Centre County Senior Environmental Corps
Newsletter July 2019

April 20, 2019 Watershed Cleanup Day a success! 8:00 AM – 12:00 PM

ClearWater: "Thank you to the MS4 Partners (State College Borough, College Township, Ferguson Township, Benner Township, Harris Township, Patton Township, (Penn State University), Centre County Recycling & Refuse Authority, and all of the volunteers that helped make our 2019 Watershed " Cleanup Day a success! Together, we prevented 13,720 pounds of trash from entering our waterways!

Participating from our PaSEC in Benner Township, were Mick McKay, David Truesdale, Lou Mayor, Rob Fugate, Cheryl Fugate, Betsie Blumberg, and Genevieve Robine. Betsie helped with the picnic, held at Circleville Park. The rest of us picked up trash in the Buffalo Run watershed area along Upper Gyp Road and Filmore Road. We collected between 15 and 20 bags of trash, plus a television, a window frame, and a barbecue grill.

We worked until we were tired and grubby but still didn't get all the trash. We all agree that the amounts are less than when our PaSEC first started participating in the annual ClearWater Cleanup, but we still cannot believe the littering continues, year after year.

I think we all stayed tick free, except for Cheryl and Rob Fugate. They had a tick picking party when they got home.

CCPaSEC Fundraising effort

The total contributions received to date are sufficient to complete 3 new survey kits with supplies

April 26, 2019 – The Western Pennsylvania Conservancy and the Dominion Energy Charitable Foundation recently awarded grant.

https://www.dominionenergy.com/

CCPaSEC President Lou Mayer accepts Mini Grant for new field equipment

CCPaSEC receives additional help

MAY 2019: We needed additional funds for supplies (chemical reagents, standards, safety equipment, batteries etc.). We applied to the company. 'New Pig', *a charitable initiative to salute our customers' passion for protecting habitats and preserving wildlife.* CCPaSEC's project qualified with four others for funding. The amount of funding we receive is based on the total of public votes we obtained for our project, "*Baseline Data for Water Quality*".

Thank you 'New Pig' *see:* http://www.pigdifference.org

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MAY 2019: Thank you Centre Gives 2019 donors for contributing to CCPaSEC through the Clearwater Conservancy.

Excerpts from Town & Gown "Our watershed" by Vincent Corso, May 2019

Bob Wilberding, Ken Johnson and Dave Truesdale sample North Fork Beech Creek (photo by T&G Darren Andrew Weimert)

The watershed is one of our most important natural resources and there are numerous groups working to protect it and keep it viable. From every new development to every highway that gets built, this community is keeping an eye on where the water flows.

This led to the start of ClearWater Conservancy. The Centre Region is growing by a family a day, with an average of three-and-a-half new people moving here every day, says Nardone.

"We are not only growing up with all the high-rises you see downtown, but we are growing out. So, rural communities, places where people recreate, places that provide us drinking water and a healthy trout fishery, are all starting to decline because of the increased pressure of development," she says. "So, we have to take a look at what are the best places that are in need of protection as we grow, and how we protect the integrity of what we have, which is clean drinking water, trout filled waters, forested ridge tops; they all provide a lot to our everyday way of life. We can't grow and not find ways to make sure those places are protected."

"It is one thing for us to live here and work here and go to school here. It's another thing to really appreciate what is around us," says Nardone. By connecting people with nature, ClearWater is working to open people's eyes.

Senior environmentalists and ClearWater

Armed with water test kits, friendship, and maybe some hip waders, an intrepid group of older citizens from the Centre County Pennsylvania Senior Environmental Corps, part of the ClearWater Conservancy and Retired Seniors Volunteer Program, go out Monthly to monitor 46 streams in the area by methodical physical & chemical analysis.

"Once in the spring and once in the fall, the teams also do a macro invertebrate survey as well, checking crawfish, mayfly larva, and worms", says president Lou Mayer. Basically, they monitor all the things that indicate the health of streams, ClearWater facilitates our CCPaSEC post the data at **CCPaSEC. org**. And while they do not monitor Spring Creek – the Spring Creek Watershed Association and Clearwater Conservancy do that – Mayer says they monitor many of the tributaries that run into Spring Creek, as well as other watersheds such as the Penn Creek, Bald Eagle Creek and Beech Creek Watershed.

The group started collecting data in 2002. Mayer says the teams develop close relationships through their time out on the streams, and they are always glad to find new members.

Mayer says there have been some instances where team members have noticed streams with numbers that were "out of whack" because of snow runoff from farms or other issues, but by and large the waterways have remained pretty healthy, thanks to all the work of groups like ClearWater through the years.

Anaplasmosis

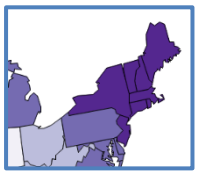
My recent experience: Mind you, I come from the most tick infested area of the USA, New England, and I know better. I use "DEET" on our surveys. It took only a very brief exposure, could have picked it up in my back yard, I forget to use it there. Result, about 3 days very high 103 ^{o}F temperature, teeth chattering chills, muscle aches, nasal congestion, acute dehydration, hyperventilation, Emergency Hospital visitation for diagnosis, blood and urine tests, 10-day culture test. IV – massive dose of antibiotic and other meds, followed with 15 days of twice a day antibiotic. - Ken

Anaplasmosis is a tickborne disease In the United States, anaplasmosis was first recognized as human disease in the mid-1990s, but did not become nationally notifiable until 1999.

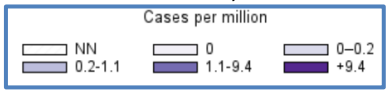
Symptoms can begin within the first 24 hours or within 2 weeks of exposure.

The number of anaplasmosis cases reported to CDC has increased steadily since the disease became reportable, from 348 cases in 2000, to 5,762 in 2017.

The incidence (the number of cases for every million persons) of anaplasmosis has also increased, from 1.4 cases per million persons in 2000 to 17.9 cases per million persons in 2017. Most are reported in June and July. More than 50% of all cases occur in June and July. Bellefonte Geisinger has seen several cases this year.



The case fatality rate (i.e., the proportion of anaplasmosis patients that reportedly died as a result of infection) has remained low, at less than1%.



These areas correspond with the known geographic distribution of the blacklegged tick (*Ixodes scapularis*), **(*aka Deer tick*)** the primary tick vector of *A. phagocytophilum*. This tick also transmits the agents of Lyme disease (including *Borrelia burgdorferi*) and other human pathogens; co-infections with these organisms have occasionally been reported.

Doxycycline is the drug of choice for adults and children of all ages with anaplasmosis.

https://www.cdc.gov/anaplasmosis/index.html

Prevention

The *Appalachian Trail Conservancy* is a supporter of Insect Shield. Insect Shield is a process binds a proprietary permethrin formula tightly to fabric fibers, resulting in effective, odorless insect protection that lasts the expected lifetime of apparel. Permethrin has been successfully used in the United States as an U.S. Environmental Protection Agency (EPA)-registered product since 1977, with an excellent safety record. It is used in lice shampoos for children, flea dips for dogs, and various other products, some of which are regulated by the FDA.

You can purchase pre-treated clothing with Insect Shield from many brands or your local outfitter

https://www.insectshield.com/

Attention: Upcoming happenings

Meetup **July 28 Black Moshannon** Join a group of friends who like to get together outside

https://www.meetup.com/State-College-Hiking

August 14 CCPaSEC picnic at Spring Creek Park.

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April 2019: New member training

Mick looks on as Genie and Susan Sapp collect macros

Mick and Susan measure flow

Genie and Joyce explain Macros

Membership

'Help support teams of seniors who gather water quality and macroinvertebrate populations data that are published on our website, ccpasec.org.'

Directions for contributions are on our website:

To join CCPaSEC call the Centre County RSVP Retired and Senior Volunteer program.

Phone (814) 355 6816

Monday thru Friday 8:30 AM to 5:00 PM

To submit corrections or to contribute articles, please contact Ken Johnson via our website.

"A good laugh and long sleep are the two best cures for anything", Irish Proverb

Nature Abounds™ has been the primary sponsor and provider of equipment and supplies for CCPaSEC the. The ClearWater Conservancy and Centre County RSVP are major supporters. following have provided additional support funding for special equipment for one field kit: Financial support for this grant is provided by the Dominion Energy Charitable Foundation which is dedicated to the economic, physical, and social health of the communities served by Dominion Energy companies. Western Pennsylvania Conservancy: This grant program was administered by the Western Pennsylvania Conservancy in commitment to its core mission of conserving Pennsylvania's diverse ecosystems through science-based strategy, leadership, and collaboration.