

Friends of Schuylkill River Park



Fall 2012

www.fsrp.org

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Announcements

October 20, 11am—3pm : Friends of Schuylkill River Park Fall Festival

October 20, 1pm : Dedication and Grand Opening of Schuylkill River Park Connector Bridge

November 10 : Fall Tree Tenders Planting. Please email fsrptreetenders@phillyparks.org for more information.

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The FSRP Fall Festival and Bridge Dedication— October 20, 2012

Come celebrate autumn -- and the much anticipated improvements to Schuylkill River Park -- on Saturday October 20! This year's Fall Festival will coincide with the new pedestrian railroad bridge opening ceremony so we expect the largest turnout ever! The bridge will connect our park with Schuylkill Banks, and the immensely popular recreational trail along the Schuylkill River.

Join neighbors, students, and kids (and dogs!) at Pine and Taney from 11a.m. to 3 p.m. as your community celebrates the new improved Schuylkill River Park with good energy... music...fun for kids and pets... an eclectic and growing mix of vendors, demonstrations, a fabulous silent auction, and enticing raffle prizes!

Visit a variety of craft, pet, and community vendors; take in the crisp autumn air; and savor festival treats as the crowd-pleasin' Signature DJs, spinning at the FSRP Festival since 2009, once again energizes kids and grownups alike, with dancing and contests to the latest pop hits.

The 4-H Petting Zoo, which made its FSRP Fall Festival debut in 2010, returns to a day that's chock-full of kid activities. Among other fun stuff: super moon bounce, fantastic face painting by amazing neighborhood artists, cupcake and pumpkin decorating, donkey cart rides, finger-

printing by a Philadelphia police officer, and more! The costume dog parade returns with prizes going to the cutest, scariest and most original.

The CHOP Safety Van, newcomer to the fall festival in 2011, offers (at cost) safety products like infant and booster seats. CHOP health educators will be on hand as well, to give advice on child safety.

And a festival first...United States Tennis Association will be on hand at Centre Court with plenty of racquets and instructors to give kids a few pointers, give some encouragement, and have some fun!

Be sure to enter the Raffle and bid in the Silent Auction! Many more to come no doubt, but these items are committed at press time:

Artworks by: Michael Biello (Biello Martin Studio), Paul Davis Jones. Gift certificates to: Dmitri's (dinner for 2), Eye Candy Vision, Hair on the Square, Metropolitan Bakery, and Terra Restaurant. Tickets for: Opera Company of Philadelphia (The Magic Flute), Arden Theatre Company, Landmark (Ritz), National Constitution Center, and The Rosenbach Museum. Items from: Blick Art Materials, Prince Tennis, Buyenlarge (canvas prints). We also thank generous donors (at press time) who help to offset event costs: Dmitri's, PepsiCo, Blick Art Materials, and Tall Pines Day Camp. (continued on page 2)



The Friends of Schuylkill River Park is a 501(c)(3) non-profit organization. The official registration and financial information of The Friends of Schuylkill River Park may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

FSRP Fall Festival (continued)

The FSRP Fall Festival is indeed a growing neighborhood tradition. Bring family and friends and see why! Enter the festival at Pine and Taney just west of 26th. Free admission. Rain date is Sunday, October 21.

Interested in donating a raffle or silent auction item, volunteering, or being a vendor (vendor fee, waived for non-profit groups, is only \$25) for the 2012 festival? Please email us at fsrporg@gmail.com or visit our website www.fsrp.org.

Volunteer Spotlight: Lora Hemphill

Lora is a local resident, realtor, and volunteer at Schuylkill River Park. We sat down with Lora to learn more about her and how she contributes to our park.

Q: How long have you lived in the neighborhood?

A: I have lived here since 1982 and the park immediately became a part of my life. There have been many improvements to the park since I started coming.

Q: What is your favorite thing to do in Schuylkill River Park

A: Walk my dogs and socialize with my neighbors.

Q: What is your favorite event sponsored by FSRP?

A: Fall Festival. I love the dog parade and the whole park feels alive with all of the members of the community coming out on a beautiful fall day.

Q: How have you been volunteering at the park?

A: I have served on the Fall Festival and Eat, Drink and Be Green committees. I help out with the mailings and the newsletter. I'm also a member of Fitler Square Improvement Association and Friends of Rittenhouse Square. Being a long time resident and local real estate professional, I like getting involved and giving back to the area in which I live, work and play.

Q: How did you get started volunteering?

A: I spoke with several board members and other members of FSRP, who encouraged me to join.

Q: What is your fondest park memory?

A: Visiting the public gardens and sharing in some of the vegetable garden harvests with friends.

Q: FSRP raises money to beautify, improve and maintain the park. If you could suggest any improvements or additions to the park, what would they be?

A: The landscaping team does a wonderful job planting and maintaining the garden areas of the park. For improvements I would suggest better nighttime lighting of the park, more benches, drinking fountains, and more strategic location of trash receptacles.

Thanks for those suggestions, Lora. As part of the renovations, the lighting is being dramatically improved and we are placing many new trash receptacles and benches throughout the park, including in the new dog run. Also, there is a drinking fountain by the playground and a combined human/dog drinking fountain has been newly installed on the Schuylkill Banks side at Locust Street.

Sponsor a Bench

With the replacement of all Park Benches occurring as part of the Pedestrian Bridge Construction, the Friends of Schuylkill River Park has a limited time opportunity for perpetual bench sponsorships. Sponsorships are available for \$2,000 and include a placard with wording of your choosing. The benches can be for dedication, appreciation, memorial of people or pets, and other uses. If you are interested in a sponsorship, please contact fsrporg@gmail.com

We have sold three sponsorships thus far. Once all installed benches are sold, the opportunity will end.

Being a Tree Tender

Do you want to get involved in your community? Lower crime rates? Improve property value? Would you like to decrease your carbon footprint? Would you like to do one thing that will outlive you and make a difference to future generations?

These are some of the reasons why I chose to take a class at the Pennsylvania Horticultural Society. A three week class, approximately 10 hours in total taught me all the skills to be a Tree Tender in the City of Philadelphia. Twice a year, in the spring and the fall I get together with other community leaders and we volunteer a Saturday morning to plant trees in the city. It's an opportunity to meet like-minded people and to have some fun.

We go out in small groups armed with shovels, picks, buckets, clippers and bare-root trees. We meet our neighbors who have requested a free tree on their property. While the work can seem overwhelming it strengthens the bond between us and gives me a certain pride knowing that the tree I plant today will be around for generations to come. People stop me in the street and ask me "What's a Tree Tender?" It's a conversation starter and something I'm proud to share. I have the opportunity to educate people about trees, planting greenery and improving our environment.

Having lived in Rhode Island and Maine I was afraid of moving to a big city! I wanted to know there would be trees when I looked out my window to offer shade and shelter. Planting trees in the tri-state area means that I can play a part of city meeting country. Cities with more trees enjoy higher property values and lower crime rates. Planting a tree today means more shade tomorrow.

Do you want to be a part of the future of Philadelphia? The next tree tender training is in October! (<http://www.pennsylvaniahorticulturalsociety.org/phlgreen/tree-training.html>) You'll meet

some great people. Have a fun learning experience and take a leading role in your community's development. Don't just live in Philadelphia, become a part of this great city by planting a tree!

Editors Note: Sheila Cavanaugh has been an active tree tender. Recently, she provided 'report cards' to some of the trees Friends of Schuylkill River Park Tree Tenders (FSRPTT) planted this past spring and fall. These report cards let us and the tree owners know how their trees are doing. This summer has been extremely dry. Insufficient water can have devastating effect on tree health. New trees must have at least 15 – 20 gallons of water a week.

FSRPTT Fall Street Tree planting will take place on Saturday, November 10. Both trained and untrained volunteers are needed to help. Ability to do physical labor and enthusiasm is a must. For details contact: fsrptreetenders@phillyparks.org.

Advertise in the Friends of Schuylkill River Park Newsletter

Our Newsletter is published four times a year: Spring, Summer, Fall and Winter. Below rates are per issue.

	Member	Non-Member
Full page	\$135	\$150
1/2 page	\$90	\$100
1/4 page	\$67	\$75
B-Card	\$45	\$50

For information, inquiries, or submissions, please e-mail us at fsrporg@gmail.com

New Dog Run Opens

The Friends of Schuylkill River Park would like to thank the City of Philadelphia for accelerating development of the permanent dog run such that a space for dogs to exercise could always be available. The City deserves a great deal of appreciation for their sensitivity to this issue and extraordinary efforts to ensure the continued presence of sufficient dog run space during construction.

In the original construction plans, the temporary dog run was to close for 2-3 weeks after labor day before the permanent dog run was ready. If this plan were executed no dog run would have been available for several weeks while crews worked on the park's "bowl" and completed the new permanent dog run.

The now open new permanent dog run features a number of amenities, including among others an anti-microbial K-9 Grass surface, 2 frost-resistant 365 day per year water sources in each dog run, plentiful seating, and planned high quality lighting and landscaping.

The acceleration in timing allowed the public to enter a dog run that was almost but not quite finished. As such, there are a few improvements still planned including:

1. Extending the chain link fencing to block dogs from jumping on or squeezing under the bridge ramp.
2. Improving the corral gates such that they are easier to use.
3. Adding a bench in the small dog run for increased seating.
4. Blocking some small areas where dogs may squeeze under the chain link fence on the east side of the large dog run. This is planned to occur in tandem with the exterior landscaping.
5. Installation of the planned permanent lighting and landscaping.

We certainly appreciate your patience as these items are completed and hope you enjoy one of the finest dog runs in the City.

Did you know?

In Summer 2012, FSRP purchased 4 additional benches for the new dog runs to help ensure adequate seating for all.

Free Street Trees

Would you like a free tree in front of a property you own - a home or business? The Friends of Schuylkill River Park *Tree Tenders* covers the area bordered by the Schuylkill River and Broad between Walnut and South. We work with TreeVitalize to plant trees for free, including cement cutting, within our bounds. Support from CCRA allows us to also grind stumps for free. For more information and to download an application, visit:

www.fsrp.org/treetenders

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A Few FSRP Past Project Include:

- Recondition 50+ Park Benches
- Paint Fencing and Bathrooms at O'Connor Pool
- Renovate and Maintain Schuylkill Pocket Veterans Memorial Field
- Replace All Markward Playground Equipment
- Coordinate Improvements to 25th and Delancey
- Invest more than \$50,000 into the Park's Urban Forest
- Renovate and Maintain Playground Landscape
- Install Drinking Fountains
- Plant Thousands of Spring Bulbs
- Plan major improvements to the courtyard outside Markward

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What to do if your dog shows signs of injury at the dog park

By Chad Carnahan

You hope this is never your scenario, but what if your dog is running around the park one day, having a great time when all of a sudden they yelp or pull up lame? Or maybe it isn't as obvious as this and it takes a while for it to become apparent that your companion has sustained an injury. What do you do now? The following will tell you ways to recognize pain in your pet, things you can do at home to treat them, at what point should you take them to see your veterinarian and what are some of the things veterinary professionals can offer?

The first thing you need to be able to do is recognize signs of pain in your pet. Sometimes this can be easy, such as when your pet has non-weight bearing lameness, or if they are obviously limping and having difficulty fully bearing weight on a leg. At other times, their injury may present with subtle soreness. This is usually apparent when there is a chronic condition and your pet could show this by some of the following; a reluctance to go to the dog park, hesitating to jump on the couch, hesitancy to do the stairs or restlessness/difficulty getting comfortable.

If you notice your pet doing any of the above, there are a few treatments you can do at home. If they suffer an acute injury, you should rest them with no walks or play time for 24-36 hours. If they yip, cry out or walk on 3 legs, you should immediately ice the injury. Put ice on for 10-20 min on, take 10-20 min off and then repeat. If your companion has chronic pain, warmth is the best treatment. There are commercially available heating pads or you can make a corn sack or fill a sock with rice, heat in the microwave and apply to sore areas. Be careful with electric heating pads as they can burn your pet when left on or short out when your pet decides to drool all over it.

If your companion does not show signs of improving after 24-36 hours or if their con-

dition worsens, it's time to contact your veterinarian for evaluation. One of the tools vets have is NSAID's, which relieve inflammation. They are similar to drugs like Advil we use when we over do it but you have to beware of using OTC drugs as they can cause GI ulcers and bleeding. Even with prescription medications, your pet's organ function needs to be monitored through bloodwork. Muscle relaxers are also available, such as methcarbamol, which are most helpful for back and neck pain or muscle strains, like iliopsoas (when a dog falls with hind legs spread eagle). In the case of severe pain, additional medications can be added.

A pain management specialist can offer a variety of treatments in addition to or in place of medications. Acupuncture, LASER, TENS and exercises are available to treat acute pain. For chronic conditions, one can use Acupuncture, LASER, TENS or Hydrotherapy.

As with most things in life, prevention is a much better option than waiting to treat an injury. You can keep your pet well conditioned to try to avoid "weekend warrior syndrome". Managing their weight is extremely helpful and can aide a variety of conditions. If your pet unfortunately shows signs of an injury that is not improving, addressing concerns sooner, rather than later, can improve your pet's chances of recovery.

Chad Carnahan is Director of Operations at WAG: Whole Animal Gym, a veterinary rehabilitation and pain management facility in Philadelphia.

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