

Campaign Email: Friday eBlast January 27, 2012**HTML Content:**

Biking Anyone?
 Photo by Bill Metzger



January 27, 2012

The Take Five Top Five

Since I'll be transitioning from work to a holiday, I thought you could use some encouragement to transition from your work day to the relaxation of the evening. Here are the [Take Five Top Five](#) suggestions for doing just that! These come from [Five Good Minutes in the Evening](#) by Jeffrey Brantley and Wendy Millstine (New Harbinger Productions, 2006)

- During your last few minutes at the office, close your eyes, take a few deep breaths, and say to yourself "I am now done with work." Allow tension to release with each breath.
- Reduce stress by sitting comfortably, closing your eyes, and gently massaging the area just below the eye

A Fond (Just Temporary) Farewell

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Forgive me. I'm going to the beach.

I am reprinting the above photo this week as I learned from a few readers that the link was broken in the last issue. Since I captioned it "*Biking Anyone?*" it seems appropriate to repeat it since, yes, biking is the goal. Bill and I are taking off for two weeks to the Sunshine State for our semi-occasional check on how the other half lives.

Two weeks on the Florida Panhandle seems like a pretty decent way to jumpstart another cycling season! (And nobody says you have to be a slave to fashion.)

brow. Wow! Feels wonderful.

- Begin your workday by organizing your task in a natural progression of winding down at the end of the day.
- Leave the office behind - end your day by making a to-do list for the following day and leave it on your desk.
- Laugh! Listen to a funny book, read for a few minutes when you get home, or chat with a friend who makes you laugh.

Commit to #4 especially - leave it AT THE OFFICE.

Watch for the Scooter

If you happen to be tooling around the streets of Boiling Springs, keep an eye open for Doug Bohn, the lucky winner of the ZEV3600 electric scooter in the iConservePA Citizen Science Investigator promotion. Drat! I really wanted that thing - had a Steelers decal for my helmet all picked out. Ah, well. Congratulations to Doug!

Quick Links

[Join PPF](#)

[Find a Friends Group](#)

[Donate to the Cause](#)



The Playful Life

I have an assignment for you while I'm away. Since our *Dogs in the Outdoors* photo contest is such a big hit every year, we decided to give you some winter homework in the form of our *Take Five in Winter* photo contest.

We're looking for your best images in the categories of: winter recreation, scenic winter landscapes and volunteers in winter.

Winners (voting will take place on our [Facebook page](#)) in each category will win a copy of the [Pennsylvania State Parks and State Forests Passport](#) and [a wearable checklist](#) (our new bandana); the overall winner receives a \$25 state park gift card.

See the website for [complete rules and entry instructions](#).

An Affinity for Members

You and I both know that the best reason to be a member of PA Parks & Forests Foundation is that through your support you play a big part in promoting everything that is great about our state parks and forests (things that can't be matched by any other public lands system). Now we're proud to offer the opportunity to receive a little reward for your devotion - discounts!

[Several businesses across the Commonwealth](#) - all of whom are located near a state park or forest and all of whom understand the importance of the public lands to their continued fiscal health - have become Affinity Members of PPF and agreed to offer a small discount to PPF members. All you need to do is show your membership card and special treatment is yours. We've discounts on everything from hotel accommodations to fishing to alpacas to disc golf (including a 10% discount on merchandise in our own online store).

All you need to do to become eligible for these treats is [join PPF](#)! If you're already a member and can't seem to locate your membership card, [get in touch with me](#) and I'll make sure you get one. To take advantage of our online discount you must be logged into the website

with your password connected to your membership. So if you are already a member, the simplest way to alert our database to your existence is to alert me. I'll create a log-in for you, then you can change your password to something personal.)

Event of the Week - Where to Go? What to Do?

Let's spotlight the next two weeks, shall we?

First, I'm sorry to be missing [WinterFest sponsored by the Friends of Ryerson Station](#) this Saturday- this is a terrific group tucked down in the southwestern corner of the state. Here's to some snow!

Likewise, the Friends of Parker Dam are pitching in with the Clearfield YMCA for [their annual Winterfest](#) on Saturday, January 28th.

In fact, the calendar is jam-packed with great events, including our new Friends of Swatara getting out and about for a [Winter Flora and Fauna Nature Walk](#).

Next Saturday is the [Friends of Ohiopyle's great WinterFest](#) - I had such a good time sledding last year and I hate to miss the downhill run this time. And the Friends of Black Moshannon will be out with [Fun in the Snow with Black Mo](#) (already postponed ONCE this year)!

[Bendigo Snow Fest](#), [WinterFest at Hickory Run](#), [FREE cross country skiing with the Friends of Oil Creek](#), a guided [snowshoe hike with the Friends of Varden](#)... I think you'll have plenty of opportunities to take photos for the contest.

And thanks to the Friends of Ridley Creek, whose February 4th [monthly trail day](#) gives you a chance to train your camera on winter volunteers in action. While you're there, lend a hand!

Visit [our Calendar of Events](#) and the [DCNR Calendar of Events](#) for these and other Happenings in your state parks and forests!

Wise (Or Witty) Words

In light of this week's announcement of the Oscar nominations, I give you Max von Sydow: "A vacation spot out of season always has a very special magic." Here's to getting OUT of the Panhandle before Spring Break!

Thanks for reading,

Pam

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