

FRIENDS OF BEAR CREEK LAKE STATE PARK



Providing Volunteer Services
for the Conservation and
Enhancement of the Park
and its Programs

We are citizen volunteers interested in
stewardship of our natural, cultural, and
recreational resources and the rewards
of giving back to our community.

JOIN US TODAY

Virginia State Parks
Ingredients for a healthy lifestyle

ACTIVITY	CALORIES BURNED
Walking (2 mph)	84
Bicycling (5.5 mph)	107
Canoeing (2 mph)	135
Swimming (slow crawl)	135
Walking (4 mph)	156
Hiking	184
Horseback Riding (trot)	185
Jogging (5.5 mph)	294

*Source: Good Housekeeping Diet
Central. Based on a 127-137 lb. person
exercising for 30 minutes.*

For more information call
Bear Creek Lake State Park
(804) 492-4410

or

friendsofbearcreeklake@gmail.com

I/we would like to become a member of FRIENDS OF BEAR CREEK LAKE STATE PARK.

Name(s) _____ Date _____
Address _____
City _____ State _____ Zip _____
Phone(s) _____
Email _____

Please mail to: Friends of Bear Creek Lake State Park
22 Bear Creek Lake Road
Cumberland, VA 23040

I am enclosing a donation in the amount of \$ _____.

FRIENDS OF BEAR CREEK LAKE STATE PARK

Who are the Friends of Bear Creek Lake State Park?

We are citizen volunteers from Virginia's Central Piedmont region that enjoy supporting the park's mission and operation. We are dedicated to furthering the development of educational and entertaining programs for all ages. Membership is free. We do not collect dues, but we ask you to record your volunteer hours with Virginia State Parks, Department of Conservation & Recreation.

If you enjoy the outdoors and nature and would like to conserve it for future generations, we invite you to join the Friends of Bear Creek Lake State Park.








Awards

In appreciation of your volunteer hours at the park, Virginia State Parks presents benefits to volunteers as a "Thank You" for your time and talent. Benefits are awarded according to hours accumulated and can range from annual park passes to camping and cabin privileges.

Benefits

The training you'll receive for your duties as a state park volunteer is an excellent way to gain work experience and improve job skills. Volunteer hours also count as job experience when applying for employment with Virginia State Parks or for any Virginia State government position.

Friends Sponsored Activities

-  Host Special Events
-  Support YCC (Youth Conservation Corps)
-  Maintain Archery Range
-  Monitor Bluebird Boxes
-  Assist with trail maintenance
-  Assist with interpretive training and programs
-  Assist with office support

Why it's important to be outdoors. Studies have shown that a physically active lifestyle can:

Enhance overall health and well-being critical to personal quality of life.

Add up to two years to average life expectancy.

Improve positive moods, reduce depression and alleviate stress.

Substantially reduce the risk of developing or dying from cardiovascular disease.

Prolong independent living for seniors.

Improve the personal quality of life by building self-esteem.

Lower blood pressure and cholesterol. Help prevent site - specific cancer, particularly in the colon, breast and lungs.

Reduce self-destructive behavior and negative social activity by young people.

Combat type two diabetes.

Impede or combat osteoporosis.

Reduce the incidence and severity of illness and disability.