

August 1, 2011



PARK PICKS
by
FRIENDS OF THE ALLENTOWN PARKS



Join Friends today! Become a member and help make Allentown's great park system even better.



VOLUNTEERS & SPONSORS NEEDED

NATIONAL PUBLIC LANDS DAY
SEPTEMBER 24, 2011
9:00 A.M.—4:00 P.M.
LEHIGH CANAL PARK, ALLENTOWN

Friends of the Allentown Parks needs YOU to join US in celebration of **National Public Lands Day**. This year's event will take place at Allentown's Lehigh Canal Park and volunteers are needed throughout the day. Activities will include:

- painting the boathouse, pavilion, picnic tables and benches
- litter removal throughout the park, including trails as well as in and along the canal
- removal of invasive plant species along the canal and river
- clearance of vegetation and debris along emergency steps

We thank **Kelly's Canoe and Kayak Center** in advance for graciously offering their assistance with canal clean-up.

Persons of all ages are welcome! Over 150 volunteers participated in 2010 and we hope to exceed last year's record.



2010 supporters included the Home Depot, the First Presbyterian Church of Allentown, Jordan Park Handball League, the Allentown Environmental

Advisory Council, students of the Dieruff High School National Honor Society, Allen High School Environmental Club and Parkland High School...and many more.

For additional information, to volunteer or sponsor the event please contact us at info@allentownparks.org or phone 610-437-7750. Thank-you for your support!

National Public Lands Day (NPLD) is the nation's largest, single-day volunteer event for public lands in the United States. NPLD began in 1994 with three sites and 700 volunteers. In 2010, **170,000 volunteers** worked at over 2,080 sites in every state, the District of Columbia and in many U.S. territories. NPLD volunteers:

- Removed an estimated 450 tons of trash
- Collected an estimated 20,000 pounds of invasive plants
- Built and maintained an estimated 1,320 miles of trails



2010 National Public Lands Day Site Review

Our 2010 NPLD site was Jordan Park. Volunteers created a new flowerbed, painted various buildings and,



amongst other activities, began work on the unique clay tennis courts.

In June 2011 work continued on the courts when Embrace Your Dreams (EYD) obtained grants from the U.S. Tennis Association (both National and Middle States) to install three "short courts" making it possible to teach tennis to children 10 and under, using the QuickStart tennis format which helps children and



beginners learn the game quickly. By using slower-moving and lower-bouncing balls on smaller courts with lighter shorter racquets, children can feel confident as soon as they pick up a racquet, building self-esteem,

gaining self-confidence and ensuring that they stay with the sport.

Tennis is one of the best



sports to improve overall health, mental acuity and self-discipline as well as being a great stress buster! EYD's First Serve junior tennis program utilizes tennis to teach life skills and core

values to children ages 5 - 18. At Jordan Park sessions run weekdays June through mid-August, Monday through Thursday from 9:00 a.m. - 12:00 p.m. & 4:00-6:30 p.m. and Friday from 9:00 a.m. -12:00 p.m.

For additional program and location information contact embraceyourdreamslv@yahoo.com or phone 610-868-5290. Photos courtesy of Julie Thomases, Executive Director-Embrace Your Dreams.

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