



*Supporting the natural legacy
of Lory State Park*

Volume 2 Issue 1

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"I pray to the birds because they remind me of what I love rather than what I fear. And at the end of my prayers, they teach me how to listen."

— Terry Tempest Williams
*Refuge: An Unnatural
History of Family and Place*



Smithsonian Research Technician Tim Guida (R) and a team member apply a special "backpack" tracking device to a study bird. (Photo from website)

Smithsonian Includes Lory as Site for Catbird Study

Tim Guida is intimately familiar with the sights and sounds of Lory State Park in the wee hours of the morning. Especially the sight and sound of a small gray bird sporting a tiny backpack caught in the interlocking threads of a carefully laid mist net.

More than a birding enthusiast, Guida is one of several research technicians with the Smithsonian Migratory Bird Center, a branch of the Smithsonian Conservation Biology Institute, working on a project to track the migratory connectivity of gray catbirds. Projects to track other bird species are also under-

way at the Center., located in Washington, D.C.

"By tracking birds across their range and throughout the annual cycle," he explained, "we can begin to understand how conditions during the non-breeding season affect things such as departure timing, the speed of migration, and arrival for the next breeding season."

Guida described a recent study with Pacific Loons in Alaska. The team discovered that Loons in the North Slope winter exclusively in Korea and Japan, while those on the Southern Slope--near Anchorage-- winter in the Sea of Cortez and in parts of

southern California.

"That study revealed a complete divide in the populations," Guida pointed out, "which means that if we see a decline in this population in California, we know where our conservation efforts should be focused. That is, largely, the purpose behind these studies."

The catbird project began last year by tagging nearly 100 gray catbirds across their breeding range in Washington D.C., Atlanta Ga., Springfield Mass., and Fort Collins Colo.

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The study uses the latest in tracking technology, employing a 1 gram archival GPS tag that can take 80 points at 10 meter resolution. The device is a “backpack” that is held in place by a harness made of elastic thread that fits around the legs, like a climbing harness.

This year, the team returned to the Fort Collins area to recover tags from as many birds as possible.

At Lory, park naturalist Alicia Goddard accompanied Guida and Pete Marra, project leader and director of the Smithsonian Migratory Bird Center, for each trip into the park.

“It was very exciting to participate in such a meaningful project,” said Goddard, “and to see firsthand how this amazing technology works.”

Barbara Patterson, a professor in the Natural Resources Dept. at Front Range Community College and a member of the Friends of Lory State Park, joined



An Ovenbird tagged with a transmitter

Guida, Marra and Goddard on one early morning outing.

“It was fascinating. Tim and Pete first scouted the area for catbirds, hoping to locate 18 of those banded last year,” Patterson said. “Then, mist nets were placed where birds were seen. Then, we waited, watched, and listened. Finally, we were able to recover three catbirds mounted with GPS transmitters last

season.”

The Colorado portion of the study is complete, Guida said, “unless we see some interesting data, then we may be back.”

Related to the Mockingbird and found throughout North America and much of Central America, catbirds are a somber gray with a black cap and rust-colored feathers under the tail. They have a distinct sound, much like a cat’s meow.

To learn more about this study, visit: <http://www.migratoryconnectivityproject.org>



Mountain Bike Skills Park Project Enters Phase II

The Friends of Lory State Park is launching phase II of the Mountain Bike Skills Park project that seeks to construct a revitalized regional mountain bike skills training park for youth and adults at Lory.

Phase I concluded in 2016 with the completion and approval of the conceptual design to replace the aging and outdated 70,000 square foot bike skills park that currently exists.

Developed by local design firm ContourLogic, the remodeled space will provide a safe, fun and challenging course where riders of all ages and skill levels can hone their talents by progressing through different features such as dirt jumps, launching platforms and flow

trails. It will also be a great place for experienced riders to warm up before hitting Lory’s trails.

Mick Syzek, a member of FoLSP board of directors and leader of the bike park project, explained that



Phase II will concentrate on fund-raising efforts at all levels and from a variety of sources.

Local partners such as Overland Mountain Bike Club, Ciclismo Youth Foundation, Lee’s Cyclery and Peloton Cycles have already

pledged support for the project as Lory is a prime space for various mountain bike competitions as well as offering great trails for riders of all ages and abilities. Events held at Lory by these partners will offer participants another opportunity to make a donation to the bike skills project.

How You Can Help

Our goal is to raise \$95,000. Visit <http://www.loryfriends.org/support> for more information or to make a contribution to the Mountain Bike Skills Park.

You can also join us for one of the upcoming mountain bike events held in the park and sponsored by one of our project partners and look for our information table.

Lory Welcomes an Old Friend as Its New Manager

Ask Roy McBride what he loves most about Lory State Park and he'll say it's just about everything: its size and location, its vegetation and wildlife and the rich history that can be read in its stunning rock formations.

"Lory is a natural resources-based park whose beauty I respect and appreciate," McBride said, "and I take every opportunity to protect it."

As the newly-named park manager, McBride brings not only considerable experience as a park manager in the Colorado state system, but also an intimate knowledge of Lory and the surrounding area.

Love for the Outdoors

McBride grew up loving the outdoors through hiking, camping, hunting and fishing. Although born in Virginia, McBride's father was in construction so the family moved around the east coast, finally settling in North Carolina. After high school, McBride entered the forestry program at Berea College in Kentucky, and then transferred to North Carolina State where he majored in Parks and Recreation Management.

After a couple of years at state parks in North Carolina, he and wife Lou Anne moved to Boulder, Colo., where they worked for the city before moving to Fort Collins in 1999 when McBride became a seasonal ranger at Lory.

Back then, the Visitor's Center was just being built and park passes were dispensed at the park entrance by an "employee in what was, essentially, a shed with a door."

After three seasons at Lory, McBride transferred to Boyd Lake State Park for four years and then in 2006, to St. Vrain State Park in Longmont, Colo., where he immediately had his hands full with a huge expansion.

Previously known as Barbour Ponds State Park, CPW had purchased adjoining lands and began transforming the park into a family-friendly, nature-lover's destination by adding modern camping facilities, increasing trails, and

extending fishing piers.

"It was a great experience to be a part of that renovation," McBride said, adding "and a few years later, the enormous repairs needed after the 2013 floods."



Roy McBride returns to Lory as the new park manager. Photo: Karen Wheeler

In 2015, McBride moved again when he became park manager of Eldorado State Park in Boulder County.

Like Lory, Eldorado is surrounded by a vibrant neighborhood community and city and county recreation areas. As park manager, he said, "you collaborate with all local entities to do what is best for the Park, the partners and the public."

Despite an appreciation for Eldorado, when the opportunity to return to Lory arose, McBride didn't hesitate.

"I loved Eldorado, but Lory had stayed with me," he said. "I love the park and want to protect it. That is why everyone in this business gets *into* this business: to protect our natural resources, wildlife and the environment."

McBride lives in Johnstown, Colo., with his wife Lou Anne and 7 year-old daughter, Samara.

Privacy Please! Prairie Falcons Nesting At Arthur's Rock

A cliff area near the top of Arthur's Rock was closed from early May to the end July of this year to protect a group of nesting prairie falcons.

"Prairie falcons are native to the American West and we do what we can to help preserve our native wildlife," McBride said. "We also want to protect our human visitors, so closing the area during nesting and fledging time protects both species of visitors."

The prairie falcon is similar in size to its famous cousin the Peregrine, but the two differ considerably in hunting behavior. The prairie falcon is a swift and agile hunter, with a range of flight styles. They can fly fast and low over the ground at a cruising speed of about 45 mph, accelerating during the chase; or diving steeply from the air. They can also take other, small birds in flight.

The preferred nesting site is a cliff ledge or a recessed site protected by an overhang of rock; or sometimes nests abandoned by ravens or hawks.

Courtship occurs in early Spring with a clutch of four to five eggs laid in late Spring. Incubation lasts 30 days and nestlings fledge 29 to 47 days after hatching.

After fledging, the birds stay nearby for another month, perfecting flight skills and learning to hunt, to supplement meals provided by their parents. Once they can fly longer distances and hunt



successfully (about eight weeks after fledging), they leave their parents' range.

To learn more about prairie falcons, visit: <http://www.birdconservancy.org/> and <http://www.rmrp.org/>

Welcome New Seasonal Park Staff and Interns



Jed Potter
Seasonal Ranger

Lory State Park has a special significance for Jed Potter.

Originally from Lincoln, Neb., Potter moved to Colorado four years ago.

“Lory was the first park I visited and Arthur’s Rock the first trail I hiked,” he said. “It has a special place in my heart.”

After graduating with a degree in business, Potter realized he could not follow that career path, but preferred to “get paid to hang out in the woods all day,” so now he is studying parks management at CSU’s College of Natural Resources.

Potter grew up in the outdoors and, as a family, visited a different national park every summer which he says helped lay the foundation for his career preference.

“This season, as a ranger, I’m gaining experience in the law enforcement aspect of park management,” he explained. “Last year, I volunteered with the park naturalist, and learned quite a lot about environmental education and working with kids, teens and the public.”

Earlier this year, Potter added, he worked with a Colorado Parks and Wildlife avian specialist to gain valuable field technician experience.

He smiles and adds, “I want to experience all possibilities before choosing exactly where to focus my career.”



Connor Effrain
Visitor Services

Connor Effrain believes his future career lies in blending his business skills and love of natural resource management and working Lory State Park for the season provides additional experience toward shaping that career goal.

“I came to the park with an idea of exploration because I’m not sure if my career lies in the public or private sector,” Effrain explained. “I believe businesses pursuing profit can also be key sustainable partners for natural resource entities.”

He cites B Corps, a movement in the business world that argues for businesses to hold themselves to the “highest standards of social and environmental performance, public transparency, and legal accountability” and points to Patagonia, among others, as a business model.

The eldest of five kids, Effrain is a native Coloradoan who grew up in the greater Denver area but recalls the many wonderful summers he spent with his grandparents in the Estes Park area, where they owned a restaurant.

“Interestingly, my grandparents now volunteer in visitor services at Rocky Mountain National Park,” Effrain said with a smile, “so we can have some great conversations comparing notes.”



Colton Arnsperger
Trail Crew

Colton Arnsperger joins Lory’s trail maintenance crew this season, through mid-October.

Arnsperger is from Louisville, Colo., and is studying natural resources at Front Range Community College before transferring to Colorado State University’s College of Natural Resources later in the academic year.

Arnsperger is still exploring various career paths within the field of natural resources management, but said that working at Lory allows him to learn about the various career opportunities, the day-to-day responsibilities and how the various roles interact to function as a team.

Last year he worked for Larimer County as an ANS (Aquatic Nuisance Species) inspector, examining water craft for invasive species such as zebra and quagga mussels. It was fascinating work, but also very demanding.

“I like to think of it like airport security, but for the lake,” he laughs.

“Colorado Parks and Wildlife offers several career paths in my field of interest,” Arnsperger said, “As does the National Park Service. Right now Lory is a great place to be. I’m enjoying the season and I like the team I work with every day.”

Two Dedicated Nature Lovers Join Friends' Board of Directors

The Friends of Lory State Park Board of Directors is very pleased to welcome two new members whose skills, experience and enthusiasm will be an asset to the group as it enters its fourth year.

Terry Birdsong and Suzie Barbour are both Bellvue residents who live near Lory and express a deep appreciation both for the park's natural resources and its exceptional recreational opportunities.

In a brief interview, the two were happy to share a little of their background and their reasons for wanting to contribute time and energy to the mission of the Friends of Lory State Park.

Suzie Barbour

As the daughter of a large and small animal specialty veterinarian, and the granddaughter of a Minnesota dairy farmer, Suzie Barbour grew up in the country with an attention to seasonal changes and surrounded by domestic and wild animals.

She recently retired from a 30-year career as a surgical nurse at Poudre Valley Hospital.

Born in Minnesota, Barbour spent her formative years in rural Indiana where, since dad was a veterinarian, "the Humane Society often dropped off injured wildlife undergoing rehabilitation." In addition to the usual farm animals – she participated in 4H for years -- wildlife guests included raccoons, foxes, squirrels and other small mammals. Summers were spent with her grandparents in Minnesota working on their dairy farm.

Transplanted to Colorado in 1973 when her dad accepted a position with Colorado State University, Barbour fell in love



L to R: Bellvue residents Suzie Barbour and Terry Birdsong are the newest members of the Friends' group board of directors

with the high plains desert landscape of the Front Range.

As a working adult, she lived in nearby Soldier Canyon or a couple of years, often visiting the park to "run, hike or just go for a walk." After moving into Fort Collins, she said she would return and in 1992, she and her husband bought property and built their home.

"We love being neighbors of Lory State Park," she said "It's a place we are passionate about protecting."

When Barbour learned that the Friends of Lory State Park was organizing to support the Park, she felt joining was a great way to contribute to the preservation of a place she loves."

Terry Birdsong

Terry Birdsong and her husband moved to Bellvue, Colo., from Connecticut three and a half years ago and say they love both environments.

Born in Connecticut and brought up on Long Island, Terry Birdsong developed a deep love and respect for the natural world from growing up on the water. She sailed competitively and taught sailing for years.

"My love of nature comes from being in

it and having to learn about it," she said. "When sailing you have to know how to read the weather, the conditions and how to take care of yourself out there."

After she married, she and her husband started going to the Adirondack Mountains in upstate New York, where they still have a cabin. Although oriented to the water, sailing and beaches she grew to love the mountains, and the plants and wildlife of the deep forest.

She and her husband became involved with the Natural History Museum of the Adirondacks, called the Wild Center, whose mission, she said, is to "ignite an enduring appreciation and love for nature and to appreciate the human-nature relationship in the hope that the two can live harmoniously." A mission she has "captured in my heart."

After several years teaching school, Birdsong assumed the management of her father-in-law's business, which she managed successfully for 32 years until her recent retirement.

She has a vital interest in learning and education and offers strong support for the Friends' Environmental Education Scholarship program, which offers schools and non-profit groups financial assistance to offset transportation costs to bring children to the park as part of their educational experience.

"I am deeply interested in the preservation and appreciation of nature," Birdsong said. "Lory State Park is a gift and a wonderful place for children to learn."

She cites the premise of Richard Louv's books (*The Nature Principle* and *Last Child in the Woods*), that "children must have experiences with nature before age 11 or they will never appreciate it."

"If we study nature, observe and learn from it," Birdsong said, "we gain so much."

Eclipse 2017 at Lory State Park: Guided Hikes to Exceptional Viewing Sites, Kids Activities, Interpretive Talk to Celebrate Solar Event

On Aug. 21, Lory State Park will celebrate the first total solar eclipse across the United States in 28 years by hosting some fun activities to expand the mind and stretch the legs. The activities will run from 10 a.m. to 2 p.m. and are free of charge with a valid state park pass.

Although the Northern Colorado area is not in the path of totality, a 96 percent viewing opportunity will occur.

Weather permitting, the eclipse countdown begins at 10:23 a.m., reaches maximum totality in the Northern Colorado area at 11:46 a.m., and ends at 1:13 p.m.

Park staff and the Friends of Lory State Park volunteers have planned some fun and educational activities, including:

Two guided educational hikes – one easy and one moderate to difficult – are planned along Shoreline and Arthur's Rock nature trails that will pause at key



Image from travelsalem.com

spots for exceptional viewing and photography. Hikes begin at 11 a.m. and are limited to 20 individuals each. **Reservations are required. Please call the Lory State Park Visitor's Center at 970-493-1623 to register.**

Interpretive educational talks and informational materials about scientific, historical and cultural aspects of total eclipse events will be presented by volunteer staff at the Arthur's Rock trailhead information and activity station.

Kids Activities—kids can make pinhole eclipse viewers, paper solar clocks and draw eclipse shadow pictures with provided materials.

Wildlife in the park—a wildlife table will provide information and examples of mammals, birds, reptiles and insects native to Lory State Park.

ISO-certified, safe, solar-viewing glasses will be distributed, free of charge, on a first-come, first-served basis while limited supplies last.

To ensure visitor safety, all park rules will be in place during this event.

Camping is permitted only in designated backcountry campsites. No overnight parking or alcohol over 3.2 percent is allowed in the park. Pets must remain on leashes at all times. Do not leave pets in vehicles. Visitors must stay on designated trails.

Application Period Open for Lory State Park Volunteer Interpretive Naturalist Training for Summer/Fall 2017

Lory State Park is now accepting applications for the 2017 Lory Interpretive Naturalist Volunteer training class until Aug. 18. Sponsored by Colorado State Parks and Wildlife and Friends of Lory State Park, the training is free, open to anyone 18 years of age or older, but limited to a total of 15 applicants.

During training, volunteers will be provided with a foundation for assisting with the Park's environmental education programs. Over three five-hour training sessions, volunteers will learn about the park's natural and cultural history, wildlife and plant biology and identification skills, interpretation and presentation techniques to successfully work with youth and the public. Both experienced volunteers and enthusiastic novices are encouraged to apply.

In exchange for 10 to 15 hours of environmental education training, volunteers are required to donate a minimum of 20 hours of service towards the park's environmental education programs within the



year following the training.

If you have a love of nature and the outdoors, a drive for life-long learning and a desire to provide service for your community, you'll love being an interpretive environmental education volunteer. Outdoor environmental education volunteers are a motivated, curious, and interesting group of people from diverse backgrounds.

Requirements: Must be at least 18 years of age and be willing to undergo a back-

ground check. The Lory Interpretive Volunteer program is an equal opportunity program, so those with disabilities are encouraged to apply as well.

Applicants must participate in all class sessions and must have access to the internet. Additionally, successful applicants should feel a connection to nature and should enjoy working with the public.

When: Weds., Aug. 23, Fri., Aug. 25 and an optional Mon., Aug. 28.

Training classes run from 10 a.m. to 4 p.m., with a one hour break for lunch.

Where: Lory State Park Visitor's Center
970-493-1623

To Apply: Email Alicia Goddard at dnr_loryinterp@state.co.us for the registration link

Membership Volunteer Opportunities for Fall 2017

Lory Partners With Wildland Restoration Volunteers for Seed Collection Event



Join us for a morning of native seed collection in the Park!

Lory State Park is partnering with Wildland Restoration Volunteers (WLRV) for this event that will run from 9 a.m. to Noon. *Only 15 slots are available for FoLSP members and Lory volunteers.* This is a family friendly event. **Registration is required.**

Email: dnr_loryinterp@state.co.us

Details:

We will be collecting two species on this project: Rocky Mountain bee plant (*Cleome serrulata*) and little sunflower (*Helianthus pumulus*). Plant experts will be onsite to help with identification.

We will be collecting in three areas of the park. One area requires a .3 mile hike uphill to the collection zone; the second is the valley between Well Gulch and Homestead; and the third is the valley east of Eltuck parking area. All areas are off trail on uneven ground. No pets please.

Date: Aug. 18, 2017

Project time: 9 a.m. to Noon

Post Project Socializing: 12:00 to 12:30 p.m.

Required:

Sturdy boots or closed-toe shoes
Water bottles
Long work pants
Sunscreen, sunglasses, hat
Day pack with rain gear (top & bottom)
Clothing layers for warm/cold weather
Work gloves (we have extras to loan)

Wildlife Camera Monitoring Project Seeks Volunteers



Lory State Park and Front Range Community College partner with the Rocky Mountain Cat Conservancy in a program called Communities, Cameras and Conservation, a citizen science research program monitoring local wildlife through a network of remote cameras.

At Lory, eight motion/heat activated cameras installed by the RMCC in the Park's backcountry are checked weekly by a team of volunteers and FRCC students. Images show local wildlife in their natural habitat and help researchers and park managers understand which species live in the area, movement patterns and proximity to humans

The program has existed at Lory for eight years and, in that time, 100 - 200 students and community members have collected data that has contributed important wildlife research at local, regional and national levels.

Duties include checking camera functionality, replacing smart cards and batteries, recording visual data and delivering collected smart cards for data entry.

FoLSP volunteers will coordinate with a student to schedule camera checks throughout the year. The Fall 2017 schedule will be starting soon.

To learn more and sign up for training, email Barbara Patterson, professor of Natural Resources at FRCC at: barbara.patterson@frontrange.edu

Other Member Volunteer Opportunities



Sept. 7 at CSU Main Campus CSU Fall Involvement Expo

The Friends will host an information table on the Lory Student Center Plaza on CSU's main campus. This is an annual event at CSU where any local non-profit groups have the opportunity to raise awareness of their mission and recruit new members. *If you would like to volunteer to man the table for a two-hour shift, please email Mick Syzek at loryspfriends@gmail.com.*

Nov. 10 Veterans Day Arthur's Rock Trailhead FoLSP Information Table

The Friends will have an information table with brochures, business cards, Bike Skills Park Project display, a skins and skulls exhibit table and a cooler of water for thirsty hikers. 10 a.m. to 2 p.m.

If you would like to volunteer to man the table for a two-hour shift, please email Mick Syzek at loryfriends@gmail.com.

Nov. 24 Black Friday Hike Arthur's Rock trailhead 9 a.m. to Noon

On Black Friday, the day after Thanksgiving, millions of Americans will skip the insanity of shopping for a day spent outside, and the Friends' group is ready to help! Volunteers will help participants enjoy the trail in safety during this guided hike. *Meet at the Arthur's Rock trailhead at 9 a.m.*

Nature Programs at Lory

Pinecones

Preschool aged children and their accompanying adult. Programs are from 10 a.m. to 11 a.m. Sign-up is required. Call the Visitor's Center at 493-1623.

Aug. 19: Tracks. Children explore animal tracks and make and compare tracks of their own. Meet at Timber picnic area.

Night Hikes

These guided hikes let you explore the park as the moon rises. Registration required, so please call the Visitor's Center. Bring a water bottle, flashlight and wear closed-toe supportive shoes.

Sept. 8 at 6:30 p.m. Come and enjoy the **Harvest Moon** on the Well Gulch Trail. This is a family-friendly hike. Meet at Well Gulch Trailhead.

Oct. 6 at 5:30 p.m. Hunter's Moon.

Hike the Well Gulch trail to Timber Trail, then to the West Valley Trail and around. Appropriate for those age 10 and up and in good physical condition.

Friends of Lory State Park

P.O.Box 11

Bellvue, Colorado 80512

Upcoming Events at Lory

Mon., Aug. 21: Solar Eclipse at the Park. Arthur's Rock trailhead. Two guided hikes to excellent viewing and picture-taking spots; interpretive talk and children's activities at the Information and Kid's Creation Station. Registration required for hikes, limited to 20 individuals each. Call the Visitor's Center at 493-1623.

Sat., Sept. 9: Black Squirrel Half Marathon. Start time: 7 a.m.

<http://gnarrrunners.com/black-squirrel-half/>.

Fri., Nov. 25 Black Friday Hike. Meet at Arthur's Rock Trailhead. 9 a.m. to Noon.

Sat., Dec. 9 Lory Holiday Open House. Kid's activities, storytelling and prize drawing. At the Visitor's Center

***PARK AREA CLOSURE:**

Soldier Canyon Picnic Area will be closed for extensive renovation Nov. 1 to May 1, 2018.

Like to Contribute?

Friends of Lory State Park welcomes pledges from private donors, corporations, nonprofits, and other organizations interested in supporting the Park and its programs.

To make a donation, please visit:

<http://www.loryfriends.org/support>

OR send a check payable to:

Friends of Lory State Park.

PO Box 11, Bellvue, CO 80512.

Donations may also be delivered to the Park Visitor Center and marked "c/o Friends."

Thank you!

Friends of



Lory State Park

Supporting the natural legacy
of Lory State Park

Lory State Park is highly valued for its historic, cultural and natural resources, and deserves strong support so that others may continue to enjoy and cherish its unique character