

# MARSH MUSINGS

*The latest news and updates from Friends of Heinz Refuge*

## Friends of Heinz Refuge Summer 2025

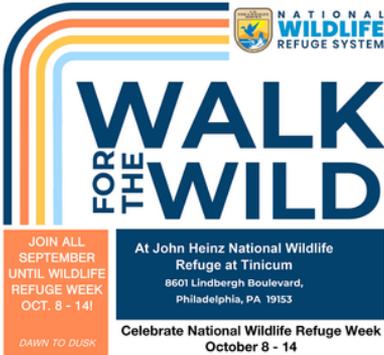


Photo by Kay Travis Meng

### **Our Mission**

The Friends of Heinz Refuge (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.

## SPONSORED by FOHR Walk for the Wild 2024



Join Friends of Heinz Wildlife Refuge for Walk for the Wild 2024. Support conservation and protection of Refuge habitats, and continue its outreach to the public and educational programs.



In recognition of National Wildlife Week, October 8 – 14, 2024, FOHR participated in Walk for the Wild, an annual event to demonstrate our commitment to deepening human connections with nature and to protect the thriving ecosystems we depend on. Walkers pledged funds to raise awareness and support of National Wildlife Refuges and their partners while we strove to get people moving a distance of 5K in nature in conjunction with National Wildlife Refuge Week. More than \$2,000 was raised in support of the education programs at JHNWR. Look for information on the 2025 event with the new name “Find Your Wild,” coming this summer.

## Spooktacular



On Thursday, October 30, 2024, several hundred visitors got into the spirit, and costumes, to paint pumpkins, shoot archery, make spooky crafts and walk the Trick or Treat Trail! FOHR Board President, Mary Batt, and Board Member Kim Sheridan joined in the fun. Refreshments were provided by FOHR.

## FOHR Annual Meeting November 2, 2024

The Friends of Heinz Refuge (FOHR) celebrated our 28th Annual Members Meeting and Election event at the Heinz Refuge! FOHR President, Mary Batt, welcomed members, guests and speakers on 11/2/2025. It was our pleasure to unanimously elect new board members. Welcome to our newest Board Member, Julia Volz, and returning Board Members and Jaclyn Rhoads and Lynn Roman.



## Nature in Focus Photo Competition

**Nature In Focus '25**  
**Photo Competition**

Entries Thru August 10th

**CASH PRIZES!**

- \$10 per photo for Adults - 18+
- Kids & Teens Free
- FOHR Members First 3 FREE

Photos must be taken at John Heinz National Wildlife Refuge

Wildlife, Nature, Macro, Funniest & More!  
[fohrefuge.org/nature-in-focus-2025](http://fohrefuge.org/nature-in-focus-2025)

"Ruby-Throated Hummingbird" by Michael McCormack  
 2024 1st Place - Adult/Wildlife

FOHR 2025 Photography Competition & Exhibition  
 Entries accepted April 1 through August 10, 2025,

Visit our website at [www.fohrefuge.org](http://www.fohrefuge.org) or use the QR Code.



## Sponsored by FOHR

### Groundhog Day 2025

Thank you to the 400+ people who gathered at the Refuge to celebrate at our annual Groundhog Day Festival! We had a great time making groundhog crafts, learning about wildlife winter adaptations, and drawing ducks. Special thanks to Philadelphia Metro Wildlife Center for bringing live rescued animals, to the Friends of Heinz Wildlife Refuge for providing pretzels, cookies and cider, and to Glenn Waldeck for the lively music! Tincum Tim saw his shadow predicting six more weeks of winter!



### Earth Day Clean-Up April 12, 2025

Thanks to all of the 75+ volunteers who helped at the Earth Day Darby Creek Cleanup! Volunteers donned chest waders and eliminated more than 5,000 pounds of plastic from Darby Creek at the Refuge. The Friends of Heinz Refuge provided pizza for lunch!



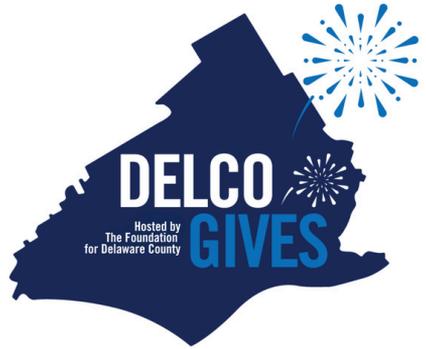
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### Nature Store in Search of Volunteers

**The Friends of Heinz Refuge Nature Store needs YOU! We are looking for volunteer store clerks. Training will be provided. Do you have a few hours to give? Join us and help FOHR help Heinz Refuge! Email [info@fohrefuge.org](mailto:info@fohrefuge.org) for more information.**

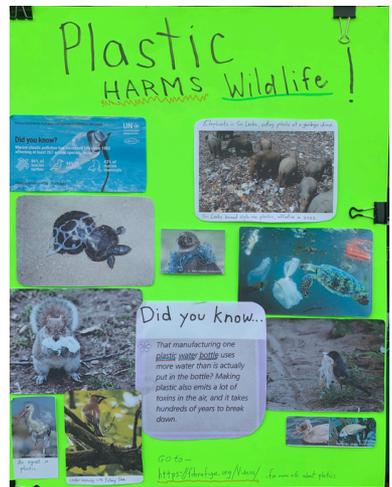
## DELCO GIVES DAY

The Friends of Heinz Refuge was one of more than 300 local non-profit organizations to participate in this year's Delco Gives Day, a 24-hour fundraising event that celebrates Delaware County's people and organizations and encourages people to support local organizations. The event took place on May 8 – 9, 2025, from 7 PM – 7 PM. FOHR received more than \$2,000 from new and returning donors.



## SUMMER SOLISTICE CELEBRATION

Our Annual Summer Solstice Celebration was held at the Refuge on Friday, June 20th, 2025, from 4:30 to 7:30 pm. Sponsored by the Friends of John Heinz, this year's event included several fun activities: archery, yoga, a scavenger hunt, a bonfire with smores, a pop-up nature store, the 10<sup>th</sup> Anniversary Celebration for Philly Nature Kids, education on plastic and its impact on wildlife, and more. Thank you to all the volunteers who help make this event possible!



# JULY CALENDAR

Please check Facebook (@johnheinznr) for updates on event postponements and cancellations.

Fri 7/4	9 am – 11 am	Bird, Butterfly, and Dragonfly walk with Cliff and Nancy Hence
Sat 7/5	8 am – 12 pm	Independence Weekend Wildlife Photo walk with Ned Levi (meet at Rt. 420 entrance)
Sat 7/5	10 am – 11 am	Nature Tots for 3 -5-year-olds – Kids Yoga with Nature Holistic Healing (no registration needed)
Sat 7/5	10 am – 11 am	Soundbath in Nature with Cricket
Sun 7/6	8 am – 10 pm	Bird Walk with Chuck Root and Emily Dodge
Sun 7/6	8:30 am – 10 am	Refuge Bike Ride with She is Focused – Bring Your Own Bike
Tue 7/8	6 pm – 7:30 pm	Refuge Run Club Around the Wetland Loop (3.6 miles)
Thu 7/10	5 pm – 6:30 pm	Refuge Shuttle Tour (register with daniel_garcia-pineda@fws.gov)
Fri 7/11	8:00 – 9:30 pm	Bat Night Walk – meet under the pavilion
Sat 7/12	8 am – 10 am	Bird Walk with Chuck Root and Emily Dodge
Sat 7/12	9 am – 12 pm	Stewardship Saturdays – volunteers needed
Sat 7/12	11 am – 1 pm	Summer Nature Craft at the Pavilion
Sun 7/13	8 am – 10 am	Bird Walk with Debbie Beer
Thu 7/17	2 pm – 3 pm	Nature Heals Workshop Series (register with Cricket at 835-997-1455)
Thu 7/17	4 pm – 7 pm	Outdoor Skills Night – Try Archery and Fishing
Sat 7/19	8 am – 10 am	Bird Walk with Mary Ellen Krober
Sun 7/20	1 pm – 3 pm	Plant Walk with Dick Cloud
Sun 7/20	2 pm – 3:30 pm	Nature Watercolor Painting
Thu 7/24	2 pm – 3pm	Nature Heals Workshop Series (register with Cricket at 835-997-1455)
Sat 7/26	9 am – 12 pm	Stewardship Saturdays – volunteers needed
Sun 7/27	9 am – 11 am	Bird, Butterfly, and Dragonfly Walk with Cliff and Nancy Hence (meet at Rt. 420 entrance)
Sun 7/27	2 pm – 3 pm	Soundbath Meditation with Dr. Mojo
Wed 7/30	4 pm – 7 pm	Free Fishing Night – meet at the Darby Creek Fishing Area
Thu 7/31	2 pm – 3 pm	Nature Heals Workshop Series (register with Cricket at 835-997-1455)



The Nature Store has  
NEW adult T-shirt styles in stock,  
just in time for hot weather. Take one home  
today! All sales benefit the Refuge.

[Explore More About FOHR](#)

Do you want to know more about the  
Friends of Heinz Refuge? Are you  
interested in becoming involved? Email us  
at [info@fohrefuge.org](mailto:info@fohrefuge.org)

# Our Giving Programs

Join or donate online  
[www.fohrefuge.org](http://www.fohrefuge.org)

### 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 do.

### 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](mailto: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.

**Interested in serving on our board or volunteering in the FOHR Nature Store?**

**Call 215-558-5220 or email [infor@fohrefuge.org](mailto:infor@fohrefuge.org)**



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 \_\_\_\_\_

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

**Thank you for  
your support**



[@friendsofheinz](https://www.instagram.com/friendsofheinz)



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



[info@fohrefuge.org](mailto:info@fohrefuge.org)