



"Improving Our Quality of Life"

Newsletter, #60 Winter 2020/21

www.evergreenconservancy.org

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Board Welcomes Newest Member

The Board of Directors would like to welcome its newest member, Adriene Smochek, having been appointed in January of this year. Adriene is a Saint Francis University graduate with a degree in Organizational Leadership and Management Information Systems, bringing to the board a background in community relations, marketing and advertising, public administration, government affairs, event coordination, and fundraising. Fiercely passionate about conservation and outdoor recreation, Adriene is dedicated to the promotion and preservation of our local resources, serving on the Indiana County Parks and Trails Board, C & I Trail Council Board, and more recently, as the Chair of the Board of Directors for Friends of the Indiana County Conservation District. She is employed as the District Manager for State Representative Jim Struzzi, and previously spent ten years on staff for the former House Majority Leader Dave Reed. She resides in Washington Township, Indiana County with her husband Brian and two young children and spends as much time as possible outdoors by bike, boots or boat.



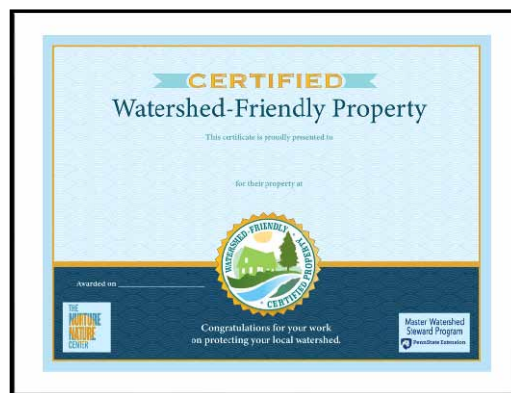
Adriene Smochek

Tanoma Is Now a Watershed-Friendly Certified Property

Watershed-Friendly Property Certification recognizes landowners who incorporate best practices in managing and protecting water resources and provide habitat for wildlife and pollinators on their property. In addition, the certification recognizes landowners who make a commitment to minimize their potential impact on water quality by using less harmful chemicals and maintaining good housekeeping of their property. In order to achieve this certification, individuals and organizations must commit to working towards the objectives of the Watershed-Friendly Property Program, which include:

- Reducing stormwater runoff
- Reducing pollution
- Conserving water
- Supporting wildlife and pollinators

If you are interested in having your property certified as a watershed-friendly property you can learn more about watersheds, and apply for certification of your property at: <https://nurturenaturecenter.org/programs/community/wfp-cert/>



Board Members

Cindy Rogers - President • Shannon Kundla - Vice president • Becky Snyder -Treasurer
Tara Binion - Secretary • Dan Boone • Bob Lankard • John Dudash • Mike Tyree
Paul Yacovone • David Janetski • Malcolm Hermann • Tim Slippy • Adriene Smochek

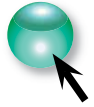
OUR MISSION:

To advance the preservation, protection and stewardship of Natural, Cultural and Historical Resources in and around Indiana County, PA

Walmart Registry a Reminder

Want to donate to the Evergreen Conservancy but not sure how? We have partnered with Walmart's Registry for Good and have registered for items that our organization needs. You can log on to Walmart.com, and under the drop-down menu, click on Walmart Services. You can then click on Registry for Good. It will direct you to a page that shows the registries in the Indiana PA area. Once you add the items to your cart, you can pay and have them shipped to Evergreen Conservancy! It is that easy!

**Click Here to Help Us
With Our Wish List.**



Go to www.walmart.com/registry/registryforgood/welcome and look for Evergreen Conservancy; or just click here:

Environmental Education News

Unfortunately most of our programs had to be cancelled this year due to the COVID virus. We did do a Tanoma tour on the 2nd to a small but very interested group.

We feel we can safely do tours outdoors for small groups so if you know anyone interested in doing a tour let us know.

Tanoma Update

Elderberry bushes were planted, as per our on-going effort to establish habitat and reinforce riparian barrier. See the article in this newsletter. Otherwise, we continue to do water testing on site every two weeks. No changes. The Trompe is working well.

EcoTour Updates

The eco geocache tour is still going strong.

You can still get your passports at any one of the following locations:

Indiana Tourist Bureau, Indiana Free Library, Blue Spruce Park office, Yellow Creek State Park office, Blairsville Community Development Office, Solar Array cache site in Smicksburg or the Indiana Conservation District office on 4th street if they are open. Contact us and we can arrange for you to get a passport or your geo coin when you are done. Go on a fun adventure! Go to <https://evergreenconservancy.org/indiana-county-eco-tour/indiana-county-geotrail/coordinates-and-links/> for all 20 of our eco geocache trail sites. (temporarily one cache 9"Make way for the Flood") is out of commission but you can still get your coin with the 19 sites, Trade that completed passport in for your very own trackable geo coin in the shape of Indiana County!

New Conservation District Home

After patiently waiting, the day has finally come for the Indiana County Conservation District to settle into their new home! On January 25th, the staff members waited anxiously for the moving trucks to arrive. Although there are a few remaining things left to take care of, all the staff has successfully been working from the new office to carry out their work goals. We look forward to developing the surrounding property to utilize the natural area for educational purposes.



**Indiana County Conservation District
280 Indian Springs Road
Suite 124
Indiana, PA 15701**

Now located in the High Pointe at Indian Springs business park.

Bags to Benches Project Update

On December 16th Evergreen Conservancy donated a bench to the Chevy Chase Community Center. The conservancy “earned” the bench by collecting over 500 pounds of plastic bags through our “Bags to Benches” program through Trex, a composite decking company. Evergreen presented the bench to the Chevy Chase Center because of their enthusiastic support of the recycling effort. The bench was dedicated in memory of the Charles Slippy family. Charles was the father of board member Tim Slippy, and members of the Slippy family have volunteered at the Chevy Chase Center. Barbara Croce, director of the center, participated in the December 16 ceremony. President Cindy Rogers and board member Bob Lankard represented Evergreen Conservancy. The Slippy family was represented by Tim, Donna Houser, and Beverly Pribicko.



*Barbara Croce, Chevy Chase director
Slippy family members Tim Slippy, Donna Houser and Beverly Pribicko, and Robert Lankard and Cindy Rogers, Evergreen Conservancy*

Collecting plastic to send to Trex in return for benches concept came to Indiana as a Boy Scout Eagle project by Silas Schiera of Troop 1011 of Indiana who organized the collection of bags. But the plastic bag recycling effort did not end with the Boy Scout effort. Evergreen Conservancy and the League of Women Voters Environmental Committee picked it up from there and have collected over 1,000 pounds of plastic so far.

The second bench we received from the plastic collection was sponsored by the League of Women Voters of Indiana County. It was donated to the Conservation District on February 22, 2021.

Evergreen is now in the third round of collection which began in December. The plastic collection efforts will continue into future rounds of collection.

The purpose of all this is to keep plastic from going to the landfills. So the opportunity to recycle soft plastic is ongoing. Residents can donate grocery bags, bread bags, water case and soft drink overwraps, dry cleaning bags, ice bags, wood pellet bags, Ziploc and other reclosable bags, produce bags, bubble wrap, salt bags, and cereal bags. All bags must be clean and dry. Unfortunately, plastic bottles and all other hard plastics cannot be donated to this program. They should be donated to the Indiana County recycling program.



Cindy Rogers (LWV), Doug Beri (ICCD District Manager) and Vera Bonnet(LWV)

If you want to support the ‘bags to benches’ project you can take your items to the YMCA bin outside the door or the S & T Arena in the bin inside the door. If you have plastic you can email us at evergreenconservancy@gmail.com and we may be able to pick it up.

Dates to Remember:

April 8	6:30 & 7:30 PM	PR and Finance Committee Meetings by Zoom
April 10	9:00 AM	Trash clean up of Blue Spruce Road. Volunteer should bring work gloves and park in the lot nearest office. Bags and protective vests will be provided.
Second Wednesdays of every month		Pennsylvania Senior Environmental Corps – (PASEC) Meetings. The Senior Environment Corps (SEC) program engages volunteers mostly aged 55 and over. SEC volunteers are engaged in numerous activities from water quality monitoring, stream habitat assessment, storm-drain stenciling, environmental education, community gardening, wildlife surveying, marking abandoned oil and gas wells, and cleaning up parks and trails. Please come to the meetings if you are interested in being involved in an active worthwhile activity and meeting new people. Indiana PASEC has people from all our watersheds and other local agencies that are interested in preserving and protecting our environment. Come join us! It meets at 9 am. Locations will be announced close to each meeting with COVID precautions.

Plants For Sale

Native Plant Sale Fundraiser

Friends of the Parks (FOP) is excited to share with members of the Evergreen Conservancy that we will be working with Penguin Court, a Preserve of the Brandywine Conservancy, to host a native plant sale this spring. It's open to the general public!

Understanding the importance of native plants and the difficulty in finding them in local nurseries, Melissa Reckner, who is the Penguin Court's Program Manager, along with Lisa Meadows, Yellow Creek State Park's Environmental Educator have organized a native plant sale for Indiana County. This is both an educational opportunity and a fundraiser for the two organizations. We anticipate having a variety of native perennials including milkweeds, lobelias, asters, bee balm, and many more!



In early April, FOP will publicize a pre-order catalog by email and social media, from which you'll be able to select the species and quantity of the plants you would like to purchase. You'll be asked to complete the order form and send it, along with your payment via check made payable to Friends of the Parks Native Plants Fundraiser, to Becky Snyder who will process your order and schedule a time for you to pick up your order on May 29, 2021 at Blue Spruce Park, Pavilion #1.

In addition, on Saturday, March 13 at 10 AM in partnership with Yellow Creek State Park, Melissa will be presenting a virtual program on native plants. If you're interested in watching this presentation, please pre-register by March 11, 2021 at: <https://www.brandywine.org/conservancy/events>.

For more information about the sale or to request a catalog, please contact Becky Snyder at: indianacofriendsoftheparks@gmail.com.

Ways to Live Greener in 2021!

Are you looking to live more sustainably? Maybe you just want to do more for the planet but do not have extra time to volunteer. Here is a list of small changes you can start to apply to your lifestyle which will eventually have a large impact as more people start the transitions.

- Reusable metal or glass bottle and coffee cup
- Reusable Ziploc bags (i.e. Stasher)
- Silicone dish covers and wax wraps
- Swap Tupperware with metal/glass containers
 - save money by reusing containers that food is sold in
 - take containers for restaurant leftovers
- Reusable shopping/produce bags
- Reusable paper towels (Swedish dish towels are compostable!)
- Shop at farmer's markets and bulk stores where food has less packaging
- Swap meat for plant protein once a week
- Swap milk that uses less energy and resources to produce
- Shop at stores who practice sustainability
- Compost food scraps and dry materials
 - In landfills, that contribute to greenhouse gasses, like methane
 - Compost in your garden to help restore nutrients!

THANK YOU!

We want to say a huge thank you to several organizations who donated recently to Evergreen Conservancy.
BPO Elks Indiana Lodge 931, 475 13th street, Indiana PA
Fraternal Order of the Eagles Indiana Aerie 1468, 420 Philadelphia Street, Indiana, PA
American Legion Post No. 493, Homer City PA

Spring Trash Pick Up

Evergreen Conservancy will be doing the trash clean up of Blue Spruce Road on Saturday April 10, beginning at 9 am. Volunteers should bring work gloves and park in the lot nearest office. Bags and protective vests will be provided.

Planting Elderberry Seeds At Tanoma

On a cold day in January we planted over 40 spots of elderberry seeds that hopefully will grow up into elderberry bushes and produce fruit! Thanks to Ed Doneley for the seeds and help planting the seeds and to Sophia, Bridget, Monica and Cindy for planting.

So What Is The Elderberry Good For And Why Should We Plant It?

Elderberry (*Sambucus*) has many common names including elder flower, elder blow, sweet elder, black elderberry, common elder, Judas tree, bore tree, pipe tree, blue elderberry, old lady, elder bush and European elder. It was the Herb of The Year in 2013 which is determined by the International Herb Association.

Elderberry fruit is harvested when ripe in August through early September, depending on the variety. When ripe, the entire cluster should be removed and the berries stripped from the cluster for use. Because fruit is harvested from different-aged canes, they will ripen at different times. Fruit is usually harvested weekly over a period of about 3 weeks.

The shrubs are easy to grow, thriving in a variety of soil types, including wet areas. They do best in moist, fertile, well-drained soil with a pH around 6. They seem to do equally well in full sun and part shade. They flower in spring and summer.



It is important to correctly identify the plants you are harvesting. Make sure you harvest the common elderberry and no other plants with blue or black berries. For example, some common dogwoods like silky dogwood have flat headed blue berries that could be mistaken for elderberries even though the leaves are very different. Buckthorns have different leaves but also have blue berries and are poisonous. The red elderberry has berries but they are a different shape and color, and are considered poisonous. Many other shrubs like viburnums and privet have blue/black berries and could be toxic.



Elderberries have been used for medicinal purposes since the middle ages. It is supposed to be antiviral, antibacterial, and effective against cough. Elderberry was used to treat the flu, alleviate allergies, and boosted overall respiratory health. It is used in homeopathic treatment for colds and flu. Elderberry contains antioxidant properties, beneficial flavonoids for overall wellness and is an herb used for immune support. It is a source for vitamins A, B, and C as well as minerals including calcium, iron, magnesium, potassium and phosphorus. All plant parts have medicinal properties. The USDA has compiled a database on the antioxidants in food and lists elderberries as one of the best sources. Native American Indians used the inner bark tea as a diuretic, the leaves as a strong laxative, the leaves, flowers and bark as a poultice on cuts, sore or swollen limbs, and boils, to relieve pain and swelling and also for headaches. The flowers have been made into a skin lotion. The flowers contain tannins, which reduce bleeding, diarrhea, and congestion. Distilled elder water softens, tones, and restores the skin. An elder flower infusion cleanses the skin and soothes sun burn. Flowers steeped in oil is used as a massage oil to relax sore muscles and soothe burns and rashes.



Elderberry is available as a liquid, syrup, and tincture, as well as in capsule and lozenge forms.

Caution: Elderberry can cause mild indigestion or allergic reactions in some individuals. However, such side effects are claimed to be rare. Although the cooked berries of *Sambucus* are edible the uncooked berries and other parts of plants are poisonous. Leaves, twigs, branches, seeds, roots, flowers, and berries of *Sambucus* produce cyanogenic glycosides, which have toxic properties. Ingesting a sufficient quantity of cyanogenic glycosides from raw berries or juice, flower tea, or beverages made from fresh leaves, branches, and fruit may cause illness. The seeds of *Sambucus callicarpa* are also poisonous and may cause vomiting or diarrhea.



Other Uses:

The berries are a very valuable food resource for many birds and animals and its pollen is attractive to a wide variety of insects;

- Elders are used as food plants by the larvae of some moths and butterflies species including Brown-tail, Emperor Moth, and the Swallow-tailed Moth and others.
- An elderflower liqueur such as St. Germain, is used to add a sweet, floral taste to cocktails.
- Elderberry wine can be made from the elderberries.
- Elderberry stems and fruit are used in creating baskets and dyes for basketry. These stems can be dyed a deep black by soaking them in a wash made from the berry stems of the elderberry.



Membership Benefits

We are pleased to announce the following partners who have supported Evergreen Conservancy by giving discounts to card-carrying members of Evergreen Conservancy. Visit them, get your discount, and thank them for supporting Evergreen Conservancy!

Spaghetti Benders	15% discount	spaghettibenders.com
Michael B's Shoe Store	\$10 off any purchase	www.michaelbshoes.com
Plant-it Earth	15% discount	on FaceBook The-Plant-It-Earth-Greenhouse-And-Gardens
Little Mahoning Creek Pottery	10% discount	www.nancysmeltzer.etsy.com
		littlemahoningcreekpottery.blogspot.com
Homemade Restaurant	10% off total bill	www.thehomemaderestaurantpa.com
Artist Hand Gallery	12 oz. drip coffee \$1	theartistshandgallery.com

JOIN OR RENEW your membership TODAY if you have not already done so for 2020.



Support Evergreen When Shopping

You can support Evergreen Conservancy this year by shopping! Shop local first, but if you do on line shopping do it at smile.amazon.com and Amazon will donate to Evergreen Conservancy. Shop for everyone on your gift list this holiday at smile.amazon.com/ch/01-0808065 and Amazon donates to Evergreen Conservancy.



Keeping Body and Soul Together...Naturally

Mon- Tue: 9:00am - 6:00pm Wed: 9:00am - 7:00 pm Thu - Fri: 9:00am - 6:00pm Sat: 9:00am - 5:00pm

Please support Nature's Way market in Greensburg. They support us with a generous donation!



Thanks again for the generous donation from Nature's Way of Greensburg who belongs to 1% of the Planet. Next time you are in Greensburg stop by and say thanks to them!

1% of the Planet is a global network of businesses, nonprofits and individuals working together for a healthy planet. Businesses that join 1% for the Planet commit to giving 1% of total sales each year to your choice of our approved nonprofit partners. You can get involved! Joining is easy – go to www.onepercentfortheplanet.org/tell-us-about-your-organization. 1% of the Planet brings dollars and doers together to accelerate smart environmental giving. The Planet needs you NOW.

Join Evergreen Conservancy Today!

Support the all-volunteer Evergreen Conservancy and its mission through your membership.

Name: _____

Phone: _____

Address: _____

E-mail: _____

City: _____

State: _____ Zip: _____

Membership Levels:

_____ \$15: Student _____ \$25 _____ \$45 _____ \$70 _____ \$100

_____ \$1 Youth (17 and under) _____ \$ Other _____ \$75: Business/Org

Additional Donation: \$_____

Complete this form and send check to:

Evergreen Conservancy, PO Box 0783, Indiana, PA 15701



I am interested in volunteering:

___ as a board member ___ on a committee (finance, PR fundraising) ___ with water monitoring field work
 ___ on Legal issues ___ with grant writing ___ environmental education ___ social media ___ Homer City gardens plots
 ___ with fundraising activities (making crafts or manning a table at sales) ___ other _____