

Junior Rangers



Pocahontas State Park



Certificate of Completion

Has successfully completed the core activities of the Junior Ranger Program and is hereby proclaimed an official

Pocahontas State Park
Junior Ranger

Park Ranger

Date

Completed at Pocahontas State Park



Dear Parents

Welcome to Pocahontas State Park's Junior Ranger Program!

Thank you for your interest in assisting your child to become a Pocahontas State Park Junior Ranger. We are pleased that you and your family are interested in participating in our program. Discovering Virginia's natural, cultural and historical resources together can create unforgettable memories for you and your family. We are delighted to share our park with you.

Deep in the heart of a thick forest in Chesterfield County, Pocahontas State Park is 7,950 acres— the largest Virginia State Park. The park is one of Virginia's more popular state parks, and offers a variety of outdoor activities, including biking, hiking, picnicking, swimming, camping and family-friendly nature programs. Swift Creek Lake and Beaver Lake give visitors a chance for excellent wildlife viewing and fishing.

Pocahontas State Park's Junior Ranger activities are designed to assist you and your child to become more familiar with the plants and animals of Pocahontas State Park and the local Piedmont region of Virginia. There is so much to discover! While the activities in this book are self-guided, there are many programs and camps offered to enhance your Junior Ranger experience. Please check out the Pocahontas State Park events on the Virginia State Park events website. Our hope is this program will foster a life long interest in your natural surroundings. The mission of Virginia State Parks is "to conserve natural, scenic, historic, and cultural resources of the commonwealth and to provide recreational and educational opportunities consistent with good stewardship of these lands, waters, and facilities that leaves them unimpaired for future generations."

We would love to hear any comments about your Junior Ranger experiences. Have fun!

Sincerely,

The Staff at Pocahontas

Pocahontas State Park
10301 State Park Road
Chesterfield, VA 23832
804-796-4255



Additional Park Activities

In addition to completing the activities in this book, we'd like for you try one activity from each category below and tell us of your adventures!

Ranger Led Activities:

- Attend a program:

Title: _____ Date: _____

- Visit the Nature and Discovery Centers

History:

- Visit the CCC Field/ Hall/ Memorial Garden
- Visit the gravesite along Forest Exploration Trail
- Visit the Front Field

Recreation:

- Hike a new trail (one you've never been on)
- Rent a boat (seasonal) - Explore Swift Creek Lake
- Try your hand at Mountain Biking/ Fishing/ or Geocaching

Wildlife:

- Observe bluebirds at their boxes (from a safe distance please)
- Find tracks along the lake
- Sit in one spot for some time and observe what you see/hear/and smell

What was your favorite activity? Why?

*Congratulations on completing the
Pocahontas State Park Junior Ranger
Program!*



Ask A Ranger

Ever wonder what a day in the life of a park ranger is like? Now is your chance to find out! Find a park ranger and ask him or her these quick questions to find out more. Then come up with a few questions of your own! Is there anything you've always wanted to Ask a Ranger?

What's your name? _____

What's your job at the park? _____

What's your favorite part of your job? _____

Do you get to live in the park? _____

What tools or equipment do you use in your job? _____

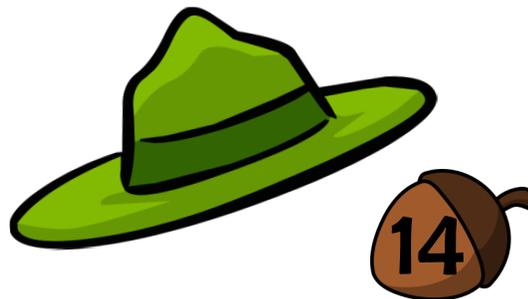
What is the coolest thing you've seen at the park? _____

Do you have a favorite spot in the park? _____

What do the patches on your uniform mean? _____

(Now ask your own question)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Welcome to the Pocahontas State Park Junior Ranger Program

Pocahontas State Park is rich with natural, cultural, and recreational resources! You will have a close up experience with nature as you discover Pocahontas State Park's fascinating history and enjoy the park's many outdoor recreational activities.

How to become a Junior Ranger

Using this activity book as your guide, complete the activities for your age level. Have a parent or guardian initial each activity completed. Only one level may be completed at a time. In addition to these self-guided activities, we hope you'll be able to participate in Ranger led programming available at parks throughout the state. Their scheduled activities are listed on the Virginia State Parks' event website and include guided hikes, nature programs, Junior Ranger specific events and summer day camps. When you have completed all requirements, show your activity pages to a park employee to receive your Junior Ranger badge.

Level 1: suggested for youth ages 5-6 years old

Level 2: suggested for youth ages 7-9 years old

Level 3: suggested for youth ages 10-11 years old



As a Junior Ranger, I pledge to:

- Preserve and protect our parks
- Care for my natural and historical surroundings
- Share what I have learned with others
- Obey all safety rules
- Continue to EXPLORE and DISCOVER!



Safety First

Fauna Forage

Junior Rangers need to be aware of potential dangers when exploring outdoors. To meet the requirement for this Junior Ranger activity, read this page very carefully.

Poison Ivy:

Poison Ivy is commonly found in Pocahontas State Park's forested areas. It can be found growing along the ground or up a tree trunk as a hairy vine. Each leaf is made up of 3 leaflets, which may have smooth or notched edges. Some people develop skin irritations when they come in contact with this plant. The berries from poison ivy are an important food source for wildlife. Find and identify poison ivy, but **do not touch it**.



Ticks:

The most common species of tick in Virginia include the American Dog Tick, Lone Star Tick, Brown Dog Tick, and Deer Tick. The following methods of tick bite prevention are recommended by the Virginia Department of Health.

- Avoid tick infested areas such as tall grass and dense vegetation
- Walk in the center of trails and avoid brushing against weeds and tall grass
- Wear light colored clothing so ticks can be found easily
- Tuck pant legs into socks so ticks stay on the outside of pants
- Conduct tick checks on children and pets every 4 hours
- Use tick repellents that contain at least 30% DEET

Ticks are best removed with tweezers or by wrapping the tick in tissue paper and pulling out with fingers. Do not twist or jerk, and pull away slowly to avoid leaving the mouthparts in the wound. Do not use nail polish, petroleum jelly, alcohol, or hot matches to remove the tick. Wash the wound with an antiseptic after the tick is removed. Kill the tick in rubbing alcohol and keep it in a small vial for a few months in case any disease symptoms develop.

Deer Tick



Lone Star Tick



American Dog Tick



Snakes:



Northern Copperhead

Snakes have a very important role in the local food web. They are carnivores, meaning they eat other animals. Most of the snakes in Virginia are not venomous. There are 3 venomous snakes found in Virginia, but only the Northern Copperhead has been found within Pocahontas State Park. A snake's most common form of defense is avoidance, so give them room to flee. Watch where you are stepping and never blindly reach under rocks or into openings.

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 O M S O I N I A G D P S B T F A T H U W V G H M A F N D B H
 T I F W B N P R G I D C O Y L K U T U P M G L M P C Z H Y N R
 O F D Q M I G T Z F D T Q U F C D L S H Q B A E M W Z S J A
 R M A G V P N Y A C C T A D P O L E X Q G U Y F P A N Q Z E
 A P O O C E P Q S E T W K X T K L D O V R W Y B J G Z T A B
 P N T L V E H X G B W S N P O Y E S E N S V Z S D P Q G L Z

Level 1

Croak
Frog
Gills
Newt
Scute
Shell
Skink
Snake
Song
Tadpole
Toad
Vent

Level 2

Amphibian
Basking
Dorsal
Froglet
Keeled
Keratin
Lateral
Lizard
Pollywog
Reptile
Terrapin
Tortoise

Tree Frog
Turtle
Ventral

Level 3

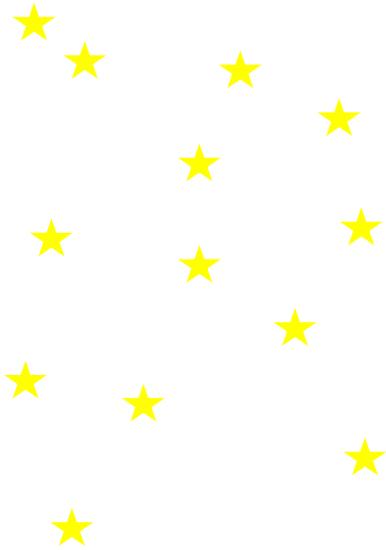
Caecilian
Carapace
Chorus
Ectothermic
Herpetology
Hibernation
Metamorphosis
Nonvenomous
Oviparous
Parotoid
Permeable
Salamander

Typanum
Venomous
Viviparous



Constellations

Have you ever gazed up at the night sky and swore you saw some sort of animal or shape? Well, what you saw is what is known as a constellation, or a grouping of stars that make some shape. Ever heard of the Big Dipper? That's a constellation! The Big Dipper is actually part of Ursa Major, or a group of stars which make the rough shape of a mama bear. In fact, the legend of the Great Bear traces its origins back hundreds, if not thousands of years to Native American tribes such as the Iroquois. Although the Big Dipper is well known, there are numerous constellations covering the night sky! Now that you know a little about constellations, let's try to make some of our own.



What's your constellation story?



Park Activities

Whether you are visiting Pocahontas State Park for the first time or for the tenth time, one of the best ways to discover all of the park's treasures is to take a look at the park map! So let's take a look at some important map features:

Legend: This helps you figure out what all those little pictures mean. Want to find the playground? This helps you figure out what symbol to look for on the map.

Scale: This helps you measure distance on the map. Each map will have its own scale.

Trail	State	Mileage	Usage	Difficulty	Access
Beaver Lake	Blue	2.56	H	■	
Tall Oaks / Blue Mtn. Bike	Blue	4.89	B	■	
Bright Hope	Yellow	5.4	H, B, HB	■	
Fendley Station	Burgundy	13.45	H, B	■	
Fendley Station Loop A	Burgundy	1.13	H, B	■	
Fendley Station Loop B	Burgundy	3.89	H, B	■	
Forest Exploration	Yellow	2.28	H, B	■	
Box Turtle / Green Mtn. Bike	Green	2.08	B	■	
Ground Pine Path	Light Green	0.88	H	■	
Lakeview 1 Mtn. Bike	Blue	3.73	B	■	
Lakeview 2 Mtn. Bike	Blue	2.34	B	■	
Lakeview 3 Mtn. Bike	Blue	3.45	B	■	
Old Mill Bicycle	Green	4.81	H, B	■	
Powhatan	Red	2	H, B	■	
Qualla Connector	Pink	0.5	H, B	■	
Morel Ravine / Red Mtn. Bike	Red	2.62	B	■	
Spillway	Orange	0.21	H	■	
Muddy Buddy	Tan	0.77	H, B	■	
Parallell	Purple	0.42	H, B	■	

You can usually pick up a park map at the park office, visitor's center, or self pay station. Or you can have an adult help you print a map from www.virgininastateparks.gov. See if you can use the park map to answer these questions:

Trail List: This will give you important information about all of the park's trails; including how long the trail is and if it is easy or hard

What is the longest trail in the park? _____ How long is it? _____

How many Picnic Shelters are there? _____ How many restrooms? _____

Where is a good place to spot some wildlife? _____

Does the park have a playground? Circle it on the map.

What does the symbol for Parking look like? Draw it:



What Made That?

Pocahontas State Park is home to numerous animals of all shapes and sizes, but one thing they all have in common is that they leave tracks. Have you ever noticed that when you walk around in mud or sand you leave a shoe print or footprint behind? Animals do that same thing! Try your hand at identifying some tracks of the park's furry friends.

White Tail

Deer



Raccoon



Opossum



Black Bear



Squirrel



Bobcat



Turkey



Coyote



Bird Identification

Bird watching is a wonderful way to get outdoors and be active. Like a scavenger hunt that you can do anywhere, bird watching challenges you to use your senses to find and identify your feathered friends. Virginia is home to over 400 different species of birds. Some live here year-round, some for just a season, and a few only stop for a rest on their migratory journeys. All you need to do is find a friend, a pair of binoculars, an identification field guide, and your sense of adventure.

Level 1: Observe 1 habitat, describe 1 bird and its behavior.
 Level 2: Observe 2 habitats, describe 2 birds and their behavior, identify a bird by the description and behavior.
 Level 3: Observe 3 habitats, describe 3 birds and their behaviors, identify 3 birds by the description and behavior

Habitats:

Bird can be found just about everywhere in the wild, but every bird has a habitat they prefer. Knowing what kind of habitat a particular bird likes, you can almost predict where that bird will be. There are six common habitats where you can find a bird. As you visit each habitat, check it off the list :

- Backyard
- Open Field/Meadow
- Forest
- Lakes/ Ponds
- Wetlands (Swamps)
- Beaches



Behavior and Description:

Besides knowing what habitat you are in, watching the bird's behavior can help you identify the species. Every avian species has a different shape, size, color, song, and behavior. Some birds, like Sparrows, can be found kicking through leaves to find food. Using the lines below, or a separate sheet of paper, describe the habitat, behavior, and birds you see.

Draw your bird here:



Leaf Key Continued

13. A) 7 to 9 leaflets; nuts with thick, splitting husks; large buds; tight interlacing ridged bark— Mockernut Hickory (*Carya alba*)
B) 7 or 11 leaflets; nuts with thin, partially splitting husks; buds suffer yellow— Butternut Hickory (*Carya cordiformis*)
14. A) Leaves lobed with or without teeth or large rounded teeth appearing wavy, GO TO 15.
B) Leaves are not lobed, but may not be toothed or spined, GO TO 21.
15. A) Leaves are palmately veined, and toothed, GO TO 16.
B) Leaves are pinnately veined, GO TO 17.
16. A) Leaves 5 to 8 inches long and wide, with 3 to 5 large lobes, triangular and irregular teeth. Seeds in a bumpy ball— Sycamore (*Platanus occidentalis*)
B) Leaves star-shaped, with 5 to 7 lobes, very finely toothed. Seeds in a spiky ball— Sweetgum (*Liquidambar styraciflua*).
17. A) Leaves with 4 to 6 lobes and tulip like shape. Buds “duckbill” shaped. Bark light gray and furrowed lengthwise—Yellow Poplar (*Liriodendron tulipifera*)
B) Leaves are not tulip shaped, buds not duckbill shaped, GO TO 18.
18. A) Leaf margin with very large rounded teeth, appearing wavy, GO TO 19.
B) At least some of the leaves are deeply lobed, GO TO 20.
19. A) Leaves 4 to 8 inches long, bark with wide, coarse, deep furrows. Found mostly on ridge tops and dry slopes from Piedmont west— Chestnut Oak (*Quercus prinus*).
B) Leaves 5 to 8 inches long, margin wavy or appearing widely toothed. Bark light gray and scaly. Found on flooded and moist soil from Piedmont east— Swamp Chestnut Oak (*Quercus maichauxii*)
20. A) Leaves have 2 lobes (mitten shaped), or three lobes (turkey foot shaped), or no lobes, leaves have spicy/ sweet odor when crushed— Sassafras (*Sassafras albidum*).
B) Leaf with 7 to 9 lobes, deep sinuses, acorn cap cover 1/4 of nut. Bark very light gray, in loose plates— White Oak (*Quercus alba*).
21. A) The leaf margin is toothed or spiny; teeth may be widely spaced or very thin, GO TO 22
B) Leaf edge is not toothed or spiny, GO TO 23.
22. A) Twigs have 2-3 corky “wings”, and bark of trunk is corky, leaf smooth above and hairy below, found in southeastern Virginia— Winged Elm (*Ulmus alata*).
B) Twigs do not have corky wings; leaves rough and sandpapery on underside but smooth on top, white and reddish brown layers in cross section of bark— American Elm (*Ulmus americana*).
23. A) Tree found in standing water, swamp edge, or moist low woods; leaves thick and leathery, underside of leaf white, twigs greenish. Usually under 20 feet tall and 4 inch diameter. Crushed leaves have sweet smell— Sweetbay (*Magnolia virginiana*).
B) Three not necessarily found near water, leaves heart shaped, pink or purple flowers in spring— Easter Redbud (*Cercis canadensis*)



Civilian Conservation Corp

About the CCC

From 1935-1946 the CCC built the Swift Creek Recreational Demonstration Area, which in 1946 became

Pocahontas State Park .

The CCC built cabin camps, dams, lakes, and bridges in the park - many of which are still in use today!

Join The CCC!

Now its time for you to sign up. Fill out this special application. (Levels 2 and 3)

Application For Enrollment

in the

Civilian Conservation Corps

For Official Use

Date: _____

Local Agency: Swift Creek RDA

City or Town: _____

What is your name? _____

Do you live on a farm? _____

How tall are you? _____

How much do you weigh? _____

How old are you? _____

Are you married? _____

Are you a US citizen? _____

Are you male or female? _____

Are you employed? _____

How much do you earn/ week? _____

How may years of schooling do you have? _____

How many brothers and sisters do you have? _____

What do your father and mother do? _____

How many rooms are in your home? _____

Do you have running water? _____

Do you have an ice box? _____

Do you have a telephone? _____



Native Trees

Leaf Key

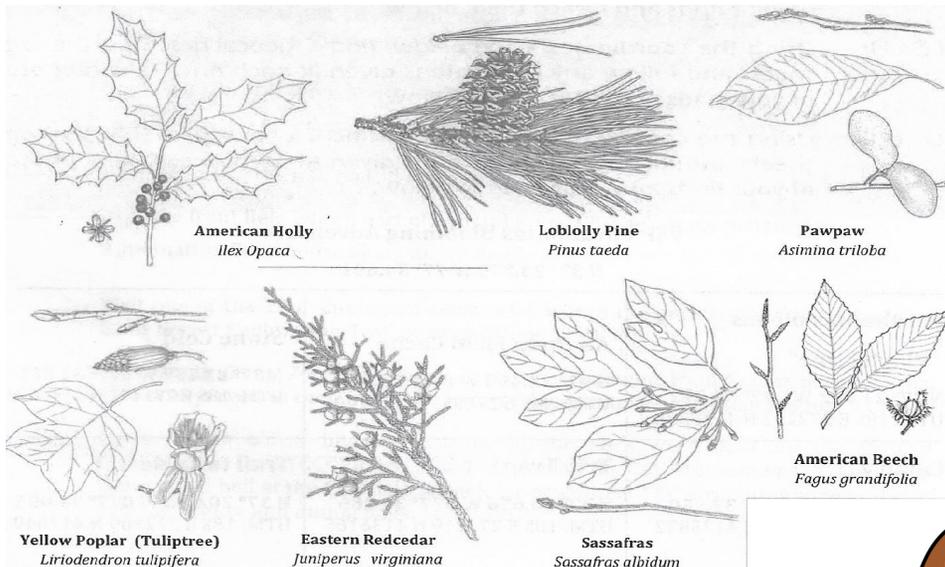
Trees are very important to us and the wildlife that use them for shelter and food. People use trees to build homes and furniture and make products like crayons, paper, pencils, newspapers, and more. We also use leaves and fruit for spices and food. Having trees in your yard can help reduce energy bills in the summer because of the shade they provide.

Knowing how to identify different kinds of trees by carefully investigating their leaves growth patterns, bark, fruit, and flowers is a very valuable skill. This Junior Ranger activity will help you develop investigation skills to identify trees at Pocahontas State Park and at home!

Level 1: Using the leaf guide below, identify at least 4 trees in the park. Circle the illustration of the trees you identify

Level 2: Using the leaf guide below, identify at least 6 trees in the park. Circle the illustration of the trees you identify

Level 3: Using the leaf guide below, identify at least 8 trees in the park.



1. A) Leaves are needle or scale like, GO TO 2.
B) Leaves are broad and flat, GO TO 4.
2. A) Needles at least 1 inch long, GO TO 3.
B) Needles less than 1 inch long or scale like, Eastern Redcedar (*Juniperus virginiana*)
3. A) Needles in groups of 5, and 3 to 5 inches long— Eastern White Pine (*Pinus strobus*)
B) Needles in groups of 2 or 3, and 6 to 9 inches long— Loblolly Pine (*Pinus taeda*)
4. A) Leaves opposite of each other, GO TO 5
B) Leaves alternate of each other, GO TO 8.
5. A) Leaves compound, GO TO 6
B) Leaves simple, GO TO 14
6. A) Leaflets toothed from midway up edge to tip, and underside covered with whitish wax—White ash (*Fraxinus americana*)
B) Leaflets toothed from base to tip and fuzzy underneath; often found near water—Green ash (*Fraxinus pennsylvanica*)
7. A) leaf not lobed— Leaves less than 6 inch long, edges not lobed or toothed and leaves fall off after growing season, bark blocky— Flowering Dogwood (*Cornus florida*)
B) leaves lobed— Leaves have 3 to 5 lobes with shallow sinuses, and leaf veins in a hand pattern—Red Maples (*Acer rubrum*)
8. A) leaves compound, GO TO 9.
B) leaves simple, GO TO 11.
9. A) Leaflets oval or oblong and less than 2 inches long, twigs have thorns, GO TO 10.
B) Twigs do not have thorns, GO TO 11.
10. A) Leaves singly compound, thorns in pairs on either side of buds, leaflet edge not toothed, deeply furrowed bark, and seed pods 2 to 5 inches long— Black Locust (*Robinia pseudoacacia*)
B) Leaves singly or doubly compound, leaflet 1/2 to 1 1/2 inches long and edge may be toothed, 2 to 4 inch thorns may be branched, and seed pods 8 to 12 inches long—Honeylocust (*Gleditsia tricanthos*).
11. A) Leaves with 11 or more leaflets, GO TO 12.
B) Leaves with less than 11 leaflets, GO TO 13.
12. A) Leaves with 13 to 41 leaflets with just 2-4 teeth at the base, foul smell when bruised. Terminal leaflet present, bark rough, but not furrowed— INVASIVE Tree-of-heaven (*Ailanthus altissima*)
B) Leaves with 14 to 24 leaflets— Black Walnut (*Juglans nigra*)

Continue on the next page

