

YOUR FOREST YOUR ADVENTURE

Fall 2010 • VOL 5 • NO 2



Jefferson Memorial Forest

11311 Mitchell Hill Road
PO Box 467
Fairdale, KY
40118
502/368-5404

www.memorialforest.com
www.metro-parks.org
forest@louisvilleky.gov
parks@louisvilleky.gov

Welcome Center

Monday-Saturday
8:30 a.m.-4:30 p.m.
Sunday/Holidays
10 a.m.-3 p.m.

The Welcome Center is your destination for maps, gift items, program reservations, camping reservations, permits and Forest information.

Directions

From I-65 south, take the Gene Snyder Freeway (I-265) west and exit at New Cut Road. Turn left, go about one mile, and turn right onto Mitchell Hill Road. Follow the signs to the Forest.

Mission Statement

The mission of Louisville Metro Parks is to create a City of Parks and enhance the quality of life for citizens of Louisville Metro by maintaining and acquiring attractive, vibrant parks and offering safe, diverse recreation programs, and protecting these lands and resources for future generations.

Continuing to Build Support for Future Forest Improvements

It has been nearly 20 years since the non-profit group Wilderness Jefferson County started working to raise funds in support of expansion and preservation of the Forest.

In its heyday in the 70's and 80's, Wilderness Jefferson County helped construct the Siltstone Trail and raised funds which were used to purchase a number of key parcels that were added to the Forest. In the years since, the Forest has continued to add additional lands to further connect the Forest. Significant and sustained programmatic improvements have been implemented such as further development of environmental and outdoor recreation based programs; expansion of the Forest's volunteer program; development staff dedicated to trail building and land management; and development of public outreach materials such as website and this newsletter. However, these recent advances have largely occurred through the efforts of Metro Government, Forest staff, and with the support of the Forest's many volunteers.

Over the past couple of years a new non-profit organization, the Louisville Metro Parks Foundation, has begun working to benefit the many parks in the Metro Parks system, including Jefferson Memorial Forest, that do not already have the support of established non-profits. This is a welcome development and we thought it worthwhile to mention the ways in which the Metro Parks Foundation is already supporting Jefferson Memorial Forest. In 2008, The Metro Parks Foundation raised over \$200,000 towards the recently completed JMF Master Plan. Since that time it has also accepted a number of grants and donations on behalf of the Forest including funding from Toyota for our environmental education initiative, Louisville ECHO; support for our trail program through a recent grant from Nature Valley Granola Bars; and support for our annual Forest Fest bluegrass music festival.

In addition, Forest Staff is working with the Foundation to: 1) provide targeted support to our

volunteer and other programs through a donation box located at the Welcome Center; and 2) to support our trails program through the sale of a new professionally-produced topographical map showing all the trails at the Forest and other Metro Parks Natural Areas. That map will be unveiled at the upcoming Mayor's Hike on Saturday, October 16. Looking forward we anticipate the creation of an advisory group to guide future improvements at the Forest as part of the Foundation.

So if you love the Forest and want to help fulfill the Forest mission as a nature preserve and as a place for outdoor recreation and personal enrichment through nature, please consider making a tax-deductible donation to the Louisville Metro Parks Foundation today. For more information on how you can make a difference through donation of time or money, please stop by the Forest's booth at the Mayor's Hike or contact me directly, at 366-2913.

Bennett Knox, Parks Administrator



LOUISVILLE
METRO PARKS
FOUNDATION



Volunteer News

Show Your Support

Volunteers play a major role in keeping the Natural Areas parks well maintained and the programs engaging. You can now show your love of our wooded areas while supporting the Natural Areas Volunteer Program at the same time! Monetary donations to the Louisville Metro Parks Foundation can be designated for the Natural Areas/JMF volunteer program. Your entire tax-deductible donation will benefit the volunteer program, providing needed funds to purchase supplies, tools, shirts, training and education materials and awards for our dedicated volunteers. Show them you appreciate their hard work by sending in your donation today!

Louisville Metro Parks Foundation
P O Box 37280
Louisville, KY 40233-7280

NEW!

A donation box is located outside the Welcome Center. Pick up a donation envelope for your tax-deductible gift at the office.

Volunteer of the Month Program

Our dedicated group of ongoing volunteers continued their friendly competition for Volunteer of the Month. Each month the volunteer with the most service hours is awarded with a Forest gift certificate and their picture on the Wall of Fame in the Volunteer Corner of the Welcome Center. Congratulations the following winners:

June: Bobbie Wolford – 45 hours

Service Hour Awards

The following Natural Areas volunteers have received the award listed, based on their service hours since January 2009. It is important to note that some individuals have been active volunteers for many years before hours were recorded, and so the award may not accurately reflect their dedication and service. Congratulations to each volunteer

and many, many thanks for everything you do to make Natural Areas a great place to be.

50 Service Hours

Robert Bridges
Stan Bridges
Tony Bright
Billy Davis
David Gawarecki
Sheri Mock
Margery Nevins
Caleb Payne
Cynthia Payne
Kateri Powell
Jeff Ross
Karen Samuels
Barbara Wolford
Denver Wright

100 Service Hours

Nick Blocher
Jane Garvey
Jean Gawarecki
Candace Puckett

250 Service Hours

Rick Bywater
Mark Jamison
Ed Kirk
Tina Newcomb

Special Thanks To...

Mr. Jim Carroll, owner of the **Dairy Queen** locations in Fairdale and Taylor Boulevard, for his ongoing volunteer support. Mr. Carroll provides lunch coupons for free combo meals to our volunteers as appreciation for their hard work.

JB's Carpet Barn and **A Better Floors**, for donating carpet samples for use as kneeling pads during volunteer CPR training.

Please show your appreciation to our sponsors through your patronage. Saying "thanks" is always appropriate!

Eagle Scouts

Thanks to George Daily, Troop 346, for performing his Eagle Scout project at the Forest. George and 19 of his troop members dedicated over 186 hours to build 150 feet of new trail in the Paul Yost section of the Forest. This trail is being developed for both hiker and equestrian use. Well done, gentlemen!





Volunteer Naturalists to Begin in January!

Want to learn more about the Forest and its inhabitants? Have a passion for nature and want to share your appreciation with others? Volunteer Naturalist Training prepares volunteers to work with Forest education staff to lead classes, field trips and public programs. Through a 15-week series of classes, volunteers enhance their understanding of the Forest, deepen their knowledge of the history of the Forest and its inhabitants, learn teaching methods and develop presentation skills.

This includes all instruction, optional training, and participation in the volunteer appreciation program. There is a \$30 fee to cover all class materials and uniform shirt.

Classes begin on Monday, January 10. All classes begin at 9 a.m. and end at noon.

Current Naturalists are standing by to offer encouragement and mentor trainees through the program. Don't miss the opportunity to join this amazing group of volunteers!

To register or for more information, call the Welcome Center at 502/368-5404.

Volunteer Naturalist Training Schedule

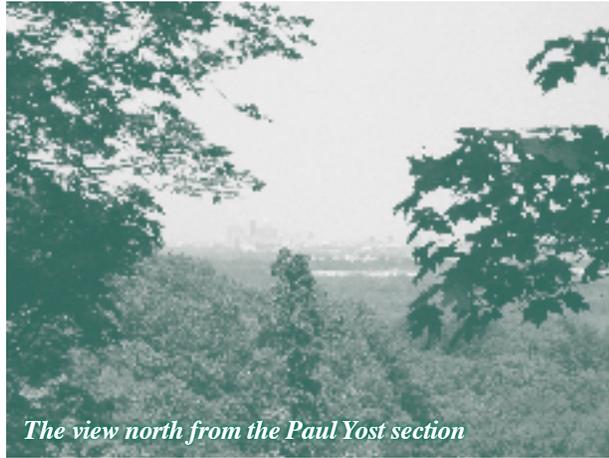
Monday Sessions

January 10	March 14
January 18	March 21
(Tuesday makeup for MLK Holiday)	March 28
January 24	April 4
January 31	April 11
February 7	April 18
February 14	(all day for First Aid/ CPR certification)
February 21	April 25
February 28	(Make up day in case of weather cancellation)
March 7	

Requirements

- Able to provide own transportation.
- Able to traverse uneven terrain for periods for up to 45 minutes
- Able to communicate clearly with the public.
- Able to work with people of different abilities and ethnicities.
- Able to handle small reptiles, amphibians and mammals.

Natural Areas News



The view north from the Paul Yost section

Yost Ridge Trail Now Open!

On National Trails Day this year we officially opened the long awaited Yost Ridge Trail connection between the Tom Wallace Section and the Horine Reservation. Since then, the Trail Team (comprised of Forest staff and volunteers) and a crew of youth from our partnership with YouthBuild Louisville/ E-corps have been diligently working to connect the Paul Yost section via a junction in the middle. Now for the first time, all three sections are connected! The trail team will put the finishing touches on the newest section this fall, but visitors are permitted to hike the new trail to Paul Yost.



Part of the new Paul Yost trail

One of the things you will notice as you hike is that although the trail crosses a major hill to get from one section of the Forest to another, the grade or steepness of the trail is held to a moderate level. This design is purposeful and will allow a wider range of hiking abilities to enjoy the trail. The moderate grades are also extremely important in preserving the fragile soils on the hillsides. When we build trails that follow the contours of the hills, water runs across the trail tread in sheet flow, rather

than building up volume and speed to carry the soil down the length of the trail. Many of the older trails in the Forest took routes that aggressively went up and down the hillsides. In those sections, loss of soil is obvious with cupping of the trail surface. Future trails within the Forest will conform to principles of sustainable trail design demonstrated on the Yost Ridge Trail.

If you are interested in learning how do build sustainable trail and would like to become a volunteer for the Trail Team, please give us a call. We would love to have your help.

Improvements at Tom Wallace Lake

This summer, the Natural Areas Division continued its invaluable partnership with Youthbuild Louisville's E-corps program. With the support of E-corps, a small crew of young adults was given the opportunity to gain job skills while helping improve the Forest and other natural areas. This past summer, their focus was largely on removing invasive plants and trail work. In particular, visitors to the Tom Wallace will notice a significant improvement as we seek to eradicate invasive plants like autumn olive and Japanese honeysuckle from the area. Efforts to date have removed competition pressure from these invasive plants and are allowing the understory of oak, hickories and other native tree species to assume dominance over time in the canopy. This is a long-term project and we will continue these efforts as necessary in the immediate vicinity of Tom Wallace Lake before moving to other areas.

(continued on pg 5)



Public Program Calendar: October through February

The Forest offers programs for all ages. For more information visit our website at www.memorialforest.com or call the Welcome Center at 502/368-5404. Our staff will be happy to help make reservations, give directions to the program location, or provide a complete schedule of programs throughout the year. For all programs, please wear close-toed walking shoes and dress for the weather.

Reservations are required in advance. The Forest reserves the right to cancel programs due to insufficient registration or inclement weather. Rain checks will be provided.

CHILDREN IN NATURE – HUSTLE AND BUSTLE IN THE FOREST – GETTING READY FOR WINTER

Saturday, October 9, 10 a.m. to Noon

Awards Day! Prizes will be awarded to the families with the most Passport of Discovery points. If you have come out to any of the programs be sure you come to this one! Volunteer Naturalists have a special finale program planned. What is all the hustle and bustle in the Forest? It's time for the animals to prepare for winter weather. Find out what they do to get ready. Meets at the Horine Reservation.

Fee: \$10 per family (limit 4) \$5 for each additional person

HOWL AT THE MOON – DOG HIKE

Friday, October 15, 7 p.m. to 8:30 p.m.

Enjoy an evening romp through the woods with your dog! Forest staff lead owners and their pooches on a hike through the woods. Keep in mind your dog will be around other dogs and people. Non-retractable leashes and good behavior are required. As a courtesy to other dogs, please make sure your pet is up to date on their vaccines. Meets in the Horine Reservation.

Fee: \$6 per dog

MAYOR'S HIKE

Saturday, October 16, 10 a.m. to 2 p.m.

Join the Mayor in a fall celebration to get out on the trails and enjoy the crisp weather of the season. Fall is the perfect time to hike in the Forest as the colors emerge and paint the knobs. There will be children's crafts and activities, food, guided hikes and informational booths on how you and your family can get fit and healthy. Be one of the first to attend and receive a free t-shirt!

Event is free

PUBLIC ALPINE TOWER CLIMB

Saturday, October 30, 9 a.m. to 1 p.m.

Challenge yourself on the 52-foot climbing tower. Learn basic climbing and belaying techniques while tackling this "High Altitude" obstacle course. This program is for ages 10 and up. A parent or guardian must accompany all participants under the age of 18. Please wear: tennis shoes, long pants or shorts with an inseam at least 5 inches in length for your own comfort in the harness. Sign up early as space is limited to 18 participants. Meets in the Horine Reservation.

Fee: \$10 per person

NATIVE TREES AND SHRUBS IN YOUR LANDSCAPE

November 8, 9 a.m.-Noon

Presented by Alan Nations, President of the Kentucky Native Plant Society. Fall is the best time of year to plant trees and shrubs, and Mr. Nations will present his knowledge about the native species of Kentucky. He'll share the benefits of using native trees and shrubs in a landscape, and which ones work best. He will also have a list of nurseries where native items may be purchased.

WELCOME CENTER HOLIDAY OPEN HOUSE

Saturday, December 4, 10 a.m. to 3 p.m.

Get ahead on your Christmas shopping and find something for the outdoor enthusiasts on your list! Enjoy refreshments, holiday music, and special holiday discounts while shopping by a cozy fire as you browse our gift shop and check off your holiday list.

Fee: free

NATURE EXPLORE FAMILY CLUB

9:30 a.m. to 11:30 a.m.

This program is for parents and children ages 3 -5. Includes active exploration time outside. Dress for the weather. Fee: \$6 per child

JEFFERSON MEMORIAL FOREST – A LEAF SHAPE ADVENTURE

Saturday, October 16

Use your senses – Listen to the leaves rustle, see the explosion of colors, feel the leaves textures. Explore the forest in fall and find a special leaf. Program meets in the Horine Environmental Education Center

NATURE EXPLORE FAMILY CLUB AT THE LOUISVILLE NATURE CENTER: YOUR VERY OWN STORY

Saturday, November 20

Use drawings, photos, and other media to create a family nature journal.

OUTDOOR SKILLS

WILDERNESS FIRST AID

**Saturday, October 9, and Sunday
October 10, 8 a.m. to 5 p.m. both days**

Jefferson Memorial Forest, in partnership with Green Earth Outdoors and SOLO Schools is offering a Wilderness First Aid certification course. Wilderness First Aid (WFA) creates a solid foundation in the basics of backcountry medical care. Started by SOLO as the "Mountain/Woods First Aid" course in 1975, it is the curriculum upon which all other backcountry medicine courses are based.

WFA is 16 hours long (two days), and focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies. It is the perfect course for



Public Program Calendar: October through February

the outdoor enthusiast or trip leaders who want a basic level of first aid training for short trips with family, friends, and outdoor groups. It also meets the ACA and BSA guidelines. Program meets at the Horine Conference Center.

Fee: \$165 /person. Fee covers instruction, class materials, equipment, handouts, and textbook.

For more details and to register, visit www.greenearthoutdoors.com/training.html#outdoorskillsinstruction or call Green Earth Outdoors at 502/475-7445.

For those traveling from out of town, a camping option with a 10% site discount is available. For camping reservations, please call 502/368-5404.

SURVIVAL SKILLS

Saturday November 6, 9 a.m. to Noon

Learn about wild edibles and how to start a fire without matches and other techniques that can help you survive in the wilderness. A great activity for parents and kids ages 10 and up. Please dress for the weather. Meets at the Horine Parking Lot. Fee: \$10

LEAVE NO TRACE TRAINER COURSE

Friday to Sunday, November 19-21, 6 p.m. to 11 a.m.

Add to your outdoor skills by becoming a Leave No Trace Trainer. This course allows participants to learn, practice, and introduce others to the 7 Principles of Leave No Trace:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts

- Respect Wildlife
- Be Considerate of Other Visitors

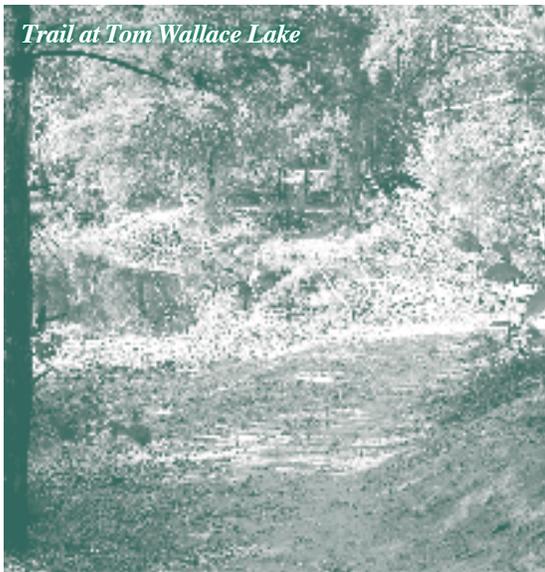
Training is provided in partnership with Green Earth Outdoors and includes 16 hours of instruction and overnight camping onsite. The first night camping (Friday) will be conducted in a front-country setting and the second night camping (Saturday) will be conducted in a backcountry setting.

Fee: \$89 /person. Cost covers food, group equipment, camp fees, course equipment, and includes handouts, training materials, Trainer lapel pin, Trainer patch, extensive educational support, and a very

ELIMINATE WASTE AND GET THIS NEWSLETTER BY EMAIL!

Do your part to save trees and keep our costs down, by emailing forest@louisvilleky.gov with the request "subscribe to newsletter." Include your name and the mailing address where you received this issue, and you will then only receive electronic copies of future newsletters.

Trail at Tom Wallace Lake



of 5% or less and allows improved access to park users around the lake to the dam. This winter, the project will continue to extend the sustainable path around the remainder of the lake.

These improvements are largely in-house projects designed to provide users with an improved visitor experience in the short-term until more capital intensive improvements to Tom Wallace are made as part of implementation of the Forest Master Plan.

Biological Inventory Data Received from UK Researcher

(Continued) In addition, the crew helped with much-needed improvements to the existing "trail" around Tom Wallace Lake. The existing path from the fishing pier to the dam around the lake was created by 60-plus years of park users. Unsustainable from the start, this trail has eroded for years and the impact to shoreline trees has become severe. The new trail is designed at a very easy grade

Speaking of invasive plants! As reported in the Summer 2009 newsletter edition, UK researchers have been conducting a study at the Forest in order to develop a predictive model for the presence of invasive plants. For the first time, the Forest has comprehensive biological inventory information on the canopy trees species and the presence of

invasive plants throughout the Forest. We recently received a GIS database containing plot points and inventory data. Over the winter, we will be reviewing the data to prioritize allocation of our existing resources and develop strategies for expanded efforts to eradicate invasive plants from the Forest and fulfill our mission as stewards for the benefit of the Forest itself and future generations of Louisvillians who will use it.

Update on Gully of the Drums Dumpsite

As mentioned in the Spring 2010 Forest newsletter, planning is underway to clean up a small area in the far southeastern portion of the Paul Yost Recreation Area. In this area, there are remnant drums which contained paint waste related to the A.L. Taylor Superfund Site. The KY Division of Waste Management has recently hired an environmental services firm to perform the first phase of site investigation necessary to develop a final remediation plan including waste removal, disposal and site restoration. Clean-up is expected to be complete within the next 12 to 18 months.



Meet the Forest Employees

A New Employee (Well, sort of...)

Earlier this summer, we offered a full-time position to long-time seasonal employee, Gina Tate. We are thrilled to have her as one of our newest employees in charge of visitor services at the Welcome Center. Gina's experience is in human resources and office administration and she brings wonderful skills, including a warm and friendly

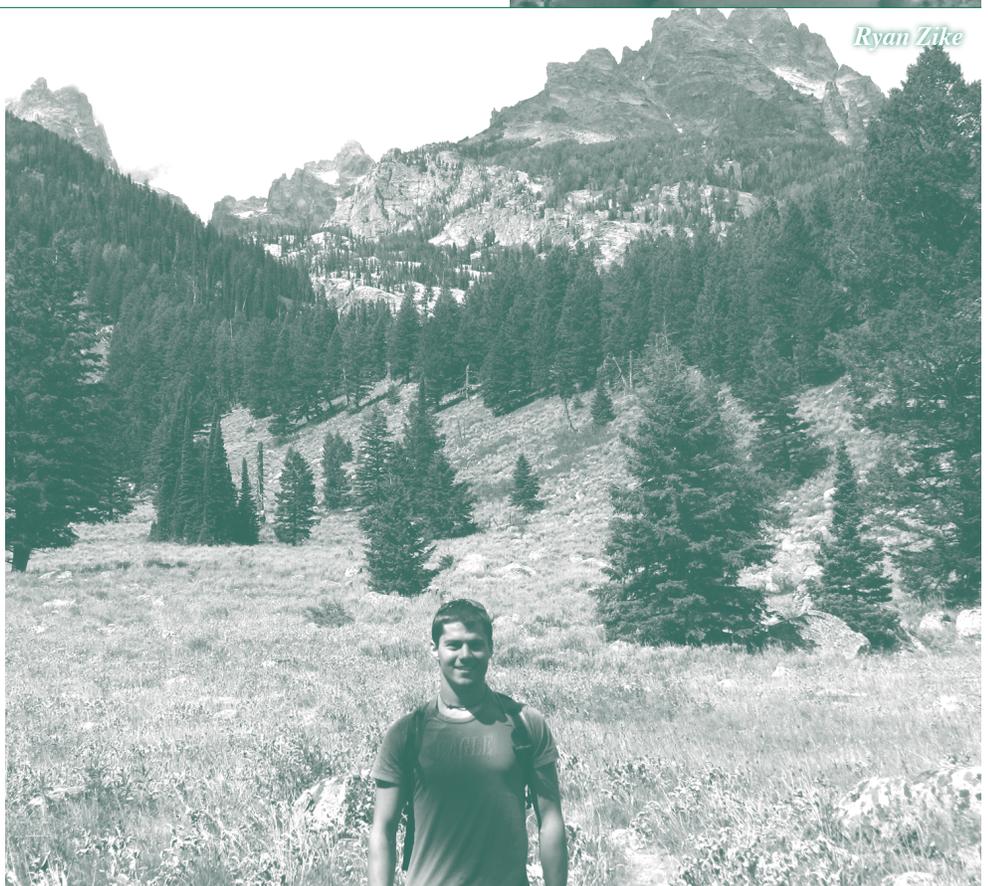
personality, to the Forest. As a local Fairdale resident, Gina has spent a lot of time at the Forest and that knowledge and experience is greatly appreciated as we seek to improve the visitor experience. So if you have not visited the Welcome Center in the past few months, please stop by and see some of the improvements Gina is responsible for. She is already making a visit to the Forest much more pleasurable.



Gina Tate

Zoiks! Meet Our Newest Employee, Ryan Zike!

In August, the JMF had the good fortune of adding Ryan Zike to our program staff. Ryan has already demonstrated knowledge of outdoor recreation, a passion for nature and the ability to share it with people of all ages. To get to know him a bit better, we sat down to ask him a few questions.



Ryan Zike

Where were you born?

I was born in Tyler, Texas

What is the first experience you remember having in nature?

I had the same ritual almost everyday growing up. I'd get a drink and a snack after I got home from kindergarten and my grandpa (who came over from the Philippines) and I would head to the stream and woods by our house. He would show me what crawfish were and tell me all about the outdoors. We would also watch those old National Geographic shows about animals and parks together.

Why did you choose a career in Outdoor Recreation?

My family has always been very outdoor-oriented. My affinity for the outdoors and what it offers is a conviction if you will. I was never a mainstream sports kind of guy, always went for the extreme stuff. When I got a taste of teaching outdoor experiential education, helping adults and kids learn extreme sports and also stewardship and conservation of their place of play, I really enjoyed the challenge and I was hooked.

You went out west to work in Grand Teton National Park, why? What was it like?

I have deep and abiding love for the mountains, in essence I'd like to call them my second home. I love rock climbing, and the Tetons were a place that I longed to visit and climb. I also wanted experience with the National Parks. I applied for an internship as an Interpretive Naturalist Park Ranger and I was exceedingly lucky to get it. The Tetons are nothing short of surreal, it's hard to imagine it. The first day I was there is

something I will never forget.

What brought you back to Louisville?

I almost stayed out there, but unfortunately most NPS positions are seasonal, and I needed to finish my degree, so it was back to the Ville for me.

What do you like most about working in the Forest?

Not everyone likes nature, and oftentimes it's because they don't really know nature. Discovering (*continued on back page*)



Mayor's Healthy Hometown Hike

The Forest will celebrate the sixth annual Mayor's Healthy Hometown Hike on Saturday, October 16 from 10 a.m. until 2 p.m. in the Horine Reservation. Please join us for a wonderful autumn day of hikes, family nature and craft activities, demonstrations (orienteering, solar astronomy, canoe/kayak), hayrides and more! Mayor Abramson will open the event with a few words of encouragement and wisdom! Our festival area will be packed with representatives from local nature-oriented organizations and clubs. They will provide information on green living and health and fitness. Many guided hikes will be available for all levels including beginner, intermediate and advanced. In keeping with the season, we'll offer pumpkin decorating and other seasonal crafts for children.



Mayor Abramson encouraging the next generation of hikers

The Mayor's Healthy Hometown hike

**Saturday, October 16, 2010
10 a.m.-2 p.m.**

Family-Friendly Activities:

- Guided Hikes
- Canoe/Kayak Demos
- Pumpkin Decorating
- Nature Fun
- KY Dept. of Fish & Wildlife FINS Fishing

**Jefferson Memorial Forest
Horine Reservation
12304 Holsclaw Hill Road**

Trails Sponsor: **WWM** WILDTIP MANAGEMENT

Information and directions: 502/368-5404 www.memorialforest.com

go green louisville

METRO Parks www.metro-parks.org

JEFFERSON MEMORIAL FOREST

Healthy Hometown



Come get your free Halloween pumpkin!

Jefferson Memorial Forest
11311 Mitchell Hill Road
PO Box 467
Fairdale, KY 40118

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Jerry E. Abramson, Mayor
Louisville Metro Council



Metro Parks
www.metro-parks.org
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- Bennett Knox
Parks Administrator
- Brian Lewis
Infrastructure Manager
- Tonya Swan
Public Education Manager
- Vacant
Land Manager
- Sherry Wright
Volunteer Coordinator
- Larry Hilton
Naturalist/Trails Supervisor
- Gina Tate
Welcome Center/Reservations
- Katheryn Lynn
Naturalist/Programs
- Shawn Nevins
Naturalist/Programs
- Jerry Waddell
Maintenance Supervisor
- Christa Weidner
Naturalist/Programs

(continued) the ways to reach those people and allow them to appreciate it and be inquisitive about it makes this job worthwhile. It also allows me to be proactive about something I am very passionate about. When you have a job you really enjoy, it simply doesn't feel like work. Not to mention I have an amazing staff to work with.

What has been the most challenging part of your job so far?

A lot of people when they ask what I do, think I play in the forest all day. This is obviously not true. Finding time to plan your next environmental education program; learning a thousand different things you don't know about the natural world; finding ways to present teambuilding programs to different ages and personalities, to challenge and help people work together, these are most definitely the toughest challenges thus far.

What do you want to accomplish in your position at the Forest?

I see a lot of potential with the Forest in terms of increased visitation. I'd like to see us offering more programs focusing on outdoor skills and education. I'd like to add to our already fantastic teams' courses. I'd like to build partnerships and expand our outreach programs to more schools. I'd like to see Jefferson Memorial Forest hosting more events, music shows

and nature/art festivals.

What is your favorite thing about JMF?

I've got to say the staff. Having fun staff that is just as enthused about being outside and teaching environmental education as you are makes it absolutely fantastic. The woods are an added bonus.

Any hobbies?

Too many to name, but I really enjoy rock climbing, backpacking, snowboarding, mountain biking, trail running, drawing, writing and reading poetry, Martial Arts, and I'm a huge movie buff. I'm almost always with friends and always having a good time.

Person you most admire and why?

Hard to say a person I most admire, because there are so many people who have helped me become who I am. My grandpa brought me into the natural world. He helped me discover the reasons why I love the outdoors and why I so enjoy educating others.

If you see this daredevil out in the Forest, be sure to say hi. Welcome to Jefferson Memorial Forest, Ryan!

