



The Volunteer

Indiana Dunes National Lakeshore's Volunteer in Parks Newsletter

May 2011

A Summer Beach Project



Mt. Baldy is being loved to death. We need your help this summer to protect this icon of Indiana Dunes National Lakeshore.

In the month of May park staff will be working to put protective barriers around plants that are showing signs of stress, such as trampling, and giving Mt. Baldy a more natural look by planting 25,000 plugs of native marram grass.



Poor plant it is just asking for help.

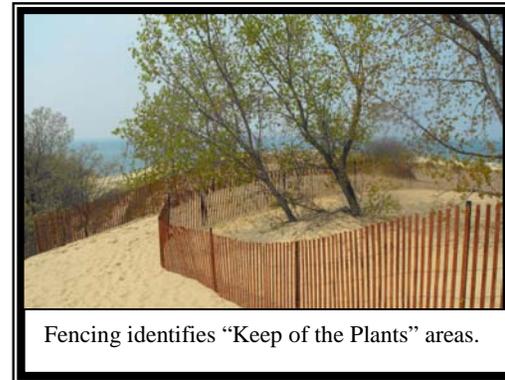
We can use your help!

There will be workdays in the month of May. Go to Volunteer.gov/gov, click on picture of Indiana and then click on May Days for Mt. Baldy for details on the work days. When you hit the send button, which e-mails your application, your information will go to the Project Volunteer Supervisor,

Anthony Sutphen. If you have any specific questions the best way to reach him is by e-mail at

Anthony_Sutphen@nps.gov

Your help does not have to end with the spring. You can lead throughout the year by example: stick to the designated trails, stay out of the protected areas, protect tree roots by bringing your own shade umbrella or shelter, and plant native plants at your home.



Fencing identifies "Keep of the Plants" areas.



The goal: Healthy native plants on an Indiana dune.



Indiana Dunes Kicks Off Park Prescriptions Program

By Costa Dillon, Superintendent



An enthusiastic crowd recently came out to enjoy a beautiful spring day at Indiana Dunes National Lakeshore and launch “Park Prescriptions” as part of this year’s National Park Week celebrations.

Teaming with Porter Health System, the National Park Service is working with health care providers to encourage patients to get healthy using the great outdoors as a tool. Under this program, part of the Healthy Parks Healthy People movement, health care professionals actually write prescriptions for their patients to take a walk, bicycle, paddle, or otherwise use Indiana Dunes as a place for health and physical fitness. Patients may be those recovering from surgery, managing their diabetes, or just maintaining a healthy life.

“We are pleased to launch this program in partnership with Porter Health System and highlight the role of Indiana Dunes National Lakeshore in community wellness,” said superintendent Costa Dillon.

“Eventually, we hope to widen this program to more health care providers in the region and to city, county, and state parks in the region.”

Dr. Omar Ansari, a family medicine physician, energetically endorsed the Park Prescriptions program and described how doctors will be writing prescriptions for their patients to use the national park.

“People could work out on a treadmill, but they need to get out into the sunshine to boost their vitamin D,” said Dr. Ansari. “This program allows us to work with our patients to keep improving their physical and mental well being.”

Students from the Discovery Charter School spoke on the importance of the park to children’s health and then led the assembled group through some warm-up exercises as a prelude to a walk on a park trail for a sample prescription.

This was not the only guided hike on the five park prescription trails, as there will be trail greeters out to help orient participants throughout the summer. There is no fee charged for use of any of the trails. A generous contribution from ArcelorMittal Steel Burns Harbor is being used to provide materials to the participants of this program and install new benches on the trails.

Park Prescription Trail Greeters needed. Sign-up at volunteer.gov/gov if you have an hour or two once a month to welcome people to our trails. Or contact Lorena_Nelson@nps.gov for more Park Prescription Trail Greeter details.



Got some free time to volunteer at Indiana Dunes National Lakeshore?

Check out  Volunteer.gov/gov for ways you can help us!

Remember to send in your volunteer hours to your volunteer supervisor.



Lake Michigan Water Trail Dedication June 4th, 2011

Volunteers needed from: 10:00 a.m. to 3:00 p.m.



Canoes and kayakers will be paddling along the Lake Michigan shoreline and the Little Calumet River to Portage Lakefront & Riverwalk to celebrate the dedication of the Lake Michigan Water Trail, and possible recognition of a National Recreation Trail. Peddlers will also arrive by bicycle for the special dedication ceremony. Contact Lynda_Lancaster@nps.gov for ways you can help.



WHEN: JULY 16TH, 2011. NOON

WHAT: **VOLUNTEER APPRECIATION PICNIC**

WHO: ALL VOLUNTEERS ARE WELCOME!

WHERE: BAILLY/CHELLBERG AREA MAIN SHELTER

WHY: TO CELEBRATE ALL THE HARD WORK YOU HAVE DONE, ENJOY DELICIOUS FOOD, MEET OTHER VOLUNTEERS, RECEIVE AWARDS AND GIFTS, AND TO HAVE FUN!

BRING A DISH TO PASS, WE WILL PROVIDE THE ENTRÉE.

WANT TO THANK YOUR VOLUNTEER SUPERVISOR? SEND ME, LISA PIETRALA, AN E-MAIL AT Imp229@nau.edu AND WE CAN THANK THEM AT THE PICNIC.



Volunteer Training Opportunity Contact your supervisor if this would help you do your volunteer job!

July 18-22—Nurturing Young Scientists: Critical Thinking Along the Lakeshore

Accompanied by a different researcher each day, participants will explore the lakeshore and engage in activities designed to help their students enhance critical thinking and research skills used in the scientific process. Educators can attend one or all five days. Each day will focus on a different theme such as the Great Lakes, climate change, local ecosystems, and more. Each day's session runs from 9 a.m.-5:00 p.m. Fee: Will be paid by NPS Volunteer program \$60/day (includes materials and lunch). Register by July 8. Worth up to two graduate credit hours. Workshop will be held at the Paul H. Douglas Center for Environmental Education and is conducted in partnership with the Great Lakes Research and Education Center.





Get to Know A Volunteer

Hello Fellow Volunteers,

My name is Lisa Pietrala, and I am a volunteer intern here at the Indiana Dunes National Lakeshore (INDU). I work for the wonderful Ms. Lynda Lancaster. Before I jump into what projects I am going to be working on this summer, I'll tell you a little about myself.

I was born and raised in the suburbs of Chicago where I lived with my folks, and my older sister. When I was younger my parents always made sure to take my sister and me out into the natural environment as much as possible. A couple times a year we would go on camping trips across America, either in a tent or the good ol' pop up camper, which aided in developing my love for the great outdoors.

For a higher education, I attended Northern Arizona University, which is located in Flagstaff (yes it snows there), and majored in Parks and Recreation Management. I chose that school not only because of the diverse area in all directions, but also the dedication that was present throughout the program and staff in the Parks and Recreation Department. While at NAU, I was a member of the NAU Hiking Club, and after a short while became the President for two years running, and loved every minute of it. Every weekend we explored something new, and we did not have to pay a lot to do it.

Since graduation last May, I spent that summer volunteering for the Alaska Department of Natural Resources at Harding Lake State Recreational Area, located in Salcha, Alaska (45 Miles SE of Fairbanks). If you want a simple life, that is the place to go! My first morning back in Chicago, I thought that the number of cars I saw on the way home from O'Hare was more than the total number of cars I saw the whole summer in Alaska!

I want to make this summer special for all of us here at the Indiana Dunes National Lakeshore. Face it we are at the most beautiful point around the big puddle.

What I'm I going to be doing all summer?

One project I will be working on is how INDU could use social media (i.e. twitter, facebook, youtube). I hope to increase the amount of interest in the park, the awareness of different activities, the availability of parking on high traffic days, and many more possibilities to keep the public informed and up to date.

You will see me out in the park taking pictures of volunteers at work, so if you are going to be working on a project, let me know. I plan on getting very familiar with many of the park's trails and miles of beach.

Another project that I am very excited about is the volunteer appreciation picnic on July 16, 2011, starting at noon, at the Bailly/Chellberg area located just down the street from the park headquarters. I asked that when you come to the picnic please bring a appetizer, side dish or dessert to share. The NPS will provide the meat and meatless entrees. At the picnic not only will there be special gifts of gratitude for all of the volunteers, there will also be mouth-watering food thanks to all of you, and some very amusing (I promise) activities and entertainment. To show your appreciation towards your volunteer supervisor or other park staff, please send me their names for nomination.

I look forward to this summer, and meeting all of you. I'll see you on the dunes, on a designated trail of course!

Sincerely,
Lisa Pietrala





Volunteers Needed 2011 Duneland Heritage Days

Dear Perspective Volunteer,

We invite you to participate in this years' *Duneland Heritage Days at Indiana Dunes National Lakeshore*. Duneland Heritage Days showcases how human history is influenced by the unique resources and landscapes of the Duneland region. We will focus activities around three zones and broad areas of emphasis:

Prehistory to the 1830's

This zone reflects how the area's topography, waterways, and natural resources influenced the ways in which Native Americans and early Euro-American immigrants lived, traveled, and traded in the Duneland region.

1830's - 1930's

This zone reflects the dramatic shift of land use in northwest Indiana from small farms and settlements to a more industrialized society, including the rapid growth of transportation corridors, the birth of the area's steel industry, early experiments in flight, and the mechanized consumption of natural resources.

1906 - 2016

This zone reflects the diversity of people moving into and settling the area, drawn by jobs in industry, transportation, tourism, and developing residential communities. This is also the era when citizen concern for preserving natural areas in the Duneland region became a catalyst in creating the state park and national lakeshore.

The event will take place at Indiana Dunes National Lakeshore's Bailly Homestead and Chellberg Farm on September 17 and 18, 2011 from 11:00 a.m.-5:00 p.m.

If you are interested in volunteering, please sign up now by completing/ mailing the *Sign UP Sheet* or by contacting Christine Gerlach by phone, (219) 395-1885 or e-mail, Christine_gerlach@nps.gov.

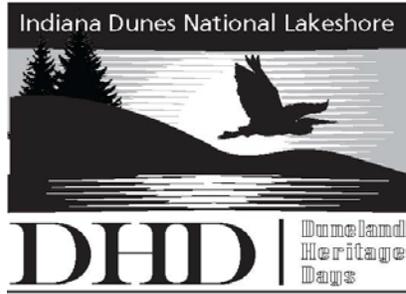
Christine Gerlach
Indiana Dunes National Lakeshore
1100 North Mineral Springs Road
Porter, IN 46304-1299

Please note: All volunteers will be required to attend a briefing and training meeting.

The volunteer meeting will include a review of NPS volunteer policy and then staff from each of the event areas will address specific topics and answer questions. The Volunteer briefing and training will take place at the Park Meeting Room (former Bailly Ranger Station) on Mineral Springs Road. You only need to attend one briefing.

Thursday, September 8th - 6:00p.m. - 8:00p.m. **OR** Saturday, September 10th - 10:00a.m. - noon





Volunteer Sign-Up Form

2011 Duneland Heritage Days

September 17th and 18th

Your Name: _____

Phone number & best time to call: _____

Address: _____

Email: _____

I will attend the required briefing on: **Thursday Sept. 8 OR Saturday Sept. 10**
(Circle one)

I HAVE / HAVE NOT been a volunteer at the national lakeshore.
(Circle one)

I will work 10:30 to 5:30 on: ___ Sat. & Sun. ___ Sat. only ___ Sun. only
OR

I will work these hours and day(s): _____

**Please number your preference of jobs below (1st choice, 2nd choice, etc.)
We will be using these positions in all event areas.**

- ___ Help distribute pre-DHD publicity
- ___ Pre-Festival set-up
- ___ Parking lot assistants
- ___ Transportation
- ___ Greeting visitors
- ___ Assisting with sales
- ___ Children's activities
- ___ Assisting with demonstrations
- ___ Runner-take stuff from one location to another during the festival
- ___ House tour leaders (Bailly and Chellberg and Fur Cabin)
- ___ Evening close-up; stay until 7 p.m. to assist cleaning and securing area
- ___ Post-festival tear-down the week after
- ___ Sound board operator for musicians
- ___ Set up and tear down of sound equipment for musicians
- ___ Other as needed

Thank you for your Support!

