Centre County

Senior Environmental Corps

April 2017 Newsletter

"Contributing to our environment"

Our mission is to help develop and to support teams of seniors who gather and publish data on the quality of water in our streams.

CCPaSEC is not just about water quality. We offer a means of those over 55 or retired to learn new things and meet folks with a wide variety of backgrounds and experiences. Social interaction contributes to psychological and physical wellness. People can express their feelings and share their problems to cope with stress and major life changes.

CCPaSEC's Team 1 interactions are an excellent example. Story by Carolyn Hatley

"Turning Silver into Gold"

We were the first team to begin monitoring under the original government-sponsored program by the Environmental Alliance for Senior Involvement (EASI) program, and we have been continuously monitoring Slab Cabin Run and Galbraith Gap Run since 2002.

First and foremost, we were all new to each other. We all met after reading an article written by Margaret Hopkins for the CDT titled "Group Helping Seniors Get Their Feet Wet". We were invited to Open House, Environmental Alliance for Senior Involvement, Centre County Chapter that was held at the Willowbank Building in Bellefonte.

Our team was cobbled together by our mutual concern for the quality of our water resources, and over time by our concern for each other as well.

We committed to the training, spent many hours drafting and documenting things that were extremely cumbersome and time consuming. All the while, enjoying each other's company and growing closer as a group with different personalities, backgrounds, and professions.

Our relationships expanded with the spouses and after that first year we found we were including each other in social functions. Not only did we spend time water testing but started having periodic lunch or dinners together. We are grateful to have each other as part of our life! To think it all started as a result of our common interest in Water Quality and Stewardship of the Earth.

Eight of the original team (including spouses) continue to meet at different restaurants once a month throughout the year.

They have celebrated anniversaries and holidays at gatherings in each other's homes, gone on social outings together, and prayed for each other when one member is ill. The team has become a "family" the way many CCPaSEC teams do. New teams are being formed all the time. Come join us and find new friends.

As the saying goes, **"*Make new friends but keep the old. One is silver, the other gold*."**

Derived Benefits

Our volunteers visit sites each month to perform water surveys knowing they are contributing to the preservation of our environment whilst enjoying the companionship, a little outdoor exercise, and the changes of the seasons.

Macroinvertibrates

Twice a year our teams visit their stream sites to count macroinvertebrates. The count helps determine the long term biological condition of the stream from those who live in it year round.

Centre County suffered a major flood in October last year when Romayne Naylor explored the riparian damage in Milesburg and found a Hellgrammite of extraordinary proportions. Hellgrammites may reach two to three inches in length when fully grown as shown. Compare this fellow to the size we normally find on our surveys.

As an adult, a hellgrammite becomes a dobsonfly.

Would you like to help?

Join us to meet new friends and share experiences. We provide training and equipment; it's easy, and fun.

To Join: Please call the Centre Counter RSVP (Retired and Senior Volunteer Program) Monday – Friday 8:30 am - 5:00 pm Phone **(814) 355-6816**

Meetings: Everyone is welcome to come to our meetings. They begin at 9:30 am in the Willowbank Building, Bellefonte.

Please see our website for our meeting schedule.