



PEEC
Pocono Environmental
Education Center



Summer Solstice 2012

Seasons

A Quarterly Publication to Advance Environmental Literacy

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Turtles

By Molly Check

"Behold the turtle. He makes progress only when he sticks his neck out."

— James Bryant Conant

Turtles can be difficult to study up close. Walk near a group of them sunning on a log and they slip quickly back into the water. If you startle one into its shell, you have to wait patiently before he'll reward you with another peek. However, if there was ever a time for turtle watching, it would be now. Summer has arrived and the reptiles are out in high numbers.

Since turtles are ectothermic (coldblooded), the warm temperatures give them the energy they need to move around, hunt their prey, breed, and lay eggs. All turtles lay eggs, although the number varies greatly between species. Some of the larger sea turtles lay hundreds of eggs in the sand, while the small, terrestrial species, *Clemmys muhlenbergii*, lays only 2-3 per clutch. This species is known as the bog turtle and is one of the smallest turtles in the world, measuring only 4 inches in length. It is currently on the Threatened List of the U.S. Fish and Wildlife Service. Only 50 counties in the northern U.S. support a population of bog turtles, and 42 of them are in our tri-state area. New Jersey can boast of populations in Sussex, Warren, and Morris counties, and New York provides homes for these tiny reptiles in Orange, Rockland, and Sullivan counties. Pennsylvania's populations occur primarily in the southeastern counties, but there are strongholds in Monroe County as well.

The earliest known turtles appeared on Earth over 200 million years ago, before the dinosaurs dominated the land. Since then, they have adapted to a multitude of environments around the world. Living in terrestrial, aquatic, and oceanic habitats, there are more than 300 different species alive today. Each species of turtle has differences in their size, appearance, diet, and behavior, but all of them are grouped in the order Testudines. This order includes all of the turtles, tortoises (usually referring to large land dwellers), and terrapins (those that inhabit brackish waters).

The classic characteristic of a turtle is its shell, which includes the carapace (upper shell) and the plastron (lower shell). The shell serves as a permanent shelter and offers protection, although not all turtles rely on their shells when threatened. The common snapping turtle, *Chelydra serpentina*, defends itself with powerful jaws and sharp claws. The snapper, which is the New York state reptile, can weigh up to 40 pounds and feeds on snails, worms, leeches, insects, fish, water plants, frogs, tadpoles, salamanders, young birds, and even small turtles!

No matter what type of turtles you have in your area, you can be sure that they are out and about. Throughout June and July, the female turtles temporarily leave the water to lay their eggs. They will travel long distances from the water, looking for the perfect sandy soil in which to dig the nesting hole. The eggs are deposited, covered with soil, and left behind as the adults return to the water. After the eggs hatch, the young must find their own way back to the water while avoiding a multitude of predators.

At the Pocono Environmental Education Center, we are always on the lookout for turtles. Our canoeing programs throughout the summer offer opportunities to look for turtles while paddling across Pickerel Pond. For more details on our summer programming, please visit www.peec.org.

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Message from the Executive Director

Jeff Rosalsky



During my lifetime, the US has largely succeeded in convincing its citizens to recycle, to the point where the current generation knows of nothing else. Legislation at all levels, citizen activism, industry cooperation, and, most importantly, the actions of individuals doing their best to sort out the tiny triangles and numbers on used containers, has had a meaningful and positive effect. During that same period, however, we have failed to combat our addiction to energy usage and over-consumption in general. Why is this the case?

Part of the difficulty is getting people to recognize how much the US consumes as a society. The numbers are astronomical compared to the rest of the world and we represent only 315 million people out of 7 billion. If the rest of the world follows our consumption example, which much of the world strives to do, the problem explodes to the point of making the planet uninhabitable in our children's lifetime. Part of the problem is the difficulty for humans to imagine billions or trillions of anything in a meaningful way, especially when you realize that the average human life in the US is around 30,000 days.

The other issue is that often it is not clear what the true lifecycle cost of a product is. A new laptop may cost only \$500 to purchase, but is that its true cost over its lifecycle? The cost of the raw materials, the labor, the R&D, the marketing and the packaging are the easy costs, but what about the cost to run that laptop versus one that is more efficient but is \$5 more to manufacture? What about the disposal cost at the end of its useful life? Not throwing it in the trash, but truly removing the cadmium and mercury so they don't contaminate the environment. What if the machine was made from electricity generated at a soft coal burning power plant in China? Who pays for cleaning up the polluted air? There are hidden costs to our consumption, which we unconsciously defer.

I am not advocating a return to the Stone Age, but just a recognition that we should attempt to make wise and informed choices about the resources that we consume. Individuals need to start with the easy decisions, whether it is remembering to unplug phantom power loads from unused devices, walking instead of driving to the gym to workout, using energy efficient bulbs, turning down hot water heaters, or deciding whether you really need that new laptop. Keep track of the changes you make and figure out both the resources and money you have saved over the course of a month. Then bank a third for the planet, donate a third to a worthy cause, and treat yourself to something you really need with that last third.



PEEC
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**NEW
LOGO!**

The Board of Trustees recently approved a new logo for PEEC. The new logo, to which we will be transitioning over the next several months, updates our "look", while still incorporating references to Pennsylvania and the Delaware Water Gap.

How many plastic grocery bags does it take to... create an island?

By Mariann Oswald

Plastic grocery bags -- this is a subject that is best viewed through statistics, like:

- Less than 5% of plastic bags are recycled
- 19 BILLION plastic bags are used each year by Californians alone
- It takes 500 to 1000 years for a plastic grocery bag to degrade. And, even when the bags decompose, tiny bits of toxic waste seep into the environment.

So, you see what I mean about statistics. But statistics are not the problem. Statistics don't even begin to enlighten the world's population about the problem. It is just too mind blowing. And, way WAY too frightening.

Then, with the problem so out of control, what are we to do? What is the solution? Slow down the use of plastic bags through fees used to help retailers curtail their costs? Impose a tax on grocery bags, using the proceeds for environmental issues? Ban the use of plastic grocery bags altogether?

According to the opponents of any or all of the above, they already "recycle" their bags by using

them as book bags, lunch bags, trash can liners, and to pick up what their dog leaves behind. The bags, though, still end up in a landfill, floating down a river, or waving from a tree along the highway. For those few that actually make it to the recycle center (remember the statistic -- less than 5%), plastic bags frequently clog the machines, which in turn cause a large percentage of recyclables to be rejected from the sorters and consequently sent to the landfill with the bags. What's wrong with this picture?

New products, such as building materials, are being made from the bags that are truly recycled, not just reused. But won't they, too, need to be biodegradable and if they're made from plastic bags... well, you see my point.

Countries all around the globe have been facing this problem through bans, fines, taxes, and any other means possible. Following are just a few examples and the year they took action against the use of plastic bags: 2003-Africa, Australia, Bangladesh, Denmark, Hong Kong, Ireland, Taiwan; 2005-China, India; 2006-Scotland; 2007-Belgium, Canada, New Zealand. There are a few countries noticeably missing... like the U.S. and the U.K. Not to worry, though. One state at a time... California, Utah, Washington, Oregon, Hawaii.

Now, so I can better understand, if 147,000 tons of plastic bags end up in the landfills of one state and if 781 tons end up in streams in that same state, how long will it take for train A to run into train B on the fast track to disaster?



Photo By Mariann Oswald

No longer than it took to form "plastic island", an impromptu island 500 nautical miles off the California coast. Oh, another statistic, the island is made up of about 7 billion pounds of plastic and measures about twice the size of Texas. Not too surprising when you realize that every single itty bitty little piece of plastic that found its way to the ocean is still there, floating around somewhere... like an island.

Perhaps the solution can be found in Himachal Pradesh, India, where anyone found even using a plastic bag could face prison or a stiff fine of up to \$2000. It is not recommended that you bring the rupees for the fine in a plastic bag, however.

... just one at a time.

In an effort to help our environment, PEEC will be using cloth bags in the gift shop. And, all employees are urged to take their reusable cloth bags to the grocery store... and to remember to take them in.

Paying Too Much in Taxes?

As a Pennsylvania business, do you pay too much in taxes? PEEC can help! Now you can support PEEC financially and receive a substantial PA tax credit under the PA Educational Improvement Tax Credit Program ("EITC").

PA businesses that contribute to PEEC under EITC are eligible for a tax credit equal to 75% of their contribution for a one year commitment. Business are eligible for a tax credit equal to 90% of the contribution if the business agrees to provide the same support for two consecutive tax years.

From a PA tax perspective, this is financially more attractive to a business than a simple contribution. If your business makes an ordinary contribution to PEEC of \$10,000, it would provide \$10,000 to PEEC and reduce its income by \$10,000, with a resultant saving of \$999 in PA taxes, assuming a 9.9% corporate tax rate. Under the EITC program, that same donation of \$10,000 would result in direct credit against taxes paid to the Commonwealth of \$7,500 to \$9,000.

This is an amazing program offered to PA businesses to support their local non-profit educational institutions. If you would like to it discuss further, please call PEEC and speak with Flo Mauro or Jeff Rosalsky. Businesses should also consult their tax professionals.



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Where Did You Go?
We need your new address!

Address Changes

If your address has changed, please help us update our records.

Please call 570-828-2319
or email peec@peec.org PEEC
with your new address information.



Quest Diagnostics Volunteer Day

By Jessica Snyder

On May 4th, the Pocono Environmental Education Center hosted Quest Diagnostics of New Jersey and Pennsylvania. This was a second year program for Quest Diagnostics; however, this was their first year volunteering at PEEC. The volunteer group consisted of 65 volunteers from the IT department at Quest Diagnostics and, as a group, they accomplished many major items on PEEC's "most wanted" list.

The days leading up to the volunteer day were filled with doubtful predictions of partly sunny days and scattered rain showers. Communication between Quest Diagnostics and myself were frequent as the day approached and we were lucky enough to be greeted with a rain-free day.

The major projects completed included:

- Renovating 2 cabins for use by our Growing Green Residential Camp
- Exterior Scraping of 6 cabins
- Cleaning of our Yurt Village
- Renovation of our Room 2 Classroom
- Renovation of our Fire Pit Amphitheater Seating
- Various Landscaping around our Campus

The Pocono Environmental Education Center would like to thank Quest Diagnostics for all of their hard work and dedication to volunteering in their community. Your efforts have made PEEC an even better place to visit!





River Otters

By Kristin Heckrote

This time of year, there is a lot of wildlife on the trails here at PEEC. A great place to visit is Pickerel Pond since it sits a little bit away from the main campus and experiences less human activity. Around the pond and even in it, there are signs and sightings of the many frequent animal visitors to the area. One of the ones I find most interesting is the river otter, *Lutra canadensis*.

Last year several staff members and our Easter Seal campers saw a pair of otters playing in Front Pond. While it was fun to spot them and though we mentioned them in PEEC's phenology notebook, we only saw them over the course of a few days and didn't really think about them after that. Then, this past April, a lone river otter began hanging out in Pickerel near the abandoned beaver lodge.

There is no way to really know if this otter was one of the pair from last year, but it is possible. Otters give birth up to a year after mating due to delayed fertilization. Pregnant females tend to be solitary and will seek out an abandoned burrow or beaver lodge, similar to the beaver lodge on Pickerel. Blind, furry, and toothless, kits stay in the den site for about 3 months, which is when their mother first takes them out to learn to swim.

Otters cannot swim when they are born. Instead, they are taught by their mother how to survive. When swimming, otters close their nose and ears to keep out water. Their fur

is waterproof. Otters have webbed feet and also a strong tail which makes them powerful swimmers. Another swimming adaptation is that they can hold their breath underwater for about 4 minutes.

The term "river" otter is a little misleading. River otters can be found in all types of bodies of water, including both freshwater and saltwater (not to be confused with sea otters). They also can live in a wide range of elevations. A member of the weasel family, the otter is a predator that easily adapts to different food sources. They will eat anything from reptiles to fish.

Declining populations indicate that the species is in trouble. The population decline initially started with fur trapping during the 1700's, but today is an issue because of the effects of pollution. Otters are an indicator species, which means that their presence demonstrates the biological health of a given ecosystem. Otters are intolerant of pollution, probably because of the effect that it has on an otter's food source. If an area is affected by pollution, otters will either leave the area or not move into it in the first place. As more waterways are becoming polluted, less habitat space is available to sustain a healthy otter population.

In the state of Pennsylvania, otters are a protected species and there have been several restoration projects that have focused on the population. Both because of lower populations and since they are a mostly nocturnal animal, otters can be difficult to spot. We are excited to be seeing them here at PEEC.



Nature Photo

PEEC Photo Contest Winner

Eleven photos were submitted to the PEEC Photo Contest and were displayed in the PEEC lobby for 2 weeks. Photos ranged in subject matter from animals to plants to landscapes. When the 115 votes were tallied, the winning photo was "Newborn Deer" by Tom Lyckowski, submitted by Natalia LaDuca.

Congratulations to Tom & Natalia and thank you to all participants for helping to make the PEEC Photo Contest a success!

INTRO TO MACRO PHOTOGRAPHY



SATURDAY,
JULY 7, 2012
9AM - 4PM

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Summer Day Camp Expectations

By Jessica Snyder

Pocono Environmental Education Center's summer day camp is right around the corner! With the start of summer camp, our campus will be buzzing with excited energy and lots of smiles. However, for soon-to-be-summer-camper parents, these next few weeks can have parents fretting about the summer and what to send with their child to camp. To help ease the fretting, I have included a list of things to remember and a list of things to bring.

Important Things to Remember:

- PEEC Summer Camp begins at **9am** and ends at **4pm**.
- All personal items brought to camp should have your child's name or initials clearly printed on them.
- **Every Wednesday the campers will go on a trip to Camp Akenac** where they will spend half a day swimming. There are three lifeguards on duty in addition to PEEC staff, ample grassy areas, and additional playground options and amenities nearby for children who choose not to swim. Please pack a swimsuit, towel, and any beach toys. Make sure to label everything with your child's name!
- For your convenience our gift shop will be open on Fridays from 3:45 – 4:15pm. Your child must be signed out prior to taking them to the store.
- We will be tie dying every week, usually on Wednesday. So on Monday (we like to make sure everyone is prepared ahead of time), please send in a white shirt, pillowcase, or even socks for your child to make a little more colorful.

Please have your child bring the following to camp everyday:

- Lunch (reusable containers preferred)
- **Non-breakable, re-usable drinking container**
- Clothing made for hiking
- Comfortable sneakers or hiking boots
- Raincoat
- Swimsuit, water shoes, & towel (Every Wednesday)
- Shirt to be tie dyed (Bring in on Monday)

And remember....a happy camper is a well-prepared camper!

For more information about PEEC's Summer Day Camp please visit:
www.peec.org/day-camp

Garlic and Scapes

By Sheri Bone

Last fall I wrote an article about growing garlic. If you decided that garlic was something you wanted in your garden and planted it in October, you saw leaves peeking out of the ground in early spring. By now they should be at least 6 inches tall – flat green leaves. And there is nothing more you need to do but admire how well they grow on their own.

Garlic will be ready to harvest in mid-July when the leaves turn brown. Dig them out with a shovel or potato fork. Sometimes just pulling the leaves will get the bulb out, but better to be safe than sorry! And don't leave any garlic in the ground. It will grow again next spring, but the resulting bulbs will be clumped and not as easy to use.

Wipe off any extra soil clods that have stuck to the bulbs and let them dry in a place that is out of direct sunlight. Plan which bulbs you will use to plant in the fall and set them aside so you don't accidentally use them in your favorite recipes. You can braid the garlic, but you can also just store the bulbs in a cool dry place.

Between now and harvest time, though, if you planted the hardneck variety of garlic, you will see garlic scapes forming. Scapes are the stalks

that shoot up from the middle of the plant. Unlike the flat leaves, scapes are cylindrical, and form a curlicue. At the end of the scape a flower-like node will appear.

Scapes should be cut when that bud appears or when the first circle occurs. Without the scape, there will be more strength going to the bulb. Don't throw the scapes away, though. Use them in your favorite stir fry recipes. They have a mild garlic taste and can even be eaten raw in salads. If you leave them on the plant for too long, though, they can be tough and bitter.

In addition to stir fry, scapes can also be used as the base for pesto. Instead of basil leaves, use garlic scapes. Just as 'regular' pesto recipes

differ, so do the garlic scape recipes; however, I like to use about a pound of garlic scapes that have been cut into 1-2" pieces. My recipe calls for ½ cup pine nuts, but I prefer almonds. (Some of my friends use walnuts; find what you like best.) I use about a cup of freshly grated parmesan cheese and about a cup of Extra Virgin Olive Oil.

If you have a food processor that makes the job easy, but I use a blender and don't mind if my pesto is a bit chunky. Blend the scapes, half of the cheese and nuts together, then add about half of the oil. If that is the consistency and taste you like, stop. If you like it thinner and cheesier, add more oil and cheese. This is great on pasta and as a bread dip.



PEEC
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Summer
DAY CAMP

8 SESSIONS: JUNE 25 – AUG 17

REGISTER ONLINE TODAY! PEEC.ORG



Or contact
PEEC for
details: **570-828-2319**
peec@peec.org

Women on the Water! (One More Time!)

By Sheri Bone

We are happy to announce that the “Women on the Water” (WOW) program will be returning for one more season! The Delaware Water Gap National Recreation Area (DEWA) and PEEC were recently awarded the “America’s Best Idea” grant from the National Park Foundation for the third time.

Each year the program has been funded, the core values have remained, but extra activities and groups have been added. This year, four groups of high school girls will be participating in two trips down the Delaware River. Two of

the groups are from the Stroudsburg area, one group is from Philadelphia, and one group is from New Castle, Delaware. Every community that is represented is impacted by the Delaware River.

The first day of the program will occur at PEEC where the girls will meet each other, the PEEC and NPS staff who will be along for the journey, and learn basic camping and paddling skills.

Day 2 of the program takes us to the Delaware River where we all will board rafts and paddle from Staircase Eddy to Matamoras.

Setting up tents, cooking meals, and having a campfire are only a few of the activities that will occur at the campgrounds while we are on

the river. Lessons in biodiversity, map reading, and continued team building will help the girls understand more about the river, its health, and the health of the communities surrounding it. The girls will also see how their lives are reflected and affected by the river adventure.

Day Three is canoeing day. Progressing from group work (rafts) to working in pairs (canoes) to finally working independently (kayaks) is an important part of the core of WOW. Stopping for lunch at Minnisink Island to learn about Native American History in the National Park area is also on the activity list. National Parks are special places and each one has its own uniqueness and story. The girls will learn how they can be stewards of the parks and take that information back to their home communities.

Kayaking will occur on the last day of the river excursion. When we return to PEEC, we will clean up and debrief. The girls will have had experiences that they will remember and use for the rest of their lives. They will have changed in ways that they could not have imagined. How they use their experiences when they get back home may be a challenge.

Another new part of WOW this year entails that the NPS - DEWA and PEEC work with ‘sister’ National Parks as they plan their own versions of WOW. A toolkit will be created so the National Park Foundation can share WOW planning details with future groups. It is a great honor to be recognized as a leader in river stewardship and in the education of our Women on the Water!



CELEBRATION WITH A BANG

FAMILY NATURE GETAWAY WEEK

JULY 3 – 8, 2012

This year, celebrate the 4th of July at the Pocono Environmental Education Center! Bring your family and friends to join our celebration and experience the best of what we have to offer. The programming includes nature hikes, canoeing, swimming, crafts, and more. Spend the evening relaxing around the campfire and cooking s’mores. It’s just not the 4th of July without fireworks, so we also include an offsite trip to see the local firework display! Plan your visit around your own schedule. You can come for the week...or the weekend...or just for an afternoon!

Commuter and day rates available, Call for details!

Overnight Adult Rates

\$285 5 NIGHTS / 6 DAYS

\$245 4 NIGHTS / 5 DAYS

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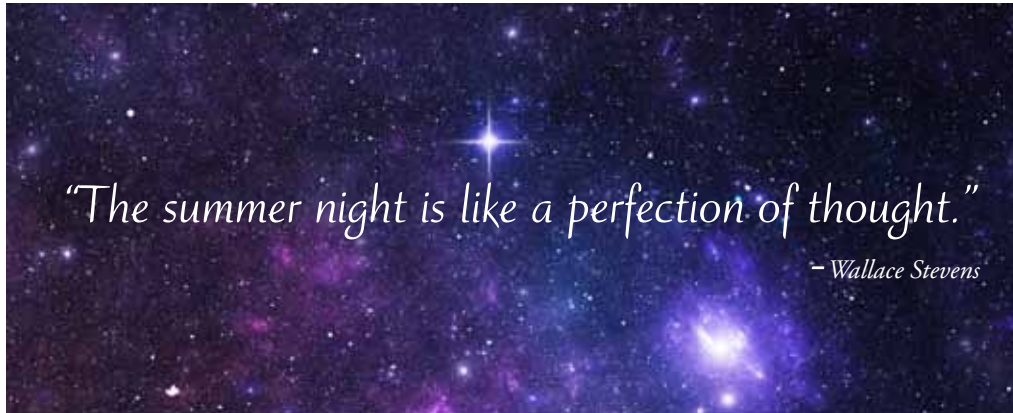
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HIGH ANGLE RESCUE CLASS

NPS Basic Technical Rescue Class - East | April 16-20, 2012

Photos by Allison Owczarczak





The Sights and Sounds of a Summer Night

By Molly Check

I went out for a walk the other night. The temperatures had been scorching hot all day and it was almost dusk before it was a comfortable level for walking outside. As I wandered across the field towards the pond, I could hear the crickets and katydids chirping and whistling. The males create this chorus of trills, buzzes, and clicks by scraping one wing against the other to produce their unique sounds. Interestingly, field research has shown that crickets almost always sing with the right wing over the left and katydids with the left wing over the right. The reason for the noisy performance? To attract females, of course.

Frogs have a similar strategy and have been calling from the wetlands since spring. The first amphibians to emerge from their frozen hibernation were the spring peepers, *Pseudocris crucifer*. They led the way with their clear chorus of peeps, and now the green frogs, *Rana clamitans*, and bull frogs, *Rana catesbeiana*, are taking their place as the noisiest amphibians in the pond. Although these two frogs look very similar, any confusion can be cleared up by looking behind their eyes. Green frogs have dorsolateral ridges that begin behind their eyes and continue down their sides. Bull frogs do not have this ridge. In addition, bullfrogs can be eight inches long and eat insects, crayfish, small fish, and even other frogs!

As the sun sinks below the horizon, another animal joins the choir – a barred owl, *Strix varia*. This owl is common throughout Pennsylvania, New York, and New Jersey, and is often referred to as the hoot owl. Its call, “hoo, hoo, hoo-hoo; hoo, hoo; hoo, hooo-aw!” is usually interpreted as “Who cooks for you? Who cooks for you all?” I listened to the owl as it called into the darkening night, and from a few ridges over, an answering call finally came. It was another barred owl - adding its voice to the music of the night.

I started my walk back, moving slower now that I was relying on my night vision. The stars were out and the summer constellations were shining bright in the sky. The Summer Triangle is an asterism (easily recognized group of stars) formed by the three brightest stars from Cygnus the swan, Aquilia the eagle, and Lyra the lyre. As the name implies, this asterism is visible in the sky for the entire summer. The constellation Scorpio rose in the east several weeks ago and will spend its summer moving across the southern sky, before it sets in the west in late fall. It resembles a scorpion with a curved tail and includes the red supergiant star, Antares, called the “heart of the scorpion.” Antares is so large that if it was placed where the sun is, its outer surface would lie between the orbits of Mars and Jupiter! I love the stars and their ability to make me feel so small.

When I returned to my cabin, I paused outside for one last listen. These summer nights should be cherished while they are here. In our minds, the summer solstice on June 21 marks the beginning of summer, outdoor recreation, and long days of sunshine. Ironically, the solstice actually marks the end of the long days. From June 21 until December, each day will be a little bit shorter than the one before it. Don't fret, though. There are plenty of summer days and nights left to enjoy. Go see what you can see. Hear what you can hear. Breathe deep and soak it all in.

2.5 Trees Saved... and Counting!

By Janine Morley

The day PEEC received more junk mail than regular mail was the turning point. As an environmental center and as examples of good environmental stewardship, we needed to take a stand against junk mail.

Pool supplies, computers & electronics, office supplies ... all of these catalogs, and more, streamed into PEEC in an endless river of paper. Many of them were addressed to people who had worked at PEEC years ago. We also received multiple copies of the same catalog – to a business with less than a dozen year-round, permanent employees. Sure, we recycled them, but I thought, “If the catalogs were never mailed to PEEC, it would save paper, mailing costs for the companies, and our time sorting useless, unwanted mail.”

I began collecting unwanted catalogs. Then I spent a few minutes, first thing in the morning, calling the catalog companies and asking to be removed from the mailing lists. Since the mailings are pre-printed, there is a lag between removal from the lists and the catalog not arriving in the mailbox any more, but the results have been worth it.

In just over a year, I have requested removal of **57 names from 42 different mailing lists. This equals approximately 214 pounds / 43 reams of paper saved or 2.5 TREES and counting!**

Any business, non-profit, or charity can benefit. Households can reduce the receipt of junk mail. To save trees, cut down waste, and reduce time sorting & recycling junk mail, just dial the toll free number on the catalog and say the magic words, “Please remove me from your mailing list.” Remember: cut down waste – not trees.

Junk Mail Challenge: If you would like to join PEEC in a stand against junk mail, please send information to peec@peec.org. We will collect statistics on the number of trees saved and will include that information in the next newsletter.

SUMMER PROGRAMS AND GETAWAYS 2012

PRE-REGISTRATION REQUIRED
Unless otherwise indicated.

TO REGISTER:

Call PEEC at 570-828-2319
with credit card information available
Or download application: www.peec.org/pdfs/PEECProgramRegistration.pdf

JULY

“Celebration with a Bang” Family Nature Getaway Week

July 3 - 8

Packages available for any length of stay.
25% off ages 7-10.... call for details.

Bring your friends and family to experience the best of what PEEC has to offer. Night hikes, animal presentations, swimming, canoeing, fireworks, campfire and more! Price includes lodging and meals. Commuter and day rates available – call for details.

Introduction to Macro Photography

Saturday, July 7, 2012 | 9am-4pm

Cost: \$65 / lunch available for \$8.50

Macro photography captures the intimate details of the natural world. This is a beginner level class that teaches the basics of up-close photography. John Jose, from Otter Creek Environmental Services, will lead this exciting class.



Dragonfly Walk

Saturday, July 7, 2012 | 1-3pm

Cost: \$5

Join us for a fun afternoon at the ponds! Learn about the fascinating lives of dragonflies and their unique adaptations.

Sunday for Singles

Sunday, July 8, 2012 | 1-3pm

Cost: Free

This monthly hike is all about meeting new people and exploring nature together.

Frog Frenzy I & II

July 14 & 15, 2012 | 10am-12pm

Cost: \$5

Join us for a fun morning at the ponds and streams! Learn about some of our frog friends as we gently catch and release these hopping amphibians. Wear boots and plan on getting a little wet and muddy!



Moonlit Drumming

Saturday, July 14, 2012 | 7-9pm

Cost: \$30 adult / \$15 child

Master drummer, Maxwell Kofi Donkor, is back for another unforgettable experience. Enjoy an introductory lesson and a drumming circle under the moonlit sky. Don't miss this great event! No experience necessary. Call to reserve a drum.

Summer Canoe Paddle

Sunday, July 15, 2012 | 1-3pm

Cost: \$5

Enjoy a summer afternoon at Pickerel Pond. Beginners are welcome – we teach you everything you need to know. Dress appropriately – you may get wet. Call to reserve your spot in a canoe!

Wild Edibles

Saturday, July 21, 2012 | 10am-12pm

Cost: \$10

Nature provides food for us in the form of many plants. Join us on a hike focused on wild edibles. No collecting will be done within the Park. Call to reserve a seat in the van. Carpooling encouraged.

Nature at Night

Saturday, July 21, 2012 | 8-10pm

Cost: Free

A warm summer evening is the perfect time to head outside. Take a walk in the woods and listen for frogs, look at stars, and enjoy the music of the night.

Introduction to Orienteering

Sunday, July 22, 2012 | 10am-12pm

Cost: \$5

Learn to use a map and compass! We provide the equipment & teach you everything you need to know

AUGUST

“Dog Days of Summer” Family Nature Getaway Weekend

August 3-5, 2012

Cost: Adults \$190 / 25% off ages 7-10 / 50% off ages 4-6 / free under 3 / commuter and day rates available – call for details

Bring your family and friends to experience the best of what PEEC has to offer.

Interpretive hikes, animal presentations, fishing, canoeing, crafts, campfire and more! Includes two nights of lodging and six meals.

Pocono Quilt Camp I

August 10-12, 2012

Cost: \$195 / \$145 commuter rate

Join Patti Shreiner for a relaxing weekend at the 11th annual Quilt Camp! Work on an unfinished project or begin something new. This weekend includes two nights of lodging and six meals. Check out Quilt Camp II for an extended stay.

Pocono Quilt Camp II

August 12-17, 2012

Cost: \$395 / \$345 commuter rate

Join Patti Shreiner for a relaxing week at the 11th annual Quilt Camp! Beginners are welcome to come and learn. This week includes five nights of lodging and eighteen meals. Check out Quilt Camp I for an extended stay.

Monarch Madness

Saturday, August 18, 2012 | 1-3pm

Cost: \$5

Join us for a fun afternoon in the fields and forests. Learn about the wonderful world of the monarch butterfly as we search for the brightly colored caterpillars. Bring a net if you'd like to gently catch and release butterflies. After the caterpillar search, stay for a delicious ice cream cone!

Nature at Night

Saturday, August 18, 2012 | 8-10pm

Cost: Free for members / \$5 non-members

A warm summer evening is the perfect time to head outside. Take a walk in the woods and listen for frogs, look at stars, and enjoy the music of the night.

Frog Frenzy III

Sunday, August 19, 2012 | 10am-12pm

Cost: \$5

Join us for a fun morning at the ponds and streams! Learn about some of our frog friends as we gently catch and release these hopping amphibians. Wear boots and plan on getting a little wet and muddy!

Sunday for Singles

Sunday, August 19, 2012 | 1-3pm

Cost: Free

This monthly hike is all about meeting new people and exploring nature together.

Full Moon Drumming

Friday, August 31, 2012 | 7-10pm

Cost: \$30 adult / \$20 child

Master drummer, Maxwell Kofi Donkor, is back for another unforgettable experience. Enjoy an introductory lesson and a drumming circle under the full moon. This peaceful evening teaches the basics of drumming and its rich cultural heritage. No experience necessary. Call to reserve a drum.



SEPTEMBER

"Migrate to PEEC" Family Nature Getaway Weekend

Labor Day Weekend: August 31 – September 3, 2012

Cost: Adults \$205 / 25% off ages 7-10 / 50% off ages 4-6 / free under 3 / commuter and day rates available – call for details

Bring your friends & family to experience the best of what PEEC has to offer. Interpretive hikes, animal presentations, swimming, canoeing, tie-dye, campfire and more! Includes three nights lodging & meals from Friday dinner - Monday lunch.



Fossil Trail Hike

Saturday, September 8, 2012 | 10am-12pm

Cost: Free for members / \$5 for non-members

Take a hike in the woods. This 1 ¼ mile trail passes a vernal pool that is important for breeding amphibians and then descends into a mature hardwood ravine. Look at fossils along the way. Moderate-strenuous, with a final, steep climb.

Introduction to Canoeing

Saturday, September 8, 2012 | 2-4pm

Cost: \$5

Enjoy the last weekend of the summer with a canoe paddle across our pond! Beginners are welcome – we teach you everything you need to know. Dress appropriately – you may get wet. Call to reserve your spot in a canoe.

Sunday for Singles

Sunday, September 9, 2012 | 1-3pm

Cost: Free

This monthly hike is all about meeting new people and exploring nature together.

Harvest Festival

Saturday, September 15, 2012 | 10am-4pm

Cost: \$5 per car

Celebrate Fall at PEEC's 2nd annual Harvest Festival! Enjoy animal presenters, arts & crafts, hands-on learning stations, conservation exhibits, live music, local food, a tricky tray, and more! Bring your family and friends to this great event!

Tricky Tray

Saturday, September 15, 2012 | 10am-1:30pm

Cost: Free admission during the Harvest Festival (\$5 per car)

Buy tickets for various amounts & bid on your favorite items. Calling of winners from 12:30-1:30pm. Must be present to win.

Adult Nature Weekend

September 21-23, 2012

Cost: \$195 / \$145 commuter

Take a weekend off and relax in the Poconos! We provide lodging, meals and programming for a fun and educational weekend away. Enjoy interpretive hikes, canoeing, bird walks, art classes, waterfall tours, animal presenters, campfires, and more! Call for more details on this exciting new program! Ages 21 and up, please.

Introduction to Fishing

Saturday, September 22, 2012 | 10am-12pm

Cost: \$10

Learn the basics of fishing and then try your luck on our ponds. We provide all of the equipment. Supervised children only, please. No fishing licenses required. Spaces limited. Call to reserve your spot!

Brownie Badge Fest

Saturday, September 29, 2012 | 9am-12pm / 1-4pm

Cost: Half day \$12 / Full day \$20 / lunch available for purchase

Bring one scout or an entire troop, and let us teach the badges! Overnight lodging is available – call for rates.

Fungus Among Us

Sunday, September 30, 2012 | 1-3pm

Cost: \$5

Search for fungus and lichen as you learn about the amazing world of decomposition and nutrient cycling.

DEW You Want to Walk?

By Flo Mauro

I was intrigued by a little write-up in the Penn State Cooperative Extension newsletter about DEW... 'Drop Everything and Walk'...so I read a little further and it just sounded like fun. It took me all of 3 minutes to talk a few PEEC staff members into joining me.

Basically DEW was a 10 week walking program for teams of 5 people. All we had to do was form a team and register with Cooperative Extension. Teams of 5 would be walking for 10 weeks from April 8 to June 16. The goal of the program was simply to increase participants' daily physical activity by providing a structured walking program. Teams could be made up of co-workers, family members, or friends – with all ages welcome. There may have been as many as 16 teams in Pike County.

Mariann (and her terrific walking sub, daughter Kirsten), Janine, Sheri, Kristen, and I called ourselves the 'Sneaky PEEC's', got team T shirts, a couple of pedometers, new and worn out sneakers, and have been on the road, trails, schools, golf courses, and PEEC's campus ever since. The 'Sneaky PEEC's' logged 900 miles (give or take) and for that we are healthier and



a bit thinner. (My dog is really healthy and very happy.) We did not finish 1st in total miles, nor were we last.

We were also treated to weekly updates, articles, menus, recipes, and little notes of encouragement from Coop Ext to help us stay on track, be strong, and ultimately healthier for our efforts. You will be happy to know that we are still walking!

PEEC did have another DEW team made up primarily of PEEC Instructors, who, by the way have to walk and hike every day while they are teaching, unlike us, who chose to walk every day. They decided not to have a team photo. I think it's because they did not have team shirts.

Staff Alum Return to PEEC

Several former PEEC staff members are returning to PEEC on Labor Day Weekend, Aug. 31-Sept. 3, 2012, to help with a few projects, engage in many 'remember whens', renew some friendships, and remark on how far we've come.

Les "Buzz" Gamble and John "Mac" Mac Farland have been meeting and conversing with Ted Wetzel and Jeff about our needs here at PEEC and their ideas to help us meet those needs. We have come up with a very needy and very do-able project:

The Habitat restoration Project-furbishing the boardwalk and bird blind on the Two Ponds Trail

And of course, there will be bird walk or wildflower walk or both. Tumbling Waters hikes or Night hikes are out of the question because this group is too old and will probably be too tired.

If you are a former PEEC staff member and would like more information about the projects or would simply want join us at some point during the weekend, please contact Les Gamble. You can reach him at: buzz.gamble@gmail.com.

SAVE THE DATE: Harvest Festival

Saturday, September 15
10am-4pm

Celebrate Fall at PEEC's 2nd annual Harvest Fest! Enjoy animal presenters, conservation exhibits, old-timey activities, arts & crafts, live music and more! Bring your family and friends for a fun day that welcomes in the autumn season. The admission cost is \$5 per car.

Admission also includes a TRICKY TRAY, from 10am-1:30pm. Buy tickets for various amounts and bid on your favorite items. Calling of winners is from 12:30-1:30pm. Must be present to win.

