



November 16, 2007

Dear Lime Hollow Supporter,

As we approach Thanksgiving, Lime Hollow wishes to thank you for your generous support this year. Let us pause and reflect on just a few of the ways your contribution to Lime Hollow, be it a financial gift or a gift of time, has helped us bring more people outdoors and bring the outdoors to more people:

- In May, we celebrated the opening of our Visitor Center on McLean Road. To date, we estimate that over 4,500 visitors have learned something about the natural world from our displays, acquired a greater appreciation for the environment by gazing into our bird sanctuary, and realized both the physical and emotional benefits of nature by venturing onto our trails.
- At the Visitor Center, we hosted a wedding, a Geo-caching seminar, business luncheons, monthly meetings for the Cortland County Bird Club, teacher seminars, an orienteering event, and more...A continuing trend that makes Lime Hollow a community-based 'center' in the truest sense of the word.
- In time for the appearance of over 430 children participating in our summer camps, we provided a much-needed and long overdue "face-lift" to our Education Center Complex on Gracie Road by painting the exterior, patching the leaky roof, and improving landscaping.
- Speaking of those same camps, we expanded our summer camping opportunities for area children by 25% -- by increasing camper space, reducing clutter, and erecting temporary shelters.
- We hosted two, innovative Teen Art Camps this year. Not only did this new program offer a unique nature-inspired camping opportunity to teens (as you may know, an underserved population in our county during summer months) – the group's young artist-participants *also* added two exciting exhibits to our art trail that they, and you, can enjoy and be proud of.
- Volunteer crews we recruited directly or secured through win/win partnerships with other community-based organizations continued to widen and expand sections of the Lehigh Valley Trail. The dream of a 2.5+ mile multi-purpose trail is not far from becoming a reality!
- Work on our "Access to All Trail" continued, thanks to Eagle Scout Kyle Peterson, who constructed "Ackley Point", an accessible deck overlooking Beaver Creek – and Eagle Scout Candidate Nathan Mattingly, who completed the "Elima Higgins Bridge."

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- Our Environmental Education Programs included an all-new offering, as we hosted, in September, a “Wilderness Survival Day” inspired by Gary Paulsen’s well-known book for young adults, Hatchet for 90 students from Homer Intermediate School.
- Thanks to a generous donation from the Pumpkinfest Committee, work began on a wheelchair accessible bridge over Beaver Creek that will provide access to our Tamarack Art Trail and Lehigh Valley Trail. Other big-hearted gifts were received and are already affecting positive change. For instance, a gift from First Niagara Bank will be underwriting trail map printing in the year ahead. Gifts from Cooper Tools and a partnership with the Cortland County Teacher Center are furnishing our Cooper Conference Room, including a state-of-the-art projection system. And the Phillips family has once again stepped forward with a generous gift to upgrade the Phillips Memorial Trail leading to Chicago Bog. We are hopeful that all of these upgrades will be completed prior to the start of our spring school field trips.
- We developed exciting, new partnerships with the U.S. Fish and Wildlife Service and the NY State Department of Environmental Conservation to sponsor Visitor Center displays.
- We hosted the 2007 Taughannock District Boy Scout Camp-o-Ree, which exposed over 100 scouts to a unique wilderness survival experience – and to Lime Hollow’s beauty, to boot!
- Naturalist and artist John Weeks completed three of four season murals in the Robert P. Bush Memorial Bird Education Room. The fourth mural has recently been sponsored and will be completed this winter.
- Thanks to Experience Works, Career Works, our volunteer “Lime Hollow Trail Sentinels”, and our volunteer salvage expert, Tom Heller, nearly two miles of fencing and barbed wire have been removed and recycled since June.
- And those are just some of the highlights of 2007!

As proud as we are – and as proud as YOU CAN BE! – of these accomplishments, there is work yet to be done in 2008: be it improving our trail network, expanding our outdoor recreational opportunities, and – most of all – making our first-class environmental education programming available to an even greater number of children.

Because, frankly, the need could not be more evident...or alarming. Just three examples:

Problem: The Centers for Disease Control reports that the U.S. population of overweight children ages two to five increased by almost 36% between 1989 and 1999; two out of every ten American children are clinically obese (four times the rate reported in the late 1960s); and children ages six to ten spend about 30 hours a week looking at a TV screen or computer monitor...

Solution: “Based on previous studies, we can definitely say that the best predictor of...children’s physical activity is simply being outdoors...” James Sallis, Active Living Research Program of the Robert Wood Johnson Foundation.



Problem: A 2003 survey by the journal of Psychiatric Services reported the rate at which American children have been prescribed antidepressants has doubled in five years, with the steepest increase (66%) tracking to preschool children; between 2000 and 2003, spending on ADHD for preschoolers increased 369% with 90% of ADHD-diagnosed children being boys; analysis by Medco Health Solutions (the nation's largest prescription benefit manager) found that use of psychotropic drugs – antipsychotics, benzodiazepines, and antidepressants (including ADHD drugs) – recently surpassed spending on antibiotics and asthma medications for children...

Solution: ...studies suggest that exposure to nature may reduce the symptoms of ADHD, and that it can improve children's cognitive abilities and resistance to negative stresses and depression." Richard Louv, *Last Child in the Woods: Saving our children from nature deficit disorder*.

Problem: "Today's life is hectic for kids with soccer practice, dance lessons, loads of homework, as well as the many increasing pressures from peers and society...."

Solution: ...Show them how to take a deep breath, slow down, wonder at the beauty of nature, and save our environment. And it will all begin by pointing out a bird on the way home tonight," Birding expert Christine Tarski, www.theaviary.com

Folks, Lime Hollow offers – indeed, in many ways, Lime Hollow is -- the regional response and "solution" to these pressing problems. With admittedly limited resources, we are at the forefront of a fast-emerging and entirely necessary national movement to get our children back to where they belong: Playing outside and rediscovering the wonders of the natural world. (If you haven't read Louv's book, you should!)

With your help, we will update and enhance our Environmental Education School Field Trip Programs, Adventure Day Camps, Summer Camps, and Nature's Keeper Preschool Program in 2008 – as well as make these renowned programs more accessible to school districts struggling to finance field trips to Lime Hollow.

With your help, we will provide more summer camp opportunities to children in 2008 – making real our "leave no child indoors" mantra by ensuring that no camper is turned away due to limited capacity or staffing constraints at the Center. (Last year, despite the fact that we were proud to have increased camperships over previous years, we nevertheless had to say 'No' to 125 camperships for these very reasons.)

And with your help, our Board of Directors will begin laying the groundwork in 2008 for a multi-year campaign to construct a "green," state-of-the-art Environmental Education Center in the vicinity of our new Visitor Center. (While our Gracie Road Education Center has served us well since 1993, estimated future repair costs, poor energy efficiency, and a lack of space for our growing constituencies – both young and old – compel us to look at new options.)



We hope you will take this opportunity to renew your financial support for Lime Hollow -- so that we can continue to provide year-round, world-class environmental education and recreation opportunities to the citizens of Central New York.

Glenn Reisweber
Executive Director

John Hoeschele
Board President

PS: Not sure what to give? Or how your dollars are put to use at Lime Hollow? Consider the following giving levels:

- Your gift of \$165 enables a camper to attend Summer Adventure Day Camp for one week.
- Your gift of \$225 sponsors one of our featured public programs.
- Your gift of \$330 funds an entire field trip for 45 school children.
- Your gift of \$500 sponsors a memorial bench to be placed along Lime Hollow's trail network.

Want to discuss leaving a lasting legacy at Lime Hollow? Contact Glenn, in strict confidence, at 607.745.1331 to discuss your philanthropic goals.