



PEEC
Pocono Environmental
Education Center



Autumnal Equinox 2017

Seasons

A Quarterly Publication to Advance Environmental Literacy

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**Pocono Environmental
Education Center**

538 Emery Road
Dingmans Ferry, PA
570 • 828 • 2319

peec@peec.org
www.peec.org



My Experience as a Watershed Fellow at PEEC

By Rachel Hess

My name is Rachel and I am a recent graduate of Bloomsburg University with a B.A. in Communications and a minor in Art. My love for outdoor recreation has encouraged me to learn more about how I can protect the environment, and I decided to get more involved through a position at PEEC. I spent my summer working as PEEC's first ever Watershed Fellow. My job entailed educating and advocating for the Delaware River Watershed within the Delaware Water Gap National Recreation Area. I engaged with Pocono locals and those from Philadelphia and New York City daily. On a typical work day, I may have facilitated paddling programs, hiked the trails, caught and identified frogs and salamanders, designed outreach materials, or taught hands-on environmental science classes to children and adults.

This position was created when PEEC partnered with the Alliance for Watershed Education and joined efforts to improve watershed education, awareness, and long-term stewardship. This initiative is funded by the William Penn Foundation and also takes place at 22 other centers located along the Delaware River. The fellowship has been a fulfilling experience, providing me with knowledge through workshops, networking, resume-building, press coverage, and a professional conference. The mission is to engage people with the watershed through education and direct experiences, support environmental education centers, advocate for improved water quality, and encourage others to become life-long stewards for the Delaware Watershed.

My job responsibilities included interfacing with the public, engaging the community, and increasing education and recognition of the watershed. My favorite part of the fellowship would have to be my capstone project which combined art and community. Many people believe

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As I write this, PEEC is gearing up for the second annual Princeton University Community Action freshman trip. More than 200 Princeton students will spend their first week of college on the PEEC campus. The trip focuses on leadership, sustainability, the arts and community service – can you imagine a more appropriate set of themes to set the stage for a student's college career? During their five days at PEEC, the students engage in a series of PEEC and University led activities. Last year's highlights for me were some of the sustainability based projects the students created to feature as exhibits on the PEEC campus. They included a demonstration green roof versus shingle roof that monitors water run-off and temperature differences, a series of water purification filters, an outdoor touch table and tracking table and many more. We are excitedly planning the 2017 projects.

The other highlight was the recycled art projects the students did using materials from around our campus and the Princeton campus. In addition to some fantastic sculptures, the creativity was amazing with one group doing a recycled haute couture outfit complete with jewelry and purse made from a ruptured, inside out basketball and another group writing, costuming and performing a short play about sustainability.

PEEC runs similar fall programs for other universities and high schools from NY, NJ and PA. The PEEC trips set the stage for the academic year and PEEC classes, activities and team building serve as a touchstone for learning when students are back on their own campus. Besides, the comfortable fall weather and colorful scenery at PEEC is amazing this time of year.



PEEC
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FALL FAMILY FUN DAY

SATURDAY, OCTOBER 7, 2017
10AM – 4PM



\$5 PER CAR

**POCONO ENVIRONMENTAL
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Fall in love with

FALL

Spend the day at PEEC and celebrate the fall season with us! Enjoy arts & crafts, hands-on activities, conservation exhibits, live music, local food, old-timey activities, & more! Bring your family & friends to this great event!

CALL FOR DETAILS
570-828-2319
peec@peec.org • www.peec.org

It's the Great Pumpkin, Charlie Brown!

By Sheri Bone

While many of my fond autumn memories include baking and cooking bushels of apples, raking colorful fallen leaves and taking in scents of ripening grapes, in this article, I share information about one member of the gourd family that is truly an autumn delight – the Great Pumpkin!

These large orange spheres (well, hopefully large and mostly spherical) begin to dot farm fields and gardens in early September until they are harvested by the end of October. Then the fun begins as kids of all ages find the perfect pumpkin and carve them into Jack-o'-Lanterns for Halloween.

Pumpkins are in the Cucurbit Family, which are vine crops that include gourds, squash, melons and cucumbers. Pumpkins not grown for holiday decoration are canned for food. Pumpkin pies, soup, bread and other desserts use processed pumpkin as their base. You know that carrots are high in Vitamin A because they contain carotene. Well, orange pumpkins contain carotene, too, so they are also high in Vitamin A. As a bonus, pumpkins also contain potassium. (I think I need to eat more pumpkin pie.) Even livestock love to eat pumpkin!

Pumpkins were originally grown in Central America, but have been used in the rest of this hemisphere, as well as Europe, for hundreds of years. The fruit is also mentioned in literature. Cinderella's fine coach originated as a lowly pumpkin. In the Legend of Sleepy Hollow, the headless horseman throws one at Ichabod Crane to scare him away, knowing Ichabod will think it's the rider's head. Peter, Peter, Pumpkin Eater found a large one and kept his wife in it!

The Native Americans used pumpkins for food and medicine, and also found other uses for them. If you have ever grown your own pumpkins, you know how they can take over your garden. It's not surprising, then, that sometimes the Native Americans cut extra pumpkin into strips, flattened the strips, dried them and wove them into mats. Imagine sitting on a pumpkin mat!

Early colonists found them quite tasty. One popular way to cook it was to slice off the top, remove the seeds and fill the insides with



milk, eggs, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie. It has been noted in one of my sources that many times pumpkin was not the filling in a pie, but more often was used to make the crust. (Did I mention that maybe I need to eat more pumpkin pie?)

Throughout history, people have enjoyed eating pumpkin seeds. Nowadays you can purchase "pepitas" – little green tasty ovals that can be found inside the hulls of some pumpkin seeds. (Pepita means 'little squash seed' in Spanish.) Not all seeds can be opened to find the little green pepitas, however. Some pumpkin cultivars produce the hull-less green pepita, but the seeds we find in the pumpkins to make Jack-o'-Lanterns usually have hulls, are roasted and salted and eaten. (Recipe follows.) While most people just crunch the whole roasted seed, hull and all, some folks prefer to pry open the roasted hull to get the little pepita nestled inside. It's a lot of work, and there is less fiber than when the hull is eaten, but it is the option of the eater.

Did you know that Pennsylvania is one of the top five states that grow pumpkins? It is! So it won't be difficult for you to take your family to a local pumpkin farm. Pick up a couple of pumpkins, and see if you can also purchase pie pumpkins so you can make your own pumpkin puree for baking. (Did Peter, Peter, Pumpkin Eater purchase pie pumpkins for perfect puree?)

I hope you all have carved your own Jack-o'-Lantern. In my opinion, you haven't lived until you have figured out the best way to scoop out the stringy, slimy pumpkin guts, and then carve a spectacular face. There are now pumpkin carving contests (some even on television) and artists use a variety of tools and techniques to fashion fancy faces. What kind of carver are you? The artist who can enter a national contest, or the geometric gouger who creates Jack with a crooked smile?

Pumpkins – fun, nutritious and historic. Enjoyed throughout the ages by many people and animals, too! Enjoy the fall season with your own Great Pumpkin!

Here's a recipe for Roasted Pumpkin Seeds: (adapted from many sources!)

1. Preheat oven to 275 degrees F. (some folks said 250, others said 300.)
2. Use 1 ½ cups of raw, whole pumpkin seeds (you may need to clean the guts off of them) and toss them with 2 tsp melted butter (most recipes called for butter, not oil or imitation butter) and a pinch of salt. (Some recipes added garlic powder, cayenne pepper and/or other spices to the salt. Your choice!)
3. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

NOTE: Some folks said 30 minutes was enough. Some said use a cooler oven, some said hotter. Try it a couple of times and keep good watch over the roasting seeds. Your oven's temperature will help you determine the correct time for you.



BIKE THE MCDADE

SATURDAY, OCTOBER 14
1:00 - 4:00 PM

CALL PEEC

570.828.2319

FREE

Join us for a bike ride along the McDade Trail!

We will provide all equipment and transportation. Please bring a water bottle and lunch, and wear sturdy footwear. We will have extra water and snacks available.

Registration begins September 14th.
Maximum of 25 spaces.

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My Experience as a Watershed Fellow at PEEC

Continued from Page 1

they can't protect the Delaware River Watershed, but that is not true. Everyone can make a difference in conserving water and making positive impacts in their own homes. I decided to create a project that would allow people to visually see their collective efforts toward protecting the watershed. Each person participating painted a stone, representing a pledge to positively impact the watershed. The accumulation of stones will develop into a "river" that meanders through PEEC's canoe garden, resulting in a walking path. As a long-term project, I hope this message will grow not only throughout the entire garden, but also the entire region, including all those who live in the Delaware River Watershed. Each person involved in this project also receives a sticker I designed to promote more awareness. It is an amazing feeling to see your own work displayed in a permanent location and stickers distributed to new people and places.

This position is so special because it cultivates leadership and a sense of community among different ages, cultures, and educational backgrounds. I have learned how to engage people with hands-on activities while teaching at the same time. Even though this fellowship lasted 3 months, I will forever be an advocate for the Delaware River Watershed.

Summer Fun Gone So Soon? Highlights of 2017 Camp

By Stephanie Sherman

Between playing in creeks and hiking in a national park as our backyard, it's hard to imagine how summer flies by so quickly. Our campers have been very busy with painting, building and exploring over the eight weeks of camp here at PEEC. We've made bottle cap bugs to race on our streams, canoed on Front Pond and Pickerel Pond, had campfire cookouts and counted over a hundred salamanders! Our Junior and Senior Naturalists have visited Grey Towers and the local quarry hunting for fossils and our Polliwogs and Wet & Slimies have had plenty of play time at Child's Park and Dingman's Falls. This year has certainly been amazing with getting the kids up close and personal with nature, so much so that I even find myself slowing down to chase a grasshopper or look at a spider web with my campers. The coming of fall is so bittersweet to me that I look forward to having a few Vacation Nature Camp Days on October 9th and November 27th to keep the spirit of summer alive! I hope to see a few familiar faces back for those days. Until then, happy hiking!

- Miss Steph, Camp Director





PEEC
Pocono Environmental
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PARK HISTORY TOUR

SUNDAY OCTOBER 22 • 9:00AM-4:00PM



Explore the Park to find the many scenic and historic sites within our beloved recreation area. Bring a water bottle, lunch, and a camera for great photo opportunities.

**Call to reserve a seat in the van.
Maximum of 18 spaces.**

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\$30 FOR MEMBERS

\$35 NON MEMBERS

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SIGNS OF FALL

SUNDAY, OCTOBER 22 • 10AM - 12PM



Take a hike with us and discover the science behind the wonderful season of fall.

We'll discuss changing animal behavior; why leaves change color; and why it's the best season to be out and about!

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PEEC
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PEEC & HARMONY PRESENTS

ON SALE NOW!

MARY CHAPIN CARPENTER

TUESDAY • OCTOBER 24, 2017



Photo Credit: Aaron Farrington

Five-time Grammy Award-winning singer-songwriter and Nashville Songwriters Hall of Fame inductee **Mary Chapin Carpenter** hits the road in 2017, performing songs from her expansive 14-album catalog and new songs from her latest record ***The Things That We Are Made Of***, released May 6, 2016.

Produced by 2016 Producer of the Year Grammy-nominee **Dave Cobb** (Jason Isbell, Chris Stapleton), the album features eleven new songs written by Carpenter, and has received critical acclaim from NPR and Rolling Stone, among others. The Associated Press calls it, "...an evocative collection of songs," while The Huffington Post declares, "...Carpenter is now at the height of her musical career, painting a compelling, relevant piece of art tinged with mixed feelings of grief and joy, all without preaching or darkening our minds with sadness."

Beloved by fans and critics alike, Carpenter has recorded 14 albums and sold over 14 million records. Previously, in 2014, Carpenter released her debut orchestral album, *Songs From The Movie*, which was arranged and co-produced by six-time Grammy winner Vince Mendoza. Since its release, Carpenter has performed alongside the New York Philharmonic, the BBC Scottish Symphony Orchestra, the London Concert Orchestra, the L.A. Philharmonic and the National Symphony Orchestra among many others.

A BENEFIT CONCERT FOR PEEC

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TICKETS

ARE
AVAILABLE AT
www.peec.org/concert

LOCATION:

Lackawanna College Theater
501 Vine St., Scranton PA, 18510

TICKET PRICES:

\$50 • \$60 • \$70

Doors - 7:00pm

Support - 7:30pm

Headline - 8:30pm

*PEEC is close to home,
where learning comes naturally!*

PEEC is located off of Route 209 inside the Delaware Water
Gap National Recreation Area in Dingmans Ferry, PA

2017 Sci-Q Project *By Sheri Bone*

Dateline: Sunday, July 2nd, 2017, 2:00 p.m. Eager students from Senior and Junior High Schools from New York, New Jersey and Pennsylvania entered PEEC's doors to begin a science (and fun!) filled week as part of the Sci-Q Project.

Sanofi Pasteur has been funding this program for the past few years. This year's generous donation included funds for 2018 as well! It is their hope to have more young people become involved in the sciences, and what better place to begin than at PEEC in the Sci-Q Project?

What things happen at Sci-Q to have students from all over apply to be a part of this program? Hands-on activities and lessons from university professors make this week special. Instead of looking at rocks for a geology lesson, this year, Sci-Q students paddled down the Delaware River so they could observe how the Water Gap was formed. They also went to the Sterling Hill Mine Museum in New Jersey.

A day at ESU has become a tradition for this group. The Sci-Q kids leave PEEC right after

breakfast and return after dark. They get hands-on lessons from Dr. Sandy Whidden and Dr. Jennifer White about Biology, Astronomy (in the planetarium) from Dr. David Buckley and, their yearly favorite, information about Wildlife Forensics with graduate students working with Dr. Jane Huffman. Also a favorite is eating in the university's cafeteria for lunch and dinner.

Students created and launched rockets from soda bottles and also made solar cookers. In the name of science, the students also made (and ate!) delicious ice cream. A new project was introduced this year – making robotic hands/arms using a hydraulic system comprised of tubing, syringes, duct tape and cardboard. Some of the hands could pick up small items! And because Independence Day occurred during the week, there was a lesson about fireworks before heading to Shawnee to participate in the 4th of July festivities.

You can see that James Maloney, the lead teacher for this program, and Stephanie Sherman, the behind the scenes organizer, wanted to make

sure that science AND fun were integrated, making this a very unique program. They with the valued assistance of the counselors, Manna Middlebrooks and Eric Pecina, encouraged the students with the projects, but kept enough distance so the students could do the work on their own.

And, of course, the Sci-Q Project would not be the Sci-Q Project without the canoe races as the culminating event on Saturday morning. Teams of 3 or 4 students were given 2 rolls of duct tape, 2 black garbage bags, 2 empty milk gallon jugs, and an unlimited supply of cardboard. On Friday night they began to create and the races occurred before lunch on Saturday. This year, none of the crafts sank! Not on their first trip, that is.

Thank you to Sanofi Pasteur once again for helping make the Sci-Q Project a reality for this year's participants. For students entering 8th-10th grade in 2018, watch PEEC's website for details about next summer's Sci-Q Project. Come to the Science Side.



What Were You Doing August 21st?

By Sheri Bone

How does the moon cut his hair? Eclipse it!

On Monday, August 21st, 2017, were you able to get outdoors to view the solar eclipse? At PEEC, our summer campers made viewing boxes from empty cereal boxes, some of us in the office had our own viewing paraphernalia, and a visiting family gave us a pair of eclipse glasses to share with the staff and other visitors. It was very interesting, watching the moon move in between the earth and sun, blocking out about 70% of the sun's light.

Had we been in some of the states south of us, we could have seen the total eclipse of the sun. As it was, we were in awe of the dimness that replaced the usual brightness of the afternoon sun. It never got dark, but the light was not as bright. That's the best way we can describe what happened here on the PEEC campus.

So, what is an eclipse and when will the next one occur?

According to Wikipedia, an eclipse is "an astronomical event that occurs when an astronomical object is temporarily obscured, either by passing into the shadow of another body or by having another body pass between it and the viewer." On August 21st, the moon passed between the sun and the earth, and folks from Oregon to South Carolina were able to witness a complete total eclipse. (The last time an eclipse path crossed the country, from the Pacific to the Atlantic, was 99 years ago.) People could see the sun's corona. Special glasses were needed to see this event as the moon wedged its way into the path of the sun's light. (Or special viewing boxes were needed. Or welding masks! Something safe to make sure no retinal damage occurred.)

I am sure you all saw news coverage of the long lines of traffic as people drove to nearby states to be in the path of totality. Those who were able to witness a total eclipse experienced the day turning into nighttime, even for just a few minutes. People reported that street lights came on during that time. Those who witnessed this phenomenon said it was something they will never forget and found it difficult to describe in words, as it affected their emotions.

Since we in Northeast Pennsylvania were not in that path, we had to be content for the dimming of the light, and the Pac-Man shape of the sun as the moon skirted past it. However, the next total eclipse of the sun is scheduled to occur in early April of 2024. While the path of totality for the recent eclipse traversed the continent, the one in 2024 will move up from Mexico into Canada and cross fourteen states including Texas, Illinois, Ohio, New York, and Maine.

I know where I will be on April 8th, 2024, (I am putting in for a vacation day already!) and I will definitely get myself a pair of glasses. I can't wait to see the moon cut his hair! Totally!



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Take a
lichen to
fungus!

FUNGUS AMONG US

SUNDAY, OCTOBER 22 – 1:00-3:00PM

\$5 PER PERSON

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

No collecting will be done within the Park.

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AUTUMN PROGRAMS 2017 AND GETAWAYS

**PRE-REGISTRATION REQUIRED
Unless otherwise indicated.**

TO REGISTER:

Call PEEC at 570-828-2319



OCTOBER

"Falling Leaves" Family Nature
Getaway Weekend
Columbus Day Weekend: October 6-9
Adults \$225 / 25% off ages 7-10 /
50% off ages 4-6 / free under 3
Commuter and day rates available –
call for details

Bring your friends and family to experience the
best of what PEEC has to offer. Interpretive
hikes, animal presentations, canoeing, campfire
and more! Includes 3 nights lodging & meals
from Friday dinner - Monday lunch.

Fall Family Fun Day
Saturday, October 7
10:00am-4:00pm
Cost \$5 per car

Spend the day at PEEC and celebrate the fall
season with us! Enjoy arts & crafts, hands-on
activities, conservation exhibits, live music,
local food, old-timey activities, & more! Bring
your family & friends to this great event!

Fall Photography w/ John Barclay
October 13-15

\$290 / \$240 Commuter

Capture the beautiful fall colors with world
renowned photographer, John Barclay. Learn
about exposure, composition and more. Geared

towards DSLR type cameras. A tripod is
recommended, but not required. Includes lodging
and meals. Don't miss this wonderful opportunity
– capture the beauty of autumn under the
guidance of an amazing teacher!

Bridge the Gap: Bike the McDade!

Saturday, October 14

1:00-4:00pm

Free

Join us for a bike ride along the McDade
Trail! We will provide all equipment and
transportation. Please bring a water bottle and
lunch, and wear sturdy footwear. We will have
extra water and snacks available. Registration
begins September 14th. Maximum of 25 spaces.
Funding for this program provided by the
William Penn Foundation.

Fire Building

Sunday, October 15

10:00am-12:00pm

Cost \$5

Make fire without matches by learning
techniques that involve sparks and found or
prepared tinder. Ages 10+ please.



Boy Scout Badge Fest

Saturday, October 21

9:30am-4:00pm

\$25 full day

Attention all Bears, Webelos and Boy Scouts!
Join us for a fun day of badge work! Bears will
work on Fun, Feathers, and Ferns. Webelos will
work on the Into the Woods adventure. Boy
Scouts will work towards the Environmental
Science badge (pre-reqs 3e and 3f; bring a
camera). Scouts must be supervised at all times
by a parent or troop leader. Payment is required
at registration. Space is limited - call early!



Park History Tour

Sunday, October 22

9:00am-4:00pm

\$30 members / \$35 non-members

Explore the Park to find the many scenic and
historic sites within our beloved recreation area.
Bring a water bottle, lunch, and a camera for
great photo opportunities. Call to reserve a seat
in the van – Maximum of 18 spaces.

Signs of Fall Hike

Sunday, October 22

10:00am-12:00pm

Cost \$5

Take a hike with us and discover the science
behind the wonderful season of fall. We'll
discuss changing animal behavior, why leaves
change color, and why it's the best season to be
out and about!

Fungus Among Us

Sunday, October 22

1:00-3:00pm

Cost \$5

Search for fungus and lichen as you learn about
the amazing world of decomposition and
nutrient cycling. No collecting will be done
within the Park.

Girl Scout Badge Fest

Saturday, October 28

9:30am-4:00pm

\$25 full day for Brownies and Juniors

\$5 for Cadettes and Seniors

Attention all Girl Scouts! Come to PEEC for
a fun day of hands-on badge work. Brownies
will work on Senses and Hiker badges, Juniors
will focus on the Animal Habitats badge from
It's Your Story – Tell It! Cadettes and Seniors
will work on service projects for the Girl Scout
Ranger Program. Scouts must be supervised at
all times by a parent or troop leader.

Payment is required at registration. Space is
limited - call early! Pre-registration is required.



Continued on Page 10

Continued from page 9

NOVEMBER



Fire Building
Saturday, November 4
10:00am-12:00pm
Cost \$5

Make fire without matches by learning techniques that involve sparks and found or prepared tinder. Ages 10+ please.

Lenape of the Eastern Woodlands
Sunday, November 5
1:00-3:00pm
Cost \$15

Mike Dennis of Traditional Earth Skills will teach you about the day-to-day activities of the Lenape culture. The food, clothing and shelter of the local hunter gatherers will be presented, along with handmade artifacts. Ages 10+ please.

Girl vs Wild
Cold Weather Survival Weekend
November 10-12
\$135/Person - Ages 11+

Join us for this girls only weekend at PEEC to learn a variety of outdoor skills. Programming will include: orienteering, fire building, campfire cooking, animal tracking, low ropes course, shelter building and canoeing (weather permitting). Includes 2 nights of lodging and meals from Saturday breakfast to Sunday lunch. Check-in begins Friday at 5pm. GS troops and individual registrations welcome. Scouts and individuals must be accompanied by an adequate number of female adult chaperones. Maximum of 50 spaces.
Pre-registration is required.

Introduction to Orienteering
Sunday, November 12
1:00-3:00pm
Cost \$5

Come learn how to use a map & compass on our orienteering course. We'll show you the basics before you try and find all the points. Space is limited – call early!

Game Dinner
Saturday, November 18
6:00-8:00pm
Cost \$35



Enjoy the bounty of the season at PEEC's 7th annual game dinner! This dinner features local game and seasonal harvests. Bring your friends & family to enjoy this cozy evening.

5pm - Reception in the Ecozone.
6pm - Dinner in the Dining Hall.
Call early to guarantee a seat!
This program sold out in 2015 & 2016!

Holiday Bows and Boughs
Sunday, November 26
1:00-3:00pm
\$20 per wreath
Create your own holiday decorations using natural materials! We provide evergreen boughs and materials for you to make wreaths. You can also bring your own supplies and decorations – we'll bring the music, drinks, and snacks!
Pre-registration is required for this program.

DECEMBER

Winter Ecology Hike
Saturday, December 2
10:00am-12:00pm
Free for members
\$5 for non-members
Learn how different plants and animals survive the winter. Join us on a hike and experience PEEC in the wintertime. All ages welcome.



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LENAPE of the EASTERN WOODLANDS

SUNDAY, NOVEMBER 5 • 1:00-3:00PM



Mike Dennis of Traditional Earth Skills will teach you about the day-to-day activities of the Lenape culture. The food, clothing and shelter of the local hunter gatherers will be presented, along with handmade artifacts.

Ages 10+ please.

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\$15 PER PERSON
AGES 10+ PLEASE

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