A five thousand dollar award from the Doppelt Family Trail Development Fund of the national Rail-to-Trails Conservancy was given to the Council in order to assist with matching funds needed for a pre-fab bridge over the Starrucca Creek in Stevens Point. The railroad bridge was removed shortly before we purchased the railroad right-of-way.

With a grant from the Department of Community and Economic Development’s (DCED) Trails and greenway program, the Council is working with LaBella Engineering to design, permit and install a replacement pedestrian bridge. We were one of six recipients from a pool of 170 applications! This award will assist us with the matching funds needed for this project. We hope the bridge will be in place by the end of this year.

Forest City Trailhead WiFi

WiFi was recently installed on the Forest City Trailhead thanks to a partnership with the Greater Forest City Business Alliance, the Endless Mountain Visitors Bureau, NEP Telephone and the Rail-Trail Council. We were also able to bring power to the trailhead with the assistance of the Greater Forest City Industrial Authority, who brought power into the business park with grant funds.

If you’re on the trail and need to find a great place to eat or shop, you’re just a click away from enjoying Forest City’s small town hospitality. You’ll get the latest on town and trail events too!
Family First, Trail Second

“The most extraordinary thing in the world is an ordinary man and an ordinary woman and their ordinary children.”

—G.K. Chesterton

No matter what shape your family takes, whether that be nuclear, single-parent, grandparents raising grandkids, or any other possible combination; we all agree that family is one of the most important things in life. A recent survey found that when most people were asked what a successful life looked like, they answered with having a family. If you are a follower of our blog or a first time reader, most likely you agree with that sentiment. The love we experience within our family can be the most fulfilling and deepest love we ever feel. It’s why we are called “Trail Family.”

Since family is so important, we love to give our children what is best. You don’t have to have tons of fancy, expensive gear. You can buy store brand granola bars instead of the big name brands. Those are not what constitutes the “best” for children. What children truly need is time well spent with the adults in their lives who love them the most.

Our goal for our children when they are grown is for them to look back and have a treasure trove of wonderful family memories. We want to hear them reminisce about being together and having adventures. They won’t remember most of the “stuff” that facilitates our TRAIL FAMILY lifestyle. They will recall how much we all enjoyed each other as we hiked, biked, and walked the trails.

Cultivating the TRAIL FAMILY lifestyle is a means to that end. We utilize the trails because we enjoy the outdoors, fresh air and physical activity is good for all of us, and it gives us a time and place to build family relationships through shared experiences.

There have been a few times that we wanted pictures for the blog or video for the YouTube channel when things were not going well. Maybe someone was not having a fun time, a kid crashed their bike, or they couldn’t remember their lines for the video. It was tempting to get upset in these circumstances. Fortunately, we as parents remembered that family relationship comes first, trail agenda comes second. If something has to give for the experience to be one of family bonding and growth, then trail things give way to family things.

I thought that this would be a good opportunity to share a few of our other family interests with you. Like your family, we have lots of things we are passionate about. We all love board games and card games. Tim loves cooking and grilling. Shannon enjoys knitting and crocheting. The girls are learning to sew and love going swimming. Our little trail buddy Clavin is only 2½, so his likes include blocks and snack time.

We love our trails and the opportunities they give us to become stronger as a family. We do lots of other things together too. How has cultivating a TRAIL FAMILY lifestyle contributed to positive growth in your family? What other things do you enjoy together? Let us know in the blog comments. We would love to get to know our TRAIL FAMILY community.

Love our local Trail Family: See their blog on https://trailfamily.blog/
Events Galore!

FEBRUARY 10, 17, & 24
Walking Mondays at 9 am, Rail-Trail Office, Union Dale. Keep true to your health commitments while enjoying the outdoors. There will be a group discussion with regards to ‘Self Compassion’.

FEBRUARY 8, 22, & 29
Follow-up Saturdays at 12 pm. In case you missed Monday morning or would like to add to your walking commitment.

FEBRUARY 15
Winter Tree Identification, Discussion, Discovery & Walk at 10 am. Please join us with Jim Kessler, a retired District Forester as we walk the Endless Mountain Trail discovering the types of trees and the history along that section of trail. We will meet at Rose Road, off Route 706, in New Milford, PA.

MARCH 1, 8, & 22
Sunday Fun Day Adventures at 2 pm. Discover the different hikes and history along the 33 miles of Trail. A different hike each Sunday. We will meet on March 1 at the Rail Trail Office at 2 pm. Bring your phone or camera—you won’t want to miss the opportunities.

MARCH 14
Yoga Walk/Hike at 12 pm. Rail-Trail Office, Union Dale. The Yoga will be lead by Tiffany Debish. As we walk we will stop to breathe and stretch, experiencing the deep connection to our breath and learn how our bodies respond reducing stress while building strength and stamina.

MARCH 2, 9, 16, & 23 / APRIL 6, 13, 20, & 27
Walking Mondays will continue on Mondays at 9 am in March and April from the Rail-Trail office.

MARCH 7, 14, & 21 / APRIL 4, 11, 18, & 25
Follow-up Saturdays will continue on Saturdays at 12 pm in March and April from the Rail-Trail office.

MARCH 19
First Day of Spring Night Hike at 8 pm. Place TBA. Celebrate the first day of Spring. If the night is clear we will be looking at stars. Head lamps will be provided. Have your Sky View app ready.

APRIL 11
Yoga Walk/Hike at 12 pm. Rail-Trail office. The Yoga will be lead by Tiffany Debish. As we walk we will stop to breathe and stretch, experiencing the deep connection to our breath and learn how our bodies respond reducing stress while building strength and stamina.

APRIL 22
Earth Day Celebration—Sunrise Hike. Time and place TBA. Celebrate Earth Day with an hour long hike. Discussions about the importance of maintaining a healthy Earth—and some habits to establish that continue the practice of a healthy environment, Earth Day every day!

APRIL 22
Curiosity Hike for Children (Pre-K-6 grade) at 5 pm. Place TBA. Curiosity is the starting point of learning. Exploring the flora and fauna of the Trail is an opportunity to discover and investigate the environment and an appreciation of nature.

Membership Renewal Form

Please renew! The date on the mailing label on the reverse indicates when your membership expires.

☐ Lifetime/Founding $500  ☐ I am available for trail cleanups.
☐ Patron/Sponsor $250  ☐ Call me to discuss a corporate donation.
☐ Club/Organization $100  ☐ I am interested in finding out more about the “Trail Tender” program.
☐ Family $35  ☐ Send my newsletter electronically (instead of by mail) to:
☐ Individual $20  ☐ Send me a NEW brochure.
☐ Senior/Student $15  ☐ I am willing to volunteer for the D&H Caboose restoration project
  ☐ I am enclosing a donation to be used towards the D&H Caboose restoration project

NAME
STREET ADDRESS
CITY
STATE
ZIP
PHONE NUMBER
E-MAIL ADDRESS

Please update your address here if necessary. Make checks payable to Rail-Trail Council of Northeast PA
P.O. Box 32, Union Dale PA 18470 / Phone: 570-679-9300 / E mail: trails@nep.net
Trail Update

Thanks to the Endless Mountains Heritage Region, we were able to get some trail drainage improvements on the trail from Montrose to Tiffany Corners this past fall. Jon Brown along with the assistance of the Susquehanna County Snowmobile Association graded the trail and eliminated much of the standing water. Aggregate material was put down in the especially muddy areas. We also plan to produce a trail brochure with Endless Mountains Visitors Bureau room tax funds and add more trail identity signage.

Caboose Update

The exterior of the caboose has been completed with the carpentry skills of our trail friend Tom Feddock. Once we get some warmer temperatures, we’ll add the historical D&H stencil and caboose number to each side. We then will begin an interior restoration complete with a pot-belly stove. An interpretive sign will be installed as well. And yes, we are still accepting donations for the restoration!

Loss of Long-time Board Member

We were truly saddened to hear of the passing of Bob Hunter, a long-time active board member. Bob was our D&H Distance Run sponsor chairman since the race’s inception. He rarely missed a board meeting and was sure to greet all, usually with a hug. Bob was on Elk Mountain’s Courtesy Patrol, a perfect place to spread his enthusiasm and welcome. He was also known for his pasta dinner parties serving friends near and far. As per his request, Bob donated his body to further medical education. A memorial service will be held at a future time. Donations can be made to the Rail-Trail Council in Bob’s name. Rest in peace, Bob.

Rail-Trail Council of northeast PA
P.O. Box 32
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trails@nep.net
www.neparailtrails.org

ELECTRONIC SERVICE REQUESTED

When does my membership expire?

Your membership renewal date is to the right of your name on the mailing label, highlighted in yellow. To the extreme right is the mailing date. Effective 2019, memberships for all receiving electronic newsletters will expire on December 31.

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