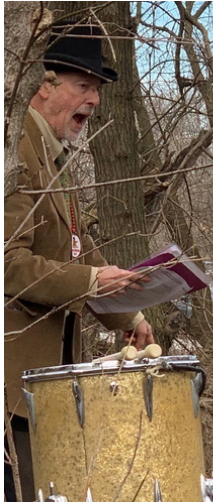
(Revised 2/20/14)

Annual Events Sponsored by FOHR

Groundhog Day 2023

More than 400 people gathered at the Refuge to celebrate at our annual Groundhog Day Festival on January 28, 2023. A great time was had making groundhog crafts, learning about wildlife winter adaptations, and drawing ducks.

The Philly Metro Wildlife Center brought live rescued animals. The Friends provided pretzels and cider in addition to underwriting the cost of this annual event. Please join us for another morning of fun on Saturday, January 27th, 2024.



TreePhilly Tree Giveaway

On October 23, 2022 and May 7, 2023, The John Heinz National Wildlife Refuge, the Friends of the Heinz Wildlife Refuge, and Eastwick Friends and Neighbors Coalition, TreePhilly, DeeplyRooted, and community leaders teamed up to host a free tree giveaways at Glenda Anne Christopher Memorial Park. For the time ever, pollinator friendly perennials to plant were also offered. Anyone interested in a free tree may look for information on the next event in May 2024.

Earth Day Clean-up April 22, 2023

Each year, in honor of Earth Day, more than 100 volunteers come out to help clean up Darby Creek. On April 22, 2023 more than 8,000 pounds of plastic was eliminated. FOHR provided a pizza lunch for all of the amazing folks who came out to help. See some of the unusual items collected in the photo to the right. Join us at this year's event will be held on Saturday, April 13, 2024.



School Bus Funding and Philly Nature Kids (PNK)



Transportation is frequently a barrier to accessing all the benefits that nature can provide for students. The Friends of Heinz Refuge (FOHR) helps to remove that barrier for local students by providing bus scholarships for schools to visit and learn at the John Heinz National Wildlife Refuge at Tinicum. Last year, FOHR dedicated nearly \$7,000 in bus funding to Title I schools and after school programs in designated environment justice areas to visit the Refuge. These trips allow students access to all that JHNWR has to offer and served nearly 1,000 PreK-12th grade students in Philadelphia and Delaware Counties. The cost per bus averages \$325.



Last year, more than 200 students participated in the Refuge's flagship environmental education program, Philly Nature Kids (PNK). FOHR provided more than \$10,500 in support to cover the cost of busing, special project funds, and support for school events. Every 4th grader at two Title I elementary schools, less than two miles away from the Refuge, John M. Patterson Elementary and Penrose School, participate in monthly Ranger-led science lessons in their classroom and monthly visits to the Refuge. Philly Nature Kids visit the Refuge nine times per year, seeing the Refuge change through the seasons and directly observing phenomena like migration and decomposition.

Summer Solstice June 22, 2023

Many families and friends joined us on June 22, 2023, for a fun evening of free archery, live music, nature programs, food and more to celebrate the Summer Solstice. This event is sponsored annually by the Friends of Heinz. Look for this year's event in June 2024.



Nature in Focus

FOHR 2023 Photography Competition & Exhibition

This year, FOHR was able to resume our annual photo contest, now named “Nature in Focus.” Photographers of all ages were invited to submit entries, and more than 75 adult, teen, and children photographers participated in the event. Submitted photographs were required to be images of nature, including flora, fauna, and landscape, captured within the confines of the John Heinz National Wildlife Refuge. All entries were required to be the original work of the entrant.



The competition was divided into three divisions: children (aged 12 and younger), teens (aged 13-17, 18 if in high school), adults (18 and older). All entries were reviewed by our competition judge, Garth Herrick, a Philadelphia portrait artist, sculptor, and graduate of the Philadelphia Academy of Fine Arts. Winners in each division were announced at our awards event on September 23, 2023, during the “Philly Fall Nature Fest.” Additionally, visitors to the Photo Exhibition had the opportunity to vote for the People’s Choice Award during this period.

Congratulations to all of our participants and thank you to the FOHR Photography Committee led by Board Member Matt Cohen. Look for information on our 2024 event early this spring.



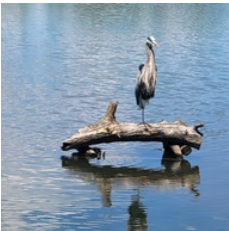
1st Place
Craig Hedlund
Eastern Towhee



1st Place
Edward Morris
Habitats



1st Place
Nathan Scudder
Bug Reflection



People’s Choice Award
Ike Bostic
Heron on a Log

Nature in Focus: The Winners

Adult	Teen	Child
1st Place Craig Hedlund Eastern Towhee	1st Place Edward Morris Habitats	1st Place Nathan Scudder Bug Reflection
2nd Place Rand Quin Barn Swallow	2nd Place Zara Sumner Milkweed and Snail	2nd Place Ike Bostic Heron on a Log
3rd Place Daniel Kalamarides Red-Winged Blackbird Breath	3rd Place Jude Garcia Deep Roots	3rd Place Abdullah Abney Flowers
Honorable Mention Benjamin Windle A Mother’s Love	Honorable Mention Ayesha Mottaki Sunshine	Honorable Mention Ava Century Soft Landing
People’s Choice Award Ike Bostic Heron on a Log		Bill Buchanan Award Daniel Kalamarides Vasculature

SPECIAL EVENTS

25th Anniversary
Celebration

On Sunday, November 20, 2022, the Friends of Heinz celebrated their 25TH anniversary. Pictured here is a small glimpse of the fun we had. A special thank you to the Wilderness Society and Darby Creek Valley Association for donating to the event along with many other supporters who donated and/or attended our event.



SPECIAL EVENTS



eBird Event

On Saturday, May 6, 2023, the Friends of Heinz Wildlife Refuge (FOHR) in partnership with the Delaware Valley Ornithological Club (DVOC), hosted an eBird event at the John Heinz National Wildlife Refuge at Tinicum. Gregg Gorton and Rob Bierregaard introduced eBird and its uses, followed by break-out groups and a walk outside to bird with eBird. Mr. Gorton is the president of the DVOC, and a Heinz Refuge bird walk leader since 1996. Mr. Bierregaard is the president of the Raptor Foundation and a professor of Ornithology, retired.

Frog Pond Tree Planting

On April 8th, 2023, 30 volunteers came out to plant 65 trees in the Frog Pond section of the Refuge.

The volunteers planted buttonbush, willow, swamp white oak, sycamore, and tulip poplar, made possible through a generous donation by the Friends of the Heinz Wildlife Refuge, in honor of the Refuge's 50th Anniversary last year. Thank you to all who came out!



The FOHR Nature Store



Stop by the Store to see what's new! Members receive a 10% discount.

We are always looking for volunteers to help in the Store and on our Board. Call 215-558-5220 or email info@fohrefuge.org for more information.

Eastwick Friends and Neighbors Coalition

This was a busy year for Eastwick Friends and Neighbors Coalition (EFNC), which worked with the Philadelphia Office of Sustainability to participate in an active way in City planning for a more resilient and sustainable Eastwick Community. Town Watch was reactivated successfully under the leadership of Ramona Rousseau-Reid, grants were obtained for flood recovery, tree giveaways were conducted, many native trees were added to the community, cleanups were done, and a festive Community Day was held.

EFNC carried out two storm drain marking sessions, covering a significant portion of the community, with hopes of more work in 2024 to include the areas of the community with the highest rates of flooding. This work was organized by Francesca Blom of the Partnership for the Delaware Estuary using a grant from the Philadelphia Water Department. Carol Armstrong, Secretary of the



Friends of Heinz Refuge Board, Jay Byrd, the Refuge 2023 Summer Intern with the Alliance for Watershed Education, and EFNC members Ramona Rousseau-Reid, Carol Coleman, Lorestine Pressley, Pat Sellers, and Lynn Roman (FOHR) participated.

2023 also saw several meetings with the Army Corp of Engineers, the Philadelphia Office of Sustainability, and the community members of Eastwick and nearby Delaware County neighborhoods regarding two very different, but not competing, kinds of proposals to reduce flooding in the most vulnerable neighborhoods of Eastwick. One proposal is for a levee to be built along Cobbs Creek within the Eastwick Regional Park and Clearview Landfill, and other proposals to reduce flooding to the community are nature-based solutions that imitate the natural movements of water. These discussions are ongoing and will continue in 2024. More information can be found at [Leave It To Nature](#).



Plastics Committee

The Plastics Committee of FOHR worked on a video under the direction of member Christine Du Bois-Buxbaum, with the goal of educating the public and increasing awareness of how much plastic food packaging is used once and then discarded. This source of plastic waste in the environment is often consumed by wildlife on land and in water, or added to build nests where chicks are at risk of consuming it. The plastic waste is also entering the bodies of humans and even crosses into the placenta for mammals and into our organs and immune systems.

The Committee has recommended several items for the FOHR Nature Store that are not made up of plastic. The Committee has also have supported efforts by the Refuge, FOHR, and Eastwick Friends and Neighbors Coalition to plan public events with reduced plastic trash.

Other actions that the Committee took this year were to increase the number of cleanups in which Committee members participated within the Darby and Cobbs Creek watersheds, partnering with Darby Creek Valley Association and Cobbs Creek Ambassadors to do so. These groups are providing hugely impressive services to their communities with the intensity of their work. They have helped make Pennsylvania one of the top three states in the number of volunteers participating in clean ups in 2022, and is the top state in the poundage that was picked up from the environment. Congratulations to these volunteers!



After reviewing the available techniques to remove macroplastic debris from water, the Plastics Committee has identified debris booms as potentially the most appropriate for the environmental conditions at the entrance of Darby Creek into the Refuge. Currently, such debris booms are being used by Aqua America in Delaware County and the Bronx River Alliance where it is operated by volunteers. The Plastics Committee continues to investigate and learn about the potential usefulness of debris booms to catch plastics that float into the Refuge on a daily basis.



THANK YOU TO OUR SUPPORTERS

October 1, 2022 through September 30, 2023

AAA Club Alliance	Ms. Shannon Crane	Ms. Annie Guertin	Ms. Lucia Layden
Mr. George Ahern	Mr. Ryan Crocetto	Margaret and Ernest Hanna	Ms. Susan Leib
Ms. Alicia Ali	Ms. Judy Crozier		Ms. Katie Leis
Ms. April Antonellis	Ms. Lois Crumbley	Ms. Carol Hart	Ms. Debra Levy
Ms. Heather Aungst	Mr. Thomas Cullen	Mr. Craig Hedlund	Ms. Jessica Levy
Vince and Jim Austin-Cole	Ms. Melissa Curry	Mr. Richard Heffner	Mr. Jon Lichtenstein
Ms. Mary Batt	Mr. Ryan Daggett	Mr. Frank Heinze	Mr. Jeff Linder
Ms. Deborah Beer	Ms. Maryam Daniali	liff and Nancy Hence	Stephen Lockard and Valerie Newpher
Ms. Esther Bernard	Mr. Frederick Davis	Ms. Angela Hennessey	Ms. Karen Lockhart Fegely
Mr. Omari Bigham	Mr. Ronald Dawson	Holy Rest Women's Retreat	
Ms. Barbara Blake	Ms. Barbara Dawson	Mr. Duane Horne	Ms. Sandy Ludwig
Ms. Linda Blythe	Ms. Maggie Dee	Ms. Pat Hoyt	Ms. Marcia Makadon
Mr. Mark Bostic	Mr. Ronald DeFlorio	Naimul Islam	Mr. Bill Manno
Ms. Amanda Boulton	Ms. Christine Du Bois-Buxbaum	Ms. Barbara Jaffe	Carl and Karin Marcus
Mr. Denis Brennan	Ms. Elizabeth Dunford	Ms. Graciela Jaschek	Ms. Adele Margulies
Mr. Dan Butler	Ms. Lillian Dunn	Mr. Richard Jenks	Mr. James Marks
Ms. Kathleen Cannon	Eastwick Friends and Neighbors Coalition	Ms. Jeanine Johnson	Ms. Lori Markusfeld
Mr. Dick Carroll	Ms. Lois Eppler Mauceri	Ms. Melanie Julian	Ms. Gina Martinelli
Ms. Susan Caso-Bolnick	Ms. Anna Everetts	Mr. Andrew Kahan	Ms. Charlotte McCracken
Ms. Gayle Christiansen	Ms. Ann Faulds	Ms. Anita Kaplan	Mr. Tom McGinn
Ms. Thea Clark	Fidelity Charitable	Ms. Roberta Karmels	Mr. Jim McLaughlin
Ms. Lauren Cliggitt	Mr. Jamie Filippelli	Mr. Stephen Keiser	Barbara and Richard Merman
Ms. Rebecca Coale	Ms. Johannah Fine	Mr. Robb Kerr	
Mr. Matthew Cohen	Ms. Elizabeth Gemmill	Mr. Bob Kestler	Ms. Fran Miller
Mr. Patricia Coleman	Mr. Kenneth Foster	Dr. Laurence Klugman	Ron and Fran Miller
Ms. Ned Connelly	Henry and Elaine Frank	Mr. Thomas Koger	Ms. Martha Mock
Mr. Tom Considine	Mr. Hal Freedman	Ms. LuAnn Korona	Ms. Lisa Moore
Mr. John Consolvo	Ms. Elizabeth Gemmill	Ms. Michele Koskinen	Mr. Robert Morbeck
Ms. Eileen Conway	Jeanette and Thomas Gorman	Mr. William Kunze	Ms. Kerri Morris
Mr. Kevin Cook	Ms. Rhoni Groff	Ms. Corinne Lagermasini	Ms. Joyce Morrison
Ms. Jane Cooper	Ms. Marisa Guerin	Gen. Carole LaMarr	Mr. Charles Muntean
Edwin and Pat Coyle		Laurel and Brent Landau	Mr. Shane Murphy

Ms. Julia Murphy	Ms. Marcia Radbill	Ms. MaryAnn Sandone	Ms. Barbara Tilley
Mr. Walter Nadolny	Mr. Colin Redick	Mr. Paul Schmidt	Mr. Larry Tollen
Mr. Thomas Neubauer	Ms. Patty Rehn	Ms. Claudia Scott	Ms. Andrea Tomaszewski
Mr. Philip Nichols	Ms. Irit Reinheimer	Mr. Arjun Sengupta	Ms. Brittany Tomeo
Mr. Alberto Nievor	Mr. Al Rensbarger	Ms. Kim Sheridan	Mr. Jason Trenchard
Mr. Donald Nigroni	Ms. Jaclyn Rhoads	Ms. Sarah Signora	Mr. Dane Troup
Ms. Brenda Norris	Ms. Elizabeth Rich	Mr. Dave Slomeana	Mr. Benjamin Turek
Ms. Maryellen O'Brien	Maureen, John, Ann Marie, Joseph, and Shawn Riegel	Ms. Mary Smull	Susan and Peter Vogt
Rachel Winslow and Peter Ogle	Ms. Roberta Benjamin Robert Schneider	Mr. Jon Snyder	Phyllis and Joseph Wagner
Ms. Theresa O'Malley	Ms. Sadie Robinson	Ms. Suzanne Sparkman	Ms. Erica Waldorf
Ms. Irene Palmer	Mr. Alexander Rodgers	Ms. Catherine Stock	Mr. Henry Ward
Ms. Patricia Paschall	Mr. Frank Roman	Mr. Jason Strohl	Ms. Pat Warner
Mr. Geoff Pawlikowski	Ms. Lynn Roman	Mr. Franklin Strong	Ms. Wanda Washington
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Mr. Robert Poole	Ms. Katherine Rossbach	Mr. Ken Tamminga	Mr. David Wierz
Ms. Elizabeth Porter	Ms. Patricia Rossi	Ms. Maddie Taterka	C. Amy and Bernard Wilson
Mr. Jon Potter	Ms. Claire Ruberman	Mr. Richard Teichman	Ms. Sara Wilson
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Ms. Carla Puppini	Ms. Sarah Ryan	The Providence Garden Club of PA	Ms. Amber Zacarias
Mr. Rob Purpura	Ms. Eileen San Petra	Ms. Candice Thompson	Mr. Ralph Zickgraf

Our Role as a Friends Group

FWS employs a myriad of programs, projects, and events in order to accomplish the congressionally mandated goals set for the Heinz Refuge. Their mission includes implementing measures to restore habitat lost in the years immediately prior to the establishment of the refuge, to improve and maintain healthy habitats, and to provide environmental education and compatible recreation opportunities for the public. The available funds to accomplish these tasks are often limited by the federal budget. Therefore, FOHR's monetary support for FWS programs, projects, and events makes it more feasible for the Heinz Refuge to accomplish their goals. Aside from direct monetary assistance, FOHR also provides countless volunteer hours in support of FWS's mission and we publicize refuge programs and events through our newsletter, e-bulletin, Facebook page, and website. We are proud to be volunteers and proud that we make a meaningful impact!

Donations to FOHR directly support programs, projects, and events at the refuge. Together we are stronger and can make a huge difference in the world!

Our Giving Programs

Donate*

Your generous contribution will help us maintain environmental education programs, wildlife-oriented recreation, and habitat restoration projects at the John Heinz National Wildlife Refuge at Tinicum.

Sponsor a Field Trip*

Through our field trip bus grant program, we provide buses that enable students to come to the refuge for field trips. Each bus costs \$400. By sponsoring a bus, you are providing a classroom of children with an enriching experience that connects them with nature and wildlife.

Give a gift of membership*

For that friend, family member, or significant other who shares the same passion for wildlife that you

Join or donate online
www.fohrefuge.org

Honor a loved one

Our Leaving Legacy Program provides an opportunity for you to remember and honor a friend, family member, or significant other. We have a number of programs and projects you can support in honor of a loved one. Call 215.558-5220 or email info@fohrefuge.org to discuss what opportunities are available to you.

Matching Gift Program

Ask your employer if they have a matching gift program! If so, enclose the appropriate form with your donation.



I'd like to:

- ☐ Donate (1)
☐ Sponsor a field trip (2)
☐ Give the gift of Membership (3)

1) Donation Amount

\$25 \$50 \$75 \$100 \$

2) Number of Buses (\$300 each)

1 bus 2 buses buses

3) Membership Levels

Basic*

- ☐ \$15 Duckling (student/55+ senior)
☐ \$25 Heron (individual)
☐ \$40 Monarch (family)
☐ \$75 Red-bellied Turtle (group)

Friends Circle*

- ☐ \$300 Merlin (sustaining)
☐ \$500 Eagle (corporate sponsor)

4) Would you prefer physical or digital mailings?

- ☐ Digital ☐ Physical

Date _____

Contact information

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____

Email _____

Payment Method

Check enclosed made payable to
"Friends of Heinz Refuge"

Mail to: P.O. Box 333, Folcroft, Pa 19032

Charge my:

☐ Visa ☐ MC ☐ Amex ☐ Discover

Cardholder name _____

Card # _____

Expiration Date _____ CVC _____

Thank you for your support!

**Friends of the Heinz Wildlife Refuge
P.O. Box 333
Folcroft, PA 19032**



@friendsofheinz



www.fohrefuge.org



info@fohrefuge.org

**Thank you for
your support**

