

## THE CATALYST

### SLIPPERY ROCK WATERSHED COALITION MONTHLY ACTIVITIES UPDATE

**NEXT MEETING:** 7 pm on 5/8/14 at Jennings Environmental Education Center, pizza and pop provided. 4/10/14 meeting attendance: S. Busler, C. Denholm, V. Kefeli, B. Kuban, S. Smith, C. Speir, W. Taylor, F. VanAtta

### **SAVE the DATE!!!!**

### **PA AMR Conference**

**June 26 & 27, 2014**

Mark your calendars and reserve June 26th and 27th for the **16th Annual Conference on Abandoned Mine Reclamation!** Held at the **Ramada Inn and Conference Center in State College, PA**, the meeting, spear-headed by **WPCAMR/EPCAMR**, is quite possibly the longest-running conference on this type of environmental cleanup effort in Pennsylvania.

With a theme of “**Collaboration Is Essential**”, the 2014 AMR Conference will be teaming up with **ARIPPA** (Anthracite Region Independent Power Producers Association), combining efforts and audiences, to co-host a 2-day dual conference on Abandoned Mine Reclamation and Independent Power Production. This year’s conference will feature not only technical presentations on Abandoned Mine Reclamation and Mine Drainage Remediation, but also projects completed by Power Producers using Coal Refuse as an Alternative Energy. Numerous networking opportunities will be scheduled and may include a happy hour, golf-outing, and/or tour of Penn’s Cave.

With the infusion of ARIPPA this year, participants will gain perspective on an industry that powers the Appalachian Region by burning waste coal and reclaiming thousands of acres of abandoned mine lands at no cost to taxpayers. Come help ARIPPA celebrate their 25th Anniversary! Those interested can learn more or register for the conference at **[www.2014.treatminewater.com](http://www.2014.treatminewater.com)**.

### **Butler Outdoor Club**

### **Memorial Day Outdoor Extravaganza!!!!**

There will be something for everyone at the **Butler Outdoor Club’s FOUR-DAY Memorial Day Weekend Outdoor Extravaganza!** A fun action-packed weekend awaits! This amazing event, taking place **May 23 through 26**, will offer a variety of great activities including various levels of **hiking** (*nature hike, yoga hike, scavenger hunt, Aviary & Urban Hike*); various levels of **bike rides**; various types of **boating, etc.** (*canoe and kayak trips on lakes and streams, rafting, sailing, windsurfing, nautical nature boat tour*); many **workshops and other activities** (*glass blowing, dutch-oven baking, crafts, composting, essential oils, herb garden, back-country treats, disc golf, folk sing-a-long, butterfly identification, Emlenton Mill and Segway Tour*), **kids activities** (*wacky jewelry and music, make-a-kite workshop, butterflies, superheroes, scavenger hunt, celebrate fish, and more*); **gear exchange and flea market**; and lots of **evening entertainment** (*Friday evening - weiner roast picnic and drum circle, Saturday evening - "Pig Roast" followed by the national road presentation, Sunday - concert by "The Occasional Divas"*). In addition, during evening campfires, there will be storytelling, "smores" & campfire entertainment by Jim Sorenson, and more! Wow!!!! Something for everyone!

**Breakneck Campground** is base camp. **Activities begin at 9:00 AM each day** and leaders escort you to where each activity takes place. Breakfasts, bag lunches, dinners and camping can be purchased, but are optional. The web site and registration forms are now available to show the specifics of when and where each activity is taking place. Please note some activities may fill up. Be sure to register early. Boat space is limited for water trips. Meals and camping are optional at Breakneck Campground. For more details, visit **[www.outdoorextravaganza.org](http://www.outdoorextravaganza.org)**.



Colorful sailboats often dot the landscape of Lake Arthur during summer months, as many visitors enjoy recreation on the water. There will be lots of opportunities to enjoy nature at the Memorial Day Outdoor Extravaganza (see page 1).

## **Protect Yourself From Lyme Disease**

With the arrival of spring, many of us are spending more time enjoying the outdoors. It is important to be aware of ticks and the possible transmission of Lyme disease. We compiled the following information about the disease after a general search on the internet.

The best strategy for preventing Lyme disease is to try to avoid or prevent tick bites to begin with. Ticks, the carriers of the bacteria that cause the disease, usually lie in wait for hosts in leaf litter or on long grasses. Avoid ticks by staying in the center of trails, using repellent containing DEET, and treating clothes and gear with permethrin, a neurotoxin that both kills and repels ticks. Wear light-colored clothing to make it easy to spot ticks and check clothing and exposed skin for ticks regularly. Perform a full-body tick check before bed if you have taken part in any outdoor activities during the day. Children, especially, should be checked. Parents can make a nightly tick check part of the bedtime routine. Boys age 5 to 9 have the highest incidence of Lyme disease nationwide.

Remove a tick by grabbing its head with tweezers as close to the skin's surface as possible and pulling upward. Do not use heat, nail polish, petroleum jelly or any other product to remove the tick. If the mouthparts break off, try to remove them with the tweezers as well. Then clean the bite with alcohol or soap and water and monitor the area for signs of infection. Such signs can begin to appear anywhere from 3 to 30 days after the bite. Some but not all of those infected will develop a rash at the site of the bite that gradually expands and can grow to resemble a bull's eye. Other symptoms can include fatigue, fever, chills, muscle and joint aches, headaches and swollen lymph nodes. Patients who seek treatment early take a course of antibiotics and have the best chance to recover quickly and fully.

If the infection isn't treated, other symptoms can develop, including more rashes on other areas of the body, facial palsy, stiffness in the neck, severe fatigue, migrating joint aches, heart palpitations and dizziness. Failing to get treatment can lead to further complications, including arthritis and neurological problems such as failing short-term memory and numbness in the hands and feet. Despite treatment, some people suffer from chronic Lyme disease syndrome.

The long, cold winter, which much of the east experienced, will not affect the tick population. Cases of Lyme disease have greatly increased every year for the last several years. Up to 100 cases of Lyme disease are not reported for every case that is. The CDC reports that over 300,000 people are diagnosed with Lyme disease every year, making it much more common than West Nile virus. Take precautions and share this information with others.



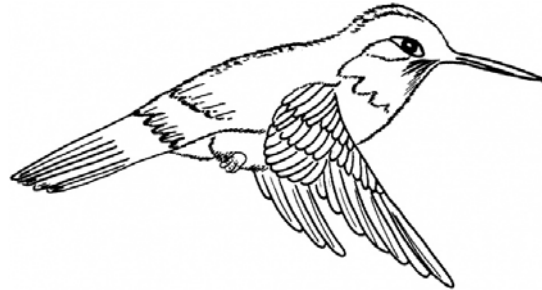
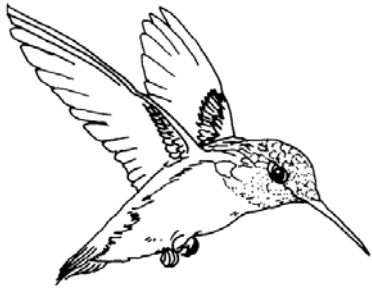
# The KIDS Catalyst

## SLIPPERY ROCK WATERSHED COALITION FUN ACTIVITY



### Crack the Code: Hummingbirds

What do you know about hummingbirds? It's about that time of year they start appearing in western PA! Use the code below to find answers to some questions and learn some really cool facts about these amazing birds! If you send us your completed paper, we'll mail you a free gift certificate!



□ = 5	? = 0	÷ = 8	& = A
* = 1	♻️ = S	☺ = 2	() = D
! = E	🚩 = W	\$ = S	x = I
# = B	◆ = R	+ = 4	% = 6
~ = 9	@ = G	📖 = U	🔔 = N

- Hummingbirds get their name from the humming sound their rapidly moving wings produce. Their wings beat between  $\frac{\square}{\%}$  and  $\frac{\square}{\div}$  times per second!
- The hearts of hummingbirds can beat  $\frac{\square}{*}$  times per minute!
- Percentage-wise, the hummingbird has the largest  $\frac{\#}{\diamond}$  of all birds.
- During migration, some hummingbirds make a  $\frac{\square}{\%}$  mile non-stop flight over the Gulf of Mexico.
- When hummingbirds dive, they can reach speeds of  $\frac{\square}{\%}$  miles per hour!
- The color  $\frac{\diamond}{!}$  attracts hummingbirds.
- Hummingbirds may visit  $\frac{\square}{*}$  flowers in 1 day in their search for nectar!
- Hummingbirds also eat small spiders and  $\frac{\#}{@}$ .
- The oldest known ruby-throated hummingbird lived to be  $\frac{\sim}{\%}$  years old.
- Hummingbird nests are made of thistle or dandelion down held with strands of spider silk. Nests measure 2 inches across and 1 inch deep, and take  $\frac{\square}{*}$  days to complete.

Name \_\_\_\_\_ Age \_\_\_\_\_ Address \_\_\_\_\_



Slippery Rock Watershed Coalition c/o Stream Restoration Incorporated  
 A PA Non-Profit Organization  
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Thanks to The William & Frances Aloe Charitable Foundation, Environmentally Innovative Solutions, LLC, Dominion Peoples, Amerikohl Mining, Inc., Quality Aggregates Inc., Drs. Ron & Kathy Falk Family, BioMost, Inc., Allegheny Mineral Corporation and PA DEP for their support. For more information contact: Slippery Rock Watershed Coalition, c/o Stream Restoration Incorporated (PA non-profit), 434 Spring Street Ext., Mars, PA 16046 (724)776-0161, fax (724)776-0166, [sri@streamrestorationinc.org](mailto:sri@streamrestorationinc.org), [www.srwc.org](http://www.srwc.org). May distribution: 1134 copies

## New Venue for the 2014 Ohio River Watershed Celebration

We are excited to announce that the 2014 Ohio River Watershed Celebration will be heading to land! This year's big event will take place on **Thursday, September 18th**, at **North Park in Allegheny County**. The festivities are scheduled to run from **10 AM to 3 PM**, and will include fishing and kayak trips on the North Park Lake.

This year marks the 13th ORWC event, and we hope you will join us for another great year of watershed education, idea sharing, updates, networking, guest speakers, and fun in the beautiful autumn outdoors!

More information will come, including registration details. Mark your calendars now, you won't want to miss it!



## Lakeshore Cleanup at Lake Arthur

**May 10, 2014**

Moraine State Park is looking for volunteers on land and water to help rid Lake Arthur of trash. A clean-up day is scheduled for **Saturday, May 10th, from 9 AM until 12:00 PM**. Bring your own canoe or kayak and Personal Flotation Device (PFD) or borrow one of the park's PFDs free-of-charge. For kayakers, experience is required. Those who would like to help clean up Lake Arthur can register at [www.visitpaparks.com](http://www.visitpaparks.com) and specify under "Special Notes" if you would like to borrow a park kayak, if you have your own kayak, or if you prefer to help with cleanup on land. Lunch will be provided.