

AUGUST 2023

CREATED BY CLEAN AIR COUNCIL FOR
NEIGHBORS IN WEST AND SOUTHWEST
PHILADELPHIA



COBBS CREEK OUTDOORS & MORE

UC Green Wants You to Hug a Tree

UC Green Inc., one of Philadelphia's largest and oldest community greening nonprofit organizations has been a West and Southwest champion for trees. Serving 19104, 19139 and 19143 as well as surrounding zip codes, the organization has planted and maintained over 5000 trees. The sidewalk trees planted by UC Green deliver the benefits of trees that you can find in on the Cobbs Creek Trail to local blocks. Over the past year the powerhouse organization has had new leadership at the helm steering a vision of community greening that is restorative and healing. West Philadelphia native, Dominique London, Executive Director of UC Green, has focused on the healing benefits of being in nature and in the presence of trees. Eco-therapy, or the therapeutic use of nature has been central to the organization's commitment to community. Planting more trees does not just make for more beautiful neighborhoods but also improves the health of nearby neighbors. Dominique says, "Our wellness and quality of life is right,

and something owed to all. People should not be made to feel the health effects of a lack of trees because it is difficult to have and care for trees on their block." Trees are a vital part of our wellness. They keep our body temperatures lower. They improve our air. They deliver a sense of calm and ease to our nervous system. They are natural healers. "The next time you're at a park, thank a tree. Hug the tree. Get in touch with your emotions and with nature at the same time," she recommends.

As UC Green continues to plant trees towards a safer, greener, and healthier environment, Dominique and volunteers are especially focused on how trees make us feel. Programming that includes wellness walks, meditation, calming sounds, and smells are ways in which the organization will include tree planting in managing stress and feeling better. To learn more about UC Green's current programming, new leadership and how to plant a tree, please visit www.ucgreen.org.



(UC Green volunteer, ISA Arborist Merissa MacDonald taking care of a tree's roots with her children)

See You in September

Thank you for checking out our first edition of Cobbs Creek Outdoors & More. This newsletter is a monthly publication created by The Clean Air Council (www.cleanair.org) in conjunction with neighbors just like you. We will highlight local nature events and news every month. Look to us for information and opportunities related to the Cobbs Creek Trail, Cobbs Creek itself, your local West and Southwest parks and other outdoor happenings. The Cobbs Creek and Trail is a beautiful nature resource that travels through several neighborhoods from Wynnefield to Eastwick and everywhere in between, Philadelphians are exploring, activating, and having fun in nature right in their community.

This is a community collaboration newsletter. If you have a story or something you would like to highlight in the neighborhood that focuses on nature and outdoor recreation, let us know! Email Kiasha Huling at khuling@cleanair.org to share your “outdoors & more” story. Our goal is to share information about West and Southwest nature news that all neighbors can participate in and are impacted by. A special thank you to Southwest CDC for their guidance and assistance in making Cobbs Creek Outdoors and More possible, See you next month!



(WeWalk PHL participants exploring the Cobbs Creek Trail and woodlands)

Southwest Herb Dealer

Have you visited the People's Kitchen Community Garden at 61st and Reinhard Streets? Once vacant and empty lots this space has been transformed into a vibrant community garden full of delicious and nutrition foods and kind neighbors. Each year the garden has grown in participation and in produce production. Taking empty lots that are an eyesore and used for short dumping and creating a community space that feeds and nourishes residents is a valuable way to bring nature and healthy nutrition to our city neighborhoods. Ben Miller, who runs The People's Kitchen, has lived in Southwest Philly for over a decade. The gardeners at People's Kitchen along with other local gardeners will

be hosting an herb pop up at Whitby Meadows (Cobbs Creek Parkway and Whitby Ave.) on August 27th at noon. From dried herbs, fresh herbs, bouquets of herbs or whole plants, everyone is invited to bring something from their garden if they would like but it is not required. Do want to grow fresh rosemary to add to your chicken dinners? Would you like some lemon balm to make fresh tea? Come check out what your local gardeners have to offer and meet your neighbors! Learn more about The People's Kitchen Restaurant and Garden here: www.peopleskitchenphilly.com.



partner highlight

Southwest CDC Community Block Party: 5/6, 11AM-2PM, Ezekiel Baptist Church, 5701 Grays Ave. Philadelphia.

Eastwick Community Day: 6/10, 11AM-4PM, Eastwick Regional Playground, 80th Street, Phila.

Cobbs Creek Ambassadors Clean Ups: email for info: Rich.Guttanti46@gmail.com.

Tiny Trekkers Trail Exploration for Kids: email for info: vipewell@ren.com

A New Look at the Cobbs Creek Environmental Center

Driving down Cobbs Creek Parkway you have noticed a new Cobbs Creek Nature Playground. It was designed to create a nature-themed play oasis. All play equipment was made out of refurbished solid wood and the playground was designed around the existing trees. The playground itself has been designed to cultivate imaginative play. This big improvement for kids in the community is the investment of more than \$25 million coming to Cobbs Creek through Rebuild. Community members will see improvements to the Nature Playground, Environmental Center, Johnny Sample (Cobbs Creek) Recreation Center, and Blanche A. Nixon (Cobbs Creek) Library.

Totaling \$1.6 million in investment, the improvements at Cobbs Creek include: New nature-themed, solid wood, play equipment including swings, climbing, colorful play mounds, and water misters to foster imaginative play. Other additions are: safety surfaces, water fountain, newly planted trees, on-site seating (made from refurbished tree stumps and logs), lawn area, concrete walking paths, updated signage, trash receptacles and pedestrian lighting and security cameras. At the Nature Playground, additions have been added to the site to inspire playful learning, including: puzzle walls, textured turtle play equipment, interactive panels at low eyesight for children and a literacy wall!

The project at Cobbs Nature Playground was funded in part with American Rescue Plan funding facilitated by the Department of Community and Economic Development – State Speaker Joanna McClinton of the House and our Representative for the 191st District played a big role in advocating for this support.

This is a big deal for ensuring that there are amenities and activities for children in West and Southwest Philadelphia. The environmental center is a valuable community resource and it just got better. Be sure to check out the upcoming improvements and the new playground. Be safe and have fun when you do!

Event 1:
Clean Air Council's Walk and Talk: Every Tuesday from 4PM-6PM. Meeting at Whitby Ave. Playground parking lot on Cobbs Creek Parkway

Event 2:
Gardener's Herb Dealer: Culinary and Medicinal Herb Share. Whitby Meadows (Cobbs Creek Parkway and Whitby Ave.) 8/27 at 12PM.

Event 3:
WEWalkPHL: Healing Through The Land Trail Walk and Joy Party. Environmental Center Parking Lot: Catherine St and Cobbs Creek Parkway. 8/3 at 8:30AM.





KID'S CORNER



Things You See in the Parks

G	R	L	L	G	F	F	L	S	E	E	B	R	L
E	L	W	S	B	G	R	A	S	S	L	O	F	E
E	F	D	F	G	R	O	E	R	D	E	B	U	P
G	E	L	E	S	S	O	P	E	B	U	R	E	R
S	O	W	R	R	I	I	F	E	R	O	P	E	O
S	G	U	B	I	R	S	Q	U	I	R	R	E	L
F	E	O	E	F	L	O	W	E	R	I	E	R	E
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E	E	B	W	T	R	U	R	O	B	S	R	U	G
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S	L	D	L	C	E	C	R	E	E	W	I	C	I
G	U	O	O	I	E	S	K	L	E	A	F	G	I
E	L	R	B	L	B	I	R	D	T	R	E	E	R
B	T	E	A	S	C	P	E	O	P	L	E	B	D

- SQUIRREL
- GRASS
- BIRD
- BEES
- FLOWER
- BUGS
- ROCK
- LEAF
- PEOPLE
- TREE

A COMPREHENSIVE GUIDE TO YELLOW STRIPEY THINGS



CARPENTER BEE

- ACTS LIKE IT'S TOUGH, BUT CAN'T ACTUALLY HURT YOU
- HAS NO CONCEPT OF WHAT GLASS IS
- LIVES IN YOUR FENCE
- FLIES AGGRESSIVELY TO TRY AND SCARE YOU AWAY



HONEYBEE

- IS THE BEE THAT NEEDS HELP THE MOST
- EXCELLENT POLLINATOR
- VERY FRIENDLY
- CAN ONLY STING ONCE



BUMBLEBEE

- ALSO POLLINATES STUFF VERY WELL
- SO FAT IT SHOULDN'T BE ABLE TO FLY
- WILL LET YOU PET IT WITHOUT GETTING AGITATED
- ACTUALLY A FLYING PANDA



HOVERFLY

- WEARS YELLOW STRIPEY UNIFORM TO SCARE YOU
- ACTUALLY CAN'T DO ANYTHING TO YOU
- HANGS OUT IN FIELDS
- FOLLOWS YOU IF IT LIKES YOU



PAPER WASP

- LOOKS SCARY, BUT WILL ONLY ATTACK IF PROVOKED
- STING HURTS LIKE THE DEVIL
- WILL CHASE YOU IF YOU SWAT AT IT
- HAS NO CONCEPT OF PERSONAL SPACE



YELLOW JACKET

- WANTS YOUR FOOD AND WILL FIGHT YOU FOR IT
- NEVER LEAVES YOU ALONE
- WILL STING YOU JUST FOR THE HECK OF IT
- IS JUST A JERK



CICADA KILLER

- LOOKS LIKE SATAN'S NIGHTMARES
- EXCLUSIVELY EATS CICADAS
- CAN STING YOU, BUT USUALLY WON'T
- STILL PRETTY TERRIFYING



DIRT DAUBER

- ALMOST NEVER STINGS ANYTHING EXCEPT SPIDERS
- BUILDS NEST IN THE GROUND
- HOARDS SPIDERS IN SAID NEST
- COOLEST LOOKING OF THE WASPS

Play this puzzle online at : <https://thewordsearch.com/puzzle/5829189/>