



PEEC
Pocono Environmental
Education Center



Autumnal Equinox 2012

Seasons

A Quarterly Publication to Advance Environmental Literacy

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Education Center**

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Mud: A Dirty Subject

By Tanya Oznowich

Amongst the more colorful signs of spring exists a less desirable product of moisture and warmth-MUD. It lurks silently in the shadows of walkways, playgrounds, and roadways, decorating the pant legs of careless walkers and artistically splattering the sides of automobiles as they emerge from the car wash. Mud has it's own way of soiling everyone's lives - children seek it out, maintenance crews sweep it out, and mothers "shout it out."

Let us not fail to remember that this slippery substance, which lingers in depressions, flows down hillsides, and clouds churning waters, is none other than wet soil.

Throughout the year this layer of soil rests upon bedrock and hosts a variety of lifestyles. At the lower, colder depths, only microscopic life forms exist in the soil, but a hand lens and close examination will reveal bacteria and fungi in a palm full of topsoil. Scurrying "critters" will be seen trying to burrow - they avoid dryness, light, and heat. Most soil dwellers eat plants broken down by the bacteria and mix them with mineral matter, adding to the soil's nutrients. The ground's richness depends upon this relationship.

If we were to lay face-down on the surface we would become more aware of it's activities, whether through a movement, a track, or another animal sign. Every form of wildlife relies on the earth's face to support it. Each season causes animals to burrow, reproduce, travel, or store food, and soil plays a part in each of these.

A short hunt of the ground around our bodies would reveal a variety of seeds or spores that may be hidden in shells or fruits or dressed as feather-like dancers. During the colder months the soil provides protection and insulation for them until they can successfully multiply.

The formation of soil itself occurs at this surface level. The winds, rains, and temperature change cause molecular layers of rock to break up and wash into piles of soil. Lichens on the rock's surface emit an acid that also erodes this hard surface. Gradually, there is enough soil trapped in small cracks and crevices to tempt mosses, grasses, and small plants. Glancing around us we can find these forms of life, whose predecessors' death and decomposition have led to their survival. When enough soil layering has occurred, bushes and small trees move into the area. With years of stealthy growth, roots will anchor deep into the soil and canopies will endure high above. Nothing can prevent these tired giants from someday falling thunderously to their graves.

Let us not fail to remember this when we enter our homes some evening and scrape mud from our shoes with mounting frustration. Feel it between your fingers and smell it - and know where you stand.



PEEC IS 40!

Compiled by Flo Mauro

Even though it only covers the most recent 28 years, we thought to give you a little snapshot of our journey by looking back through our newsletter, PEEC's Seasons. An additional publication will soon provide a more in-depth look, but for now, we hope you enjoy some of the headlines. PEEC's newsletter was introduced in the winter of 1984 and simply called Winter Solstice. Much of the next issue was dedicated to a name-the-newsletter contest. There were over 90 entries including: Grass Routes, PEEC-a-Boo, Peek at PEEC, Cabin Fever, Pine Cone Muncications and, PEEC Seasons. Since then PEEC Seasons has been a window to life at PEEC. Here is a look back through the past 28 years and 112 Seasons.

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Message from the Executive Director

Jeff Rosalsky



The PEEC summer season has come to a close. The nights are getting cooler and are returning to the rhythm of school groups attending PEEC for multi-day environmental education trips. I can't let summer go just yet, without writing about PEEC summer camps.

The 2012 PEEC summer camp season was one of the best I can recall during the past 12 years I have been involved, first as a parent of three campers and then as the Executive Director. The level and diversity of activities and education has improved each year. This year, the children and their parents were more excited than ever to see what Jessica had planned for them each week. What began

19 years ago as a simple nature day camp has evolved into so much more. We have late night cookouts, overnights, river trips, climbing adventures, and Appalachian Trail hiking trips. The children can't wait to be one year older, so that they can be in the next level of camp and do more. Parents are thrilled to see their children outside and engaged in learning about the natural world.

Three years ago, we added our Growing Green special needs, five week residential camp in partnership with Easter Seals. Each year we strive to integrate that camp more with our Day Camp and the other resident groups we have on the PEEC campus in the summer. This year we had numerous integrated activities, including a combined campout and sleep over with the Growing Green campers and the Senior Naturalist Day Campers. It was a huge success and the next morning the counselors said it was remarkable easy. Everyone was so exhausted from the combined day's activities that it was a "relatively" early night.

This year camp was made even more successful due to the day camp scholarships raised at the Gem and Keystone beer and food tasting and the generous Growing Green scholarship funding from the Harry and Jeanette Weinberg Foundation and the Golub Foundation.

I am confident that next year will only be better!

NAOC
2012

North American
Orienteering Championships
OCTOBER 18-21, 2012

PEEC is proud to host this 2012 orienteering championship event! As with recent NAOCs, it will include middle, sprint, and long races. They will also debut another event - national team relays for junior and elite men and women.

After the last individual race on Sunday, participants will gather to watch as the top orienteering athletes in North America race head-to-head in this relay competition.



1984

- *Debut issue of PEEC newsletter
- *Indoor pool opened
- *Darkroom remodeled
- *Wooden bunks installed in a few cabins-replacing the metal-frame-army-surplus-stackable-beds

1985

- *Friends of PEEC program established
- *Computer Lab set up in Room 3

1986

- *First Volunteer Work Weekend
- *Honeymoon Haven chandeliers removed from the Craft Center
- *PEEC incorporated and became a private, non-profit organization

Fungus Among Us

By Molly Check

Everything in nature is connected, from the large oak tree to the tiny bugs in the soil. Cycles of water, air, and nutrients help keep the balance and support life on earth. Everything is connected, but not everything is celebrated equally. One of nature's gems that is often overlooked is the mushroom. Growing quietly all around us, fungus deserves to have the spotlight every once in a while.

Fungus is an amazing organism. It's complex enough to have earned its own Kingdom of Life, which is a pretty big deal – right up there with plants and animals. For a long time, fungus was classified with the plants, because scientists hadn't yet learned how unique of a life form it was. Scientists who study fungus are known as mycologists, and many of them have dedicated their entire lives to the study of fungus. Yet the average person knows very little about these amazing bits of life.

The life cycle of different fungi may vary with some extenuating circumstances, but the basic life cycle is simple. What came first, the mushroom or the spore? Let's start with the mushroom, or the fruiting body, as the mycologists would say. The classic mushroom that is drawn in a children's book or seen in your yard is the mature fruiting body of a fungus. They pop up when conditions are just right – dark, warm, and moist. After they've developed to their fullest and reached their peak, they release their spores. Sometimes the spores are carried away by insects. Sometimes they're blow away by the wind. Sometimes they're splashed out by raindrops. Each type of fungus has a unique method of dispersing its spores and the shape of its fruiting body is specifically designed for spore dispersal.

If you look under the cap of a gilled fungus, you'll see the slashes that give them their name. These gills provide more surface area than a smooth surface, which results in higher spore production. Each gilled fungus is capable of producing and releasing millions of spores



during their life span. Pore fungi are another group, but instead of slashes under the cap, they have tiny holes that hold their spores. The spores are like the seeds of the fungus and, if they land in an ideal spot, they can grow into another mushroom...eventually.

Once a spore has settled into its dark haven of warmth and moisture, the mycelium begins to grow. The mycelium is the longest part of the life cycle of a fungus, although it's usually not seen. If you've ever looked inside a rotting log and seen white tendrils of frothy webbing, that's mycelium. The mycelium consists of thread-like hyphae that branch out and form a web. The expanding hyphae release enzymes that break down organic matter into a form that the mycelium can absorb. The mycelium grows, absorbing nutrients from the inside of a rotting log or just under the leaf litter, until it has sufficient energy to produce a fruiting body. Then, up pops the mushroom.

There are thousands of different kinds of fungus, and mycologists are continually reclassifying them as they learn more about their structures and reproductive cycles. Lion's mane fungus has a distinct toothed shape. Destroying angels are usually all white and always highly poisonous. Netted stinkhorns look like they have a lace doily around their stem. The colors, shapes, and sizes are surprisingly unique and delicately beautiful. Searching for fungus is simple and most people are shocked to see how many different types grow in their communities. A simple field guide

can provide a lot of information for a beginner, and can easily lead into a lifetime hobby.

Fungus is a mysterious life form. It goes about its life quietly, fitting in wherever it can to do its important work. The niche that fungus fills is that of a nutrient cyler. When plants and animals die, they still have valuable sunlight energy that is stored inside them. Through the work of fungus and other decomposers, this energy is slowly returned to the earth, where it can be used by plants. Fungus can grow on trees, rotting logs, leaf litter, pinecones, branches, and even other types of fungus. Each species has its own niche that it fills as it slowly closes the circle of decomposition. Bolete fungi are characterized by tiny, tube-like openings that are tightly packed with spores. The openings of the tubes can resemble the surface of a sponge, which sets them apart visually from gilled or pore fungi. Boletes are mycorrhizal, which means they have a mutually beneficial relationship with plant roots – usually trees. The fungus surrounds the roots and helps them absorb water and nutrients, while the roots provide sugar and amino acids for the fungus. This beneficial association can help to identify boletes by learning which species grow near which trees.

Identifying fungus in the field can be a daunting task, but one that is worth embracing. It's best to go out with an experienced fungus finder who can share their knowledge with you, although wandering through the woods with a field guide can be just as rewarding. Although some fungi are edible, many types are poisonous. Therefore, it's important to avoid all consumption unless an expert has positively identified and prepared the mushrooms for you.

At the Pocono Environmental Education Center (PEEC), fall is a great season for discovering fungus. Warm, lingering temperatures, rainfall, and shortening days all contribute to the production of fruiting bodies. Join the "Fungus among us" program on Sunday, September 30, from 1-3pm, and see how many different kinds we can find. For a full list of PEEC programming, please visit www.peec.org.

1987

- *Formal signing of the original Memorandum of Understanding and Special Use Permit establishing the partnership between PEEC and the National Park Service
- *PEEC hosted 'Computer Workshops' for teachers

1988

- *John Serrao offers weekend workshop series
- *PEEC hosts the first of four annual Summer Enrichment Programs for 200 New York City high school students, 20 educators and 20 mentors

1989

- *Paul F-Brandwein named PEEC's first Trustee Emeritus
- *PEEC joined Audubon Society Christmas Bird Count (still continuing today)
- *PEEC became charter member of the Alliance for Environmental Education National Network



Make your Own Garden Soil with Lasagna Gardening!

By Sheri Bone

I have heard many people from the area tell me that their soil is so bad and/or rocky that they could never have a garden. Well, I have a solution for everyone with that complaint - Lasagna Gardening!

Lasagna Gardening has nothing to do with the pasta and cheese dish enjoyed by so many of us. It does, however, have everything to do with creating healthy topsoil directly over existing sod (or weeds). The correlation to lasagna comes with the layering process and comes from a book by Patricia Lanza titled, appropriately, "Lasagna Gardening."

While lasagna gardening can be started at any time of the year, beginning it in the fall is best so that the decomposition process can occur over the fall, winter, and early spring. Also, some of the 'ingredients' for a lasagna garden are most plentiful during the fall, specifically dead leaves and grass clippings.

If this is your first lasagna garden adventure, think small. A good plan is to create a garden that is 4 feet by 8 feet. Once you have created that, you will have a feel for how much of each ingredient is needed for future garden areas. Gathering the ingredients before the actual creation is important, too, since you should finish it in one day. Some people will create a garden bed area by using rocks, lumber, or other material as a border to keep the garden in



bounds. I usually just mound up the materials in the yard.

You will need newspapers for the foundation layer. Plan to have enough paper to cover the area about 5-6 layers of paper thick. Begin by laying the paper right on top of the existing sod and overlap the edges. Then soak the paper.

This is best done with a garden hose, although I have soaked the paper first in large buckets and then spread them on the ground.

The next layer, and every alternating layer from now on, is peat moss -- just a sprinkling and no more than an inch. The peat moss can be compared to the noodles in lasagna. It is a thin layer.

The next few layers are grass clippings, then dead leaves, then horse or cow manure and, finally, composted material. Each of these layers needs to be about 6-8" deep. While Ms. Lanza has a specific order for layering these products, I have mixed the grass clippings and leaves and made 2 layers of them. Ending with the composted material is good, but occasionally I have ended with the leaves. Don't forget the thin layer of peat moss in between the thicker layers.

When you have all the layers completed, soak the area well, but don't get it sopping wet. Then let Mother Nature do her thing. The layers will help to insulate the ground and worms will mix the ingredients. Bacteria from all the layers will also help to decompose the plot into healthy topsoil for your garden plants. What started as a two foot high piling of soil ingredients will become, by spring, 6-8 inches of very healthy soil for a wonderful garden. *Lasagna Gardening - No Digging, No Tilling, No Weeding, No Kidding!*



PEEC-A-BOO!

Halloween Trail

SATURDAY, OCTOBER 27, 2012 • 4 – 7PM

Call now to make your RESERVATIONS



1990

- *PEEC named the Pennsylvania Conservation Federation's Organization of the year
- *25th Anniversary of the Delaware Water Gap National Recreation Area
- *PEEC establishes formal partnership with Retired Senior Volunteer Program (RSVP) in Monroe County

1991

- *The Miller-De Gelleke Scholarship Fund for educators was established
- *PEEC welcomes its first 'Scholar in Residence', Robert Gray from Kutztown University
- *Apple donates 25 new computers to PEEC to be used for teacher training workshops turning Room 3 into the 'Apple Orchard'

1992

- *PEEC partners with Vodlozersky National Park in Russia
- *PEEC President, Jack Padalino, visits Vodlozersky National Park
- *Jack Padalino and Marie Kuhnen take PEEC staff on its annual January birding trip to the Jersey shore: a 15 hour day, 52 species, and 300 miles

SENIOR NATURALISTS: Hunt for History Week

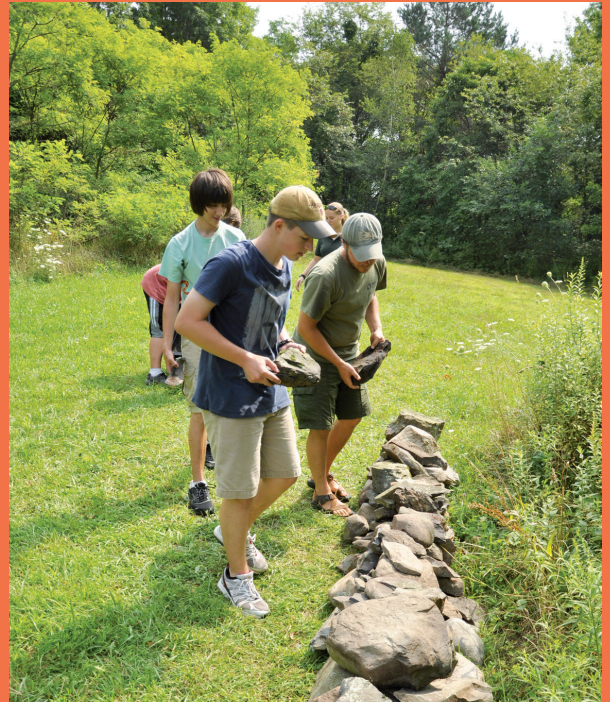
By Mark Garner

During the last session of the Senior Naturalist summer day camp, campers had the opportunity to learn about the history of the surrounding area. Campers spent the week exploring various cultural sites nearby including the Marie Zimmerman Farm, Millbrook Village, Mount Tammany, and a few of the trails here at PEEC.

Time spent exploring the trails around campus provided lots of opportunity to learn about the geologic, glacial, and more recent natural and cultural events that helped to shape the identity of PEEC's landscape. Campers learned how to read the landscape to tell the history of fire, the glaciations of the region, and agriculture in the surrounding area.

Since the time that humans entered the Delaware River valley over 10,000 years ago, various "signatures" on the landscape have remained to provide clues about their presence. One such signature, rock walls, occur throughout PEEC's landscape and stand as a silent testament to the hardships faced by earlier settlers to the region. After clearing the land of trees, the next phase to prepare the land for the farmer's plow, would be to clear rocks out of the topsoil. Once removed, farmers often formed the rocks into walls that lined their properties and fields.

The Senior Naturalists had the privilege to learn firsthand how hard it must have been to clear the land and create these rock walls. We were asked to build a small section of rock wall for use in our new land use curriculum. Over the course of a few days, we collected rocks from across campus and hauled them up to the meadow near our trash graveyard. Once there, we used them to build the wall and left others in a pile nearby for groups to have a chance to add on to the wall. With all of the field trips and hands on experiences, the campers learned to appreciate the rich history of the area.



1993

- *Bat Education Program received Grant of Excellence from Mutual of Omaha's Wildlife Heritage Trust
- *PEEC Day Camp and the Lifestyles of the Wet & Slimy was initiated
- *PA 'Rails to Trails' grant funds new Two Ponds Trail, boardwalk, and bird blind
- *PEEC Board, staff, and shareholders participate in planning retreat

1994

- *Russian school children visit PEEC as part of National Parks as International Classrooms exchange
- *Breeding Bird census conducted
- *Delaware Water Gap National Recreation Area and PEEC host conference on 'River Parks as Classrooms'

1995

- *Three PEEC Jr. Natural Scientists participate in weeklong ecology camp in Vodlozersky National Park
- *Five Russian Education specialists spend 7 weeks at PEEC studying American environmental education methods
- *Graduate credit available for PEEC institutes
- *Loch Lomond Farmstead placed under PEEC's Special Use Permit



Pocono Environmental Education Center Announces Partnership with 1% for the Planet

DINGMANS FERRY, PA – Pocono Environmental Education Center (PEEC) is a new nonprofit partner of 1% for the Planet, an alliance of over 1,380 member companies in 43 countries that give 1% of revenues to environmental causes.

PEEC is now eligible to receive donations from 1% member companies, placing them among a diverse, global network of environmental organizations. 1% member businesses fuel this non-profit network through their annual contributions, which totaled over \$22 million in 2010. Partnership with 1% greatly expands the potential pool of funding to which PEEC can look to for support.

Newly approved PEEC contributes to a healthier planet by providing numerous year-round activities, opportunities, and programs for persons of all ages and abilities to study, become engaged in, and become connected to nature and natural systems. PEEC opens doors to nature.

Over 2,300 non-profits worldwide are included in the 1% network, and over \$70 million has

been funneled to its nonprofit partners to date. “The intent of 1% for the Planet is to help fund these diverse environmental organizations so that collectively they can be a more powerful force in solving the world’s problems,” Yvon Chouinard, founder of 1% for the Planet.

It is our belief at PEEC that, through ‘direct experience’ with the natural world, all PEEC participants will not only gain increased knowledge of natural science, techniques for scientific inquiry, and familiarity with local flora, fauna, and ecology, but will become connected to their natural world and (hopefully) create and establish their personal land ethic and actively become involved in conservation and stewardship. As John Burrows once said, “Knowledge without love will not stick. But if love comes first, knowledge is sure to follow.”

About 1% for the Planet

Started in 2002 by Yvon Chouinard, founder and owner of Patagonia, and Craig Mathews, owner of Blue Ribbon Flies, 1% for the Planet is a growing global movement of over 1,350

member companies in 43 countries that donate one percent of their sales to environmental organizations worldwide. Each day, more than one new business joins the 1% for the Planet movement. As a network, the 1% community has become a frontrunner in funding the work of environmental groups around the world. To learn more about 1% go to: www.onepercentfortheplanet.org

About PEEC

PEEC’s mission is to enhance environmental awareness, knowledge and appreciation through hands-on experience in a natural outdoor classroom. It provides unique, year-round, environmental experiences to families, school groups, scouts, and nature enthusiasts of all ages. PEEC is located near mile marker 8, within the Delaware Water Gap National Recreation Area, in Dingmans Ferry, PA (Lehman Township). For more information call (570) 828-2319 or visit PEEC online at www.peec.org for a complete list of all upcoming PEEC events and programs. PEEC is close to home, where learning comes naturally!

DEP Urges Consumers To Prepare For New Electronics Recycling Law

The Department of Environmental Protection is advising consumers and businesses of new rules for recycling electronic devices that will take effect on January 24, 2013.

Enacted in 2010, the Pennsylvania Covered Device Recycling Act requires that consumers not dispose of covered devices, such as computers, laptops, monitors and televisions, with their trash.

This means that trash haulers will no longer be able to take covered devices unless the municipality has a curbside electronics collection program that ultimately sends the devices to an electronics recycler.

“Proper recycling is important because there are millions and millions of devices; they have a limited useful life span; and they contain heavy metals such as lead, cadmium and mercury as well as other materials that do not belong in the normal trash stream,” DEP Secretary Mike Krancer said.

Many devices also contain valuable metals such as gold, silver and platinum and base metals like copper, iron and aluminum that can be separated and reused in new products.

“We can all do our part to contribute to a healthier and cleaner environment by ensuring that these electronic devices are properly

recycled and not placed in the trash,” Krancer added.

The law also requires manufacturers of devices to provide for the collection, transportation and recycling of these devices by establishing one day events, permanent collection programs or mail-back programs.

Consumers can find more information on registered manufacturers and where to recycle covered devices at the DEP Electronics Recycling and a special Consumer Information webpage or by calling DEP’s Recycling Hotline is 1-800-346-4242.

1996

- *The Brandwein Lecture Series launched to honor memory of PEEC Founder and Trustee in Memoriam, Paul F-Brandwein
- *Calvin Stillman is named Trustee Emeritus
- *10 Elkins Park MS students attend weeklong ecology camp in Vodlozersky National Park
- *PEEC establishes formal partnership with Moscow Pedagogical University
- *PEEC/Russian education partnership included in ‘Environmental Success Index’ by Renew America for 3rd consecutive year



1997

- *PEEC celebrates its 25th Anniversary with year-round events, workshops and institutes
- *93 bald eagles were sighted on the Delaware and Lackawaxen Rivers during PEEC’s Eagles of the Delaware weekend shattering the old record of 39 sightings.
- *Architect, Peter Bohlin is commissioned to design PEEC’s new Visitor Activity Center (VAC)
- *PEEC welcomes the first two (of ten) Moscow Pedagogical University students as Instructors
- *PEEC partners with NPS and other organizations in sponsoring the Annual Delaware River Sojourn

WOW - Women on the Water III – Leaders of Tomorrow!

By Sheri Bone

The summer of 2012 was wildly wonderful! While the weather was warm, the Women on the Water (WOW) participants were cool as they paddled down the Delaware River in rafts, canoes, and kayaks.

Thanks to the 'America's Best Idea' (ABI) grant from the National Park Foundation, the Delaware Water Gap National Recreation Area (DEWA) and PEEC were once again privileged to offer this outdoor program to high school-aged women from Philadelphia, Stroudsburg, and, for the first time, from the state of Delaware. Since Delaware is the only state without a national park, we were glad to share ours with them! Eight women from each neighborhood were taught about camping and canoeing and were also immersed in biodiversity lessons during the week-long program.

Ultimately, the goal for every participant in the ABI grant program is to become more aware of how he/she can be a National Park and environmental steward. Many other National Parks throughout the country offered a variety of new programs as we paddled down the river. Our focus was the Delaware River and DEWA.

We had much fun along the way – making mountain pies at River Beach Campground, taking a dip in the Delaware as we stopped for a little break from paddling, and toasting marshmallows over campfire coals at the primitive campground on the New Jersey side of the river. Yes, we were at the Jersey Shore... kind of.

Mostly, though, the girls on the trip found out that they had more strength than they thought. For some, this was their very first water trip. All of the girls paddled longer than they ever had before. One group even "waited out" a thunderstorm on the west shore of Minisink Island. The trip was a total of 23.5 miles.



The girls realized that given any obstacle, they could overcome it -- getting stuck in the low spots, going around in circles, seeming to not make any forward gains. To make progress, they sometimes relied on assistance from their teammates and, sometimes, they had to go it alone, but they were all successful. These lessons will stay with them forever.

'Women on the Water III – Leaders of Tomorrow' also had a component that brought four participants from last year's WOW program back to PEEC in leadership roles. Two girls were river trip mentors and two were summer camp interns. One of the river trip mentors was from the Stroudsburg area and she made 8 new Philadelphia friends. She became an honorary "Women in Natural Sciences" member, since that was the group of girls she mentored. She said, "I used to be afraid of girls from the city because of the stories I used to hear. But now I have so many new best friends!"

The girls from Stroudsburg became fast friends with the Delaware participants. At first it was difficult for them to move beyond their comfort zone, but it did not take long for all girls to consider themselves one big family.

Thank you to DEWA for partnering with us to make this program happen. Kathleen and Alyssa – the trip would not have been the same without your valued contributions and interactions with the girls. Participants in the NPS Roundtable offered great stories about their backgrounds and current jobs. Behind the scenes people who made sure we were safe during the storm – thanks to you all.

Also, many thanks to Kittatinny Canoes! Everyone who helped with planning, transporting, providing quality equipment and smiles as we put in and/or took out helped to make the experience wonderful for the participants. Ruth Jones has a great staff and we benefited greatly from their friendliness and assistance.

And finally, a huge 'thank you' goes out to the National Park Foundation for believing in the value of this great program and providing funding for it. 'Women on the Water' has been going strong for three years. During that time, girls from Eastern PA, New York City, and Delaware have all been given a fantastic opportunity to learn about the environment and themselves. WOW!

1998

- *'Trash Graveyard', 'Weather Wall' and 'Butterfly Garden' get facelifts
- *A generous grant from the Norcross Foundation enables PEEC to buy its first brand new van
- *Marie Kuhnen helps plan PEEC's 1st Butterfly Garden
- *NPS puts PEEC on the map by placing a wayside exhibit map of the entire Delaware Water Gap National Recreation Area at PEEC
- *Cabin #1 remodeled

1999

- *PEEC Board members and staff along with National Park Service representatives and shareholders participate in PEEC Strategic and long term visioning workshop
- *PEEC Seasons article identifies '10 Prime Places for Birding in and Around PEEC'
- *Starry Starry Nite special event attracts 300 participants



Protecting Yourself, Your Family, and Your Pets from Rabies

By Allison Owczarczak

I will admit that rabies is the last thing on my mind when I walk into the woods. However, if I'm observing wildlife, it's one of the first things on my mind.

We all want to see wildlife, but here are some things you can do to stay safe:

- If you have a dog with you on a hike, it should be leashed to prevent it from coming in contact with a potentially rabid animal, a deceased rabid animal, or even a venomous snake.
- Keep your pets up-to-date on their vaccinations.
- Teach your children not to run ahead of you on a hike.
- Teach your children to keep a safe distance from wildlife and not to touch dead animals.
- While observing wildlife, note if it is acting abnormally: unsteady gate, unsteadiness while standing or sitting, foaming or excessive drool (Often, it will be matting the fur from the mouth to the ears, not just downward. Animals can and will drool in fear too.), animal is filthy, acting aggressively, or is overly friendly.
- Remember that nocturnal animals can be seen during the day due to weather events, if their den is disturbed, or if a mother is seen with her offspring (Think about the trouble you have with putting your kids to bed.). If their behavior is normal otherwise, other than being seen during the day, then consider it a fluke.
- If an animal seems friendly or curious about you or your dog, back away until you are at a safe distance. If it continues to follow you, leave the area and report the animal, its behavior, time of day, and the location to animal control or to the Game Commission.
- Do not leave pet food or water dishes outside your house. This is an open invitation for wildlife to not only get a free meal, but potentially infect your pets from saliva left on the bowls.
- Never pet a stray cat or dog and teach your children to do the same. (Cats have accounted for 90% of the domestic animal rabies cases in New Jersey since 1989.)
- Never come into contact with a sick or injured animal. An animal that is not moving or is dragging itself maybe in the last stages of rabies and suffering from paralysis. Contact the local animal control or Game Commission.



If you are bitten:

- Wash the wound.
- Capture the animal if possible. If it is a cat, for example, be prepared that you may have to quarantine it yourself for ten days if there is no animal control in your area and the local shelters are filled and cannot accept it.
- Go to the local emergency room so that you can be updated on your tetanus and receive antibiotics. If the animal is quarantined, they may wait to give you the rabies series. You only have a fourteen day window in which to receive the Rabies Series. If the animal got away, you will be started on the series immediately.



FALLING LEAVES

**FAMILY NATURE
GETAWAY**

**COLUMBUS DAY WEEKEND
OCTOBER 5 – 8, 2012**

Bring your friends & family to experience the best of what PEEC has to offer. Interpretive hikes, animal presentations, square dance, canoeing, tie-dye, campfire and more!

Includes three nights lodging & meals from Friday dinner to Monday lunch. Commuter and day rates available

\$205

**3 NIGHTS/
4 DAYS**

- 25% off ages 7-10
- 50% off ages 4-6
- Under 3 FREE

2000

*PEEC partners with the New York City Department of Education and the American Camp Association and hosts its first of three annual 'Break-Aways' program for 80 NYC school students and their teachers in a year-round learning program.
*PEEC hosts its 1st Intergenerational Elderhostel program
*Association of Nature Center Administrators (ANCA) commissioned to conduct PEEC assessment and review

2001

*Rare bird alert: male Black-backed Woodpecker visited PEEC attracting hundreds of birders and photographers
*PEEC staff and volunteers construct the 'log cabin' / outdoor classroom venue
*Architectural renderings submitted for PEEC's new VAC
*Jack Padalino retires as President of PEEC
*Jim Reinhardt appointed PEEC's new Executive Director/CEO

2002

*PEEC initiates Master Site Planning process
*PEEC holds 1st Annual Golf Outing
*ET Richardson Middle School celebrates its 26th consecutive school trip to PEEC
*Paxson Hollow MS celebrates its 21st annual school program at PEEC

Acorns & Pancakes

By Molly Check

The acorns have been falling for quite some time now. For the last few months, in forests all around me, the acorns, walnuts, hickory nuts, and other delicious seeds have been sneaking down to the forest floor. I should have noticed them sooner, but the sunny summer days provided so many distractions and gaze-worthy events that it took me a while to see the signs of fall quietly taking their place. The growing season has come to an end in the northern hemisphere and the trees are dropping their seeds to ensure future generations. The journey to become a towering oak tree is no easy path. Before the acorns even have a chance to put down roots, there are hungry squirrels grabbing and stuffing and storing them away. The squirrels have certainly noticed the falling acorns. They've been busy under the oak tree all morning, squabbling amongst each other and fighting over the valuable food.

This year I've decided to compete with the squirrels. I'm going to find out what the ruckus is all about. Of course, I've known for years that primitive people and native cultures collected acorns and ground them into flour. I first read about it in Jean Craighead George's *My Side of the Mountain*, which completely captured my adolescent dream of leaving home and living off the land. I was fascinated with the legendary acorn flour pancakes that sounded so simple to make. Now that I've committed myself to the process, I know that nothing is ever as simple as it sounds.

The first step is the hardest, because it involves finding the time to get outside. Grab a basket and jump into the squirrel's arena. White oak acorns are sweeter than their Red and Black oak counterparts, so head for a *Quercus alba* and skip the *Quercus rubra* and *Quercus velutina* along the way. Most oaks begin producing acorns after 20 years and a hundred year old giant can shed over 2,000 acorns each year. Only one in ten thousand will become a tree. Many of them are gobbled up by turkeys, quail, blue jays, ducks, raccoons, squirrels, and deer. Some of the others are going into my basket.

After you've collected a sufficient supply, rinse the acorns off by covering them with water. Throw away any that float. Take the rest and dry them slowly in an oven (125 degrees) for 15 minutes so that the shells are easier to open. Two gallons of in-shell acorns should yield one gallon of nutmeat.

Acorns contain tannin, a bitter plant compound that acts as an astringent. This astringency causes a puckering feeling in your mouth that is undesirable to most mammals. Although I enjoy a little astringency in my red wine, I certainly don't want any in my pancakes.

There are three ways to leach the bitter tannins out of acorns. Interestingly, the tannin tends to be in the bottom half of the acorn, which is why you will sometimes see a squirrel eat only the upper half. One method is to grind the acorns into a coarse meal and soak in multiple changes of water until the water runs clear. Although the meal may be bland, it is acceptable for making acorn flour. If you'd like to keep more sweetness to them, you can bury them whole in water for a year. This turns them black, but sweet and good for roasting. The third way is to boil the acorns, but this reduces the nutritional value and often results in accidentally binding the tannins to the acorn so they don't lose their bitterness.

I didn't want to wait a year or trust my luck with the boiling method, so I chose grinding. Keep it simple, right? Grind the nutmeat to a fine meal, let it soak in water, then strain. Let it soak, then strain. Repeat. Again and again, until the water is clear and the meal no longer tastes bitter. The whole process took me over a week and tested my patience more than once. Too bad those pesky squirrels don't have to go through this – it might slow them down enough to leave some nuts for the rest of us.

The last step is to dry the meal in the oven on low temperatures again. Or, if your pride in your primitive skills is as high as mine was, you can dry it in the sun and revel in the amazing hand-ground meal that you have created. Well, created with the help of the sun, water, air, earth, and oak tree. I finally made some of my



own pancakes, only to discover that acorn flour doesn't have gluten, and most people usually mix it with wheat flour before cooking. I'll remember that for next time. Maybe by then, I'll be producing my own maple syrup!

The seed crop from an oak is called a "mast," which means the edible fruit of forest trees. The wild animals of the forest and field instinctively know to gather the food that is available to them. The gray squirrels in the Poconos are busy collecting nutritious acorns. The deer in Stokes State Forest are congregating by the oaks with the heaviest crops and the New York woodchucks of Orange County are fattening up on acorns for the winter. Nature provides food for each season – we're only limited by how much of this seasonal bounty we choose to collect. Join the feast.



NATURE AT NIGHT

SUNDAY, OCTOBER 14, 2012
6-8PM

\$5

PER PERSON

Delight IN THE Night

A cool fall evening is the perfect time to head outside. Take a walk in the woods to listen for owls, look at stars, and enjoy the music of the night. Enjoy fun activities that test your night vision.

2003

- *Ground-breaking event held for new VAC
- *PA Senator Arlen Specter and PA Congressman Donald Sherwood visit PEEC
- *PEEC 'Eagles' birding team, Jack Padalino, Marie Kuhn, Fred Tetlow and Mike Rosenthal, win the Senior Division of the World Series of Birding
- *SCA Trail Crew rebuilds the switchbacks on the Tumbling Waters Trail
- MOU with NPS receives 10 year status

2004

- *The Blue Ribbon Foundation funds the 'Ultimate Summer Camp' program for local elementary school students and teachers
- *PEEC holds 1st Annual Native Plant Sale & Workshop
- *United Way, Home Depot, and Best Buy employees volunteer at PEEC
- *PEEC and NPS convene for Master Site planning, design and construction of new Group Lodges, Family Duplexes, and YURT Village



2005

- *500 attend PEEC-A-BOO
- *Moo Ducks (Mike Brubaker, Ethan Huner and Pat Fellion) repeat as winners of the Annual Monroe County 'Snipe Hunt' birding event
- *PEEC gets its very own database!
- *National Park Service Director, Fran Mainella, visits PEEC
- *Marie Kuhn is named Trustee Emeritus

AUTUMN PROGRAMS AND GETAWAYS

OCTOBER

Columbus Day Weekend

October 5–8

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

Fall Photography

October 12–14, 2012

Cost: \$260 / \$210 commuter

Capture the beautiful fall colors with professional photographers, John Barclay and Kathy Peoples. Lodging and meals included. A tripod is recommended, but not required.

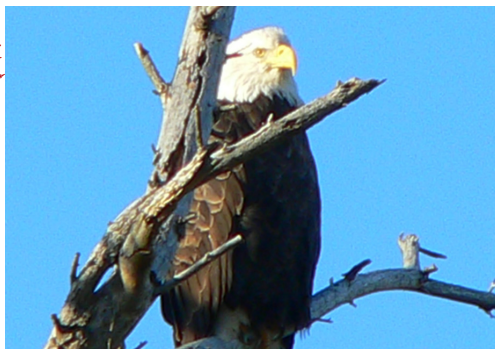


Birds of Prey Migration

Saturday, October 13, 2012 | 9am-4pm

Cost: \$20

The hawks, eagles and falcons are migrating! Join us for a day of raptor watching at Sunrise Mountain. Dress in warm layers and bring a folding chair, binoculars, water and snacks. Space limited – call to reserve a spot in the van.



Community Board Game Day

Saturday, October 13, 2012 | 12pm-3pm

Cost: Free

Spend a fun afternoon playing board games. Bring your favorite games and share the fun! Call to reserve your spot.

Sunday for Singles

Sunday, October 14, 2012 | 1-3pm

Cost: Free

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

Nature at Night

Sunday, October 14, 2012 | 6-8pm

Cost: \$5

A cool fall evening is the perfect time to head outside. Take a walk in the woods to listen for owls, look at stars, and enjoy the music of the night. Enjoy fun activities that test your night vision.

North American Orienteering Championship (NAOC)

October 18–21, 2012

PEEC is proud to host this 2012 orienteering championship event! As with recent NAOCs, it will include middle, sprint, and long races. They

will also debut another event—a fourth race that will emphasize sporting spectacle. After the last individual race on Sunday, participants will gather to watch as the top orienteering athletes in North America race head-to-head in an open relay competition. For details and to register, please visit www.naoc2012.org

PEEC A BOO

Saturday, October 27, 2012 | 4-7pm

Cost: \$5 per child

Join us for some Halloween festivities! This non-scary, family-oriented trail is fun and educational. Refreshments available. Rain date: Sunday, October 28.

NOVEMBER

Boy Scout Badge Fest

Saturday, November 3, 2012 | 9am-4pm

Cost: \$12 half day / \$20 full day

Attention all Bears, Webelos and Boy Scouts! Come to PEEC for a fun day of badge work. Call for details on specific badges. Payment is required at registration. Space is limited - call early!

Flying Needles Quilt Camp

November 8–11, 2012

Cost: \$250 / \$200 commuter

All Unfinished Objects and fiber arts are welcome! Join Patti Shreiner for a relaxing weekend in the beautiful Pocono Mountains. Beginners are always encouraged to join. Includes three nights of lodging and nine meals.



2006

- *PEEC receives a generous grant from the Harry & Jeanette Weinberg Foundation for the VAC
- *The new VAC/Dining Hall and Group Lodges open for business on Earth Day
- *LTS Builders funds Ultimate Campy
- *Old Dining Hall becomes the Nature Lodge
- *PEEC hosts Native American POW WOW
- *Cabins 13-18 demolished
- *PEEC partners with Nikijones Agency and launches new web site

2007

- *New Family Duplexes, Pavilion, Gazebo, YURTS, and Bath house open on Lower Campus
- *Landmark Volunteer program places 20 high school student volunteers at PEEC for 3 weeks
- *Front entrance and parking lots get a major upgrade and facelift
- *Campus-wide 'Rain Garden' concepts and plan adopted
- *The indoor pool is permanently closed
- *Harry K. Miller is named Trustee Emeritus

2008

- *PEEC goes 'wireless' in the Main Building and Dining Hall
- *Education staff moves from Room 3 to Craft Center
- *Craft Center moves to Cabin 25
- *Green Power Alliance hosts 'Energy Expo & Symposium' at PEEC
- *New VAC/Dining Hall wins numerous local, state, regional, national, and international architectural awards for its green design

Girl Scout Badge Fest

Saturday, November 10, 2012 | 9am-4pm

Cost: \$12 half day / \$20 full day

Attention all Girl Scouts! Come to PEEC for a fun day of badge work. Earn badges while working outside in the beautiful Pocono Mountains. Payment is required at registration. Space is limited - call early!

Holiday Bows and Boughs

Sunday, November 11, 2012 | 1-3pm

Cost: \$12

Create your own holiday decorations using natural materials! We provide evergreen boughs and materials for you to make wreaths, centerpieces and more. You can also bring your own supplies and decorations. Pre-registration required.

Game Dinner

Saturday, November 17, 2012 | 7-9pm

Cost: \$25

Enjoy the bounty of the season at PEEC's annual game dinner! This dinner features Pennsylvania game and seasonal harvests, cooked to perfection. Bring your friends and family to enjoy this cozy evening.

Introduction to Astronomy

Saturday, November 24, 2012 | 7-9pm

Cost: \$10 / adults only, please

Step out for an evening of star gazing and learn about some of the constellations in the sky. Pre-registration required.

DECEMBER

Lenape of the Eastern Woodlands

Saturday, December 1, 2012 | 1-3pm

Cost: \$20

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.

Introduction to Astronomy

Saturday, December 1, 2012 | 6-8pm

Cost: \$10

Step out for an evening of star gazing and learn about some of the constellations in the sky. Pre-registration required.

Introduction to Snowshoeing

Saturday, December 8, 2012 | 9-11am

Cost: \$10

Learn the basics of using snow shoes. No experience necessary - we provide the equipment and teach you everything you need to know. If there is not enough snow, join us for a free hike. Register early to guarantee a spot!

Winter Survival Hike

Saturday, December 8, 2012 | 1-3pm

Cost: \$20 ~ Adults only, please.

Join Mike Dennis of Traditional Earth Skills for a fun afternoon in the fields and forests. Build a shelter, try your hand at fire making, and learn other useful skills for the wintertime.

Hibernation Hike

Sunday, December 9, 2012 | 10am-12pm

Cost: Free

Learn how different plants and animals survive the winter. Join us on a hike and experience PEEC in the wintertime.

PEEC-A-BOO Poem 2012

PEEC will be hosting its annual treat.
Come one, come all, many people we seek.

October 27th will be the date.
Pick your time slot...but don't be late.

From 4 to 7 much fun will be had.
When it's over, all will be sad.

Halloween can be scary,
but please don't fret!
Our family fun trail will be no threat.

Each stop includes much education and fun.
For sure they'll be enjoyed by everyone.

Be prepared for crafts, plus a story or two.
We also have a maze and snacks for you.

Come dressed for the weather
and please call ahead.
We hope to see you
and pass on what I've said!

BIRDS OF PREY MIGRATION SATURDAY, OCTOBER 13, 2012 | 9AM-4PM



**CALL
PEEC**
570.828.2319

**\$20
PER
PERSON**

Join us for a day of raptor watching at Sunrise Mountain. Dress in warm layers and bring a folding chair, binoculars, water and snacks. Space limited.

2009

- *Seasons goes digital
- *National Parks Foundation awards 1st Bloom grant to establish year-round 'garden education programs' with local school children
- *PEEC partners with Easter Seals to host a Summer Day Camp for special needs children
- *Jim Reinhardt leaves PEEC for new opportunities in the private sector
- *Jeff Rosalsky is appointed new Executive Director/CEO
- *Planning begins for turning the site of the indoor pool into the new EcoZone! discovery room

2010

- *Easter Seals Summer Day Camp becomes Growing Green Summer Resident Camp for children with special needs
- *National Military Family group hosts 'Operation Purple' - a Family Camp program for 100 recently deployed and/or about to be deployed US service personnel and their families at PEEC
- *PEEC and NPS host 1st 24 hour 'Bio Blitz' in the Delaware Water Gap National Recreation Area
- *National Parks Foundation and America's Best Ideas program funds PEEC's Women-on-the-Water (WOW) summer program for female high school students



Thank you letter from G.A. Stetson Middle School:



Administration
Principal
Dr. Charles A. Cognato
Assistant Principals
Ms. Angela A. Williams
Mr. James D. DeWitt

WEST CHESTER AREA SCHOOL DISTRICT G.A. STETSON MIDDLE SCHOOL

Athletic Director
Mr. Willi J. Corcoran
Guidance
Mrs. Rita Bogard
Ms. Heather Dussinger
Ms. Dawn McNeil-McMillan

June 20, 2012

Mr. Jeffrey Rosalsky, CEO
Pocono Environmental Education Center
538 Emery Road
Dingmans Ferry, PA 18328

Donation to the PEEC EcoZone

Dear Jeff,

Thank you for another great week at PEEC this past March. During our visit, some of our staff members including both of us were able to see the new PEEC EcoZone up close. We were very impressed with the educational, hands-on opportunities available to students who visit. It was our understanding funds were still needed to complete, enhance, or add to this educational area.


With that in mind, our school hosts a charity talent show each year. The event is sponsored by the Stetson Drama Club, under the direction of one of our school counselors, Ms. Heather Dussinger. The money raised yearly through ticket sales are donated to a worthy cause.


After discussing the EcoZone with our students and staff, we would like to donate the proceeds from this year's show to PEEC, specifically for use for the Ecozone. Due to a sellout audience for the talent show on June 7, 2012, we were able to raise \$2000 which we would like to donate.

Please find enclosed a check for \$2000 to the Pocono Environmental Education Center.

The kids talk about PEEC all of the time here at school. They were really excited to be able to raise money for such a worthwhile project.

Yours truly,


Jamie Peck


Jill Lavery

1060 Wilmington Pike, West Chester, PA 19382 • Phone: 484-266-2700 • Fax: 484-266-2799 • www.schools.wcasd.net/stetson

Doggy Outdoor Etiquette

By Jessica Snyder

The cool and breezy days of autumn bring many visitors to the trails here at PEEC. It is a great time of year to explore the outdoors with family and furry friends alike. Here are a few things to keep in mind if you decide to bring your four-pawed family members along for the fun!

- Remember that the trails are being shared by all visitors. Please keep your dog on a leash at all times. By following this common courtesy, you can keep your dog from having an encounter with potentially dangerous wildlife or unfriendly encounters with other dogs. It will also keep other visitor encounters friendly, as some visitors may not share your enthusiasm for overly friendly pets.
- Please remember to always clean-up after your pet. PEEC offers dog waste bags at the start of many of our trails. Please remember to also dispose of these bags in the trash at the end of your hike.
- Don't forget to bring water for your pet. Your dog can get dehydrated just as quickly as human members of your family.
- Is your dog a couch potato? Keep in mind the physical abilities of your furry friends. Just because your dog has endless energy at home doesn't mean that your dog can easily handle difficult hikes. Make sure that you choose a trail equal to your ability – and your pet's.

Spending time with your pet in the outdoors can be a lot of fun for everyone...as long as everyone is respectful of other visitors and the laws.

Make sure you have fun in the outdoors by planning ahead and being prepared!

Keep in mind the Delaware Water Gap National Recreation Area's Pet Policy: "Pets must be on a 6-foot leash and attended at all times. You may not leave a pet tied up or in a vehicle. Please clean up after your pet. If you happen to lose your pet in the park, contact Park Dispatch at 570-426-2435."

2011

- *PEEC receives generous gifts from the ESSA Bank & Trust Foundation and the Litzenger Family Foundation for the EcoZone! project
- *EcoZone! Grand Opening
- *The Harry & Jeanette Weinberg Foundation generously support Growing Green Camp program
- *PEEC hosts Forest to Faucet program for educators
- *Board approves new mission statement
- *PEEC launches a new song, Facebook, blog, and Twitter
- *Cabins 40, 41, 42, 48, 49, 50, 51 are demolished

2012

- *PEEC is 40, gets a new logo, and a 'real' street address
- *Growing Green, WOW, and Teen Leaders programs continue
- *Post graduate students participating in the 'Park Break' program, sponsored by the George Wright society, NPS and U.S. Geological Survey, and held at PEEC, design PEEC's Sustainable Living Strategies curriculum and activities
- *Staff alumni return to PEEC to begin habitat restoration project on the Two Ponds Trail boardwalk and bird blind

