



PEEC
Pocono Environmental
Education Center



Autumnal Equinox 2011

Seasons

A Quarterly Publication to Advance Environmental Literacy

INSIDE THIS ISSUE

Executive Director Message	2
It's a Remarkable Raptor Time of Year!	3
PEEC a Boo Poem	4
FORE! PEEC	4
Women on the Water – WOW!	5
Garlic	6
Preserving the Harvest	6
Fun Fall Craft (Pine) Cone Wreath	8
Crossword Puzzle	9
Cabin Demolition	10
Beaver Chews, Bat Wings, Bear Bones, & ESSA!	10
Surviving PEEC	11
Autumn Programs & Getaways	12
Walking the McDade Trail	14

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Education Center**

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Growing Green

By Erin Brown Reed

Close your eyes and imagine for a moment your most favorite summertime activities. Are you hearing the crack of a plastic bat as it hits a wiffle ball at dusk? ... Tasting the creamy sweetness of a two-scoop ice cream cone with extra sprinkles? ... Wiping beads of sweat from your brow while enjoying an afternoon hike in the Pennsylvania wilderness? ... Or, perhaps, watching the swirling patterns in the water as your paddle propels your canoe across a rippling pond. These are some of the activities I have enjoyed every summer for as long as I can remember. For some of the children and adults participating in Easter Seals' Camp Growing Green for campers with special needs, PEEC presents the opportunity to experience these activities for the very first time.

For one week, campers who may not otherwise have the chance are immersed in summertime fun, enjoying all it means to be a kid in the outdoors. The first day begins as any overnight camp might. On Sunday, campers are dropped off one-by-one by family members and introduced to counselors and fellow campers. With feelings of trepidation and pangs of homesickness, they share their first meal, get ready for bed, and try to fall asleep in an unfamiliar place with unfamiliar sounds. Once Monday morning rolls around, however, nervousness gives way to excitement as PEEC staff lead campers on a whirlwind of exciting outdoor adventures.

Together, we catch newts and frogs in each of PEEC's two nearby ponds. Wiggling tadpoles elicit squeals of laughter as they're released back into their natural habitat. We feel the mist on our faces while viewing many of the Delaware Water Gap's stunning waterfalls. Campers gain an enormous sense of pride by successfully traversing ropes courses with the encouragement and support of counselors and fellow campers. We learn how to tend a garden by planting seeds and nurturing them with weeding and watering. We enjoy canoeing, horseback riding, swimming, outdoor sports and games, and laughing and dancing into the evening with new friends in the cabin.

Growing Green campers especially enjoy their time in the kitchen, where they have baked blueberry muffins, herb cheddar biscuits, mint pound cake, personal pizzas, and other delectable delights using freshly harvested fruits, vegetables, and herbs from the garden. Sometimes we simply bask with the sun on our faces and the grass in our toes, surrounded by nature's artwork. As if all that wasn't fantastic enough, the best part about Camp Growing Green is that these special kids get the chance to forget about their daily struggles and just be kids. Growing Green campers and PEEC Day campers sit side-by-side (or, rather, sticky fingers-by-sticky fingers) to enjoy an afternoon ice cream social in the sunlit dining hall. The Thursday evening wiffle ball games, where everyone gets to bat and no one really keeps score, have become a yearly tradition among campers and staff alike.

At the end of the week, campers tearfully wave goodbye one-by-one to the place that has quickly come to feel like home, and the people who will forever feel like family. With them, they take lasting memories, perhaps a new suntan, and always a promise to return again next year. What they leave is a remarkable sense of enrichment in each of our hearts, and a new favorite summertime activity ... helping kids grow green!



*Camper Lauren with Growing
Green counselor Katelyn*

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Executive Director Message

By Jeff Rosalsky



I am continually amazed at the profound and long-lasting reach and effect PEEC has had on the lives of so many people in its nearly 40 year history. About a year ago, I was a guest at a National Park Service conference and four different Park superintendents came up to me and told me "their PEEC story." These experiences varied from having worked at PEEC as an instructor, to their child attending PEEC, to being the person who removed the Honeymoon Haven heart-shaped decorations from the old PEEC cabins. All had fond recollections and were thrilled PEEC was still thriving as an organization. At my 25th college reunion, an old friend who I hadn't seen in many years told me, "I can't believe you run PEEC now. I went there for my 8th grade trip; it was fantastic." He then

proceeded to describe "his" old cabin and the ponds and trails as if his trip was the prior week. Billy is now the CEO of an internationally known company.

PEEC, and our fantastic staff, have an effect on people's lives. We may not change every student who comes to PEEC into an environmentalist or cause an epiphany that drives their life going forward—although that does occasionally happen. The magic to what we do is that we make the students aware of their environment, its richness, and the importance of their role in preservation and sustainable choices in their everyday life. Then they take that new understanding back to share with their communities and families. There is nothing quite like a child, recently taught, passing on his/her knowledge to an adult. Both child and adult retain those lessons forever.

I hope that every student who visits PEEC remembers their experience 25+ years on as fondly as my friend Billy. Moreover, if that experience positively influences environmental decisions they make as company CEO, politician, educator or in any aspect of their personal life choices, then PEEC will continue to succeed in its mission for another 40 years.



PEEC's WISH LIST

- New or used mini-van
- New or used 12 passenger van
- Gift cards from: Home Depot, Lowe's, Walmart, K-mart, Amazon
- Commercial vacuum cleaners
- Awnings for all the windows of the Main Building
- Energy efficient windows for cabins 0-9
- Awning for the Crafts Center (old cabin #25)
- Compost bins
- Work gloves
- Limb loppers
- New baby high chairs / New car seats
- Aquarium, bird feeders, bird seed
- Study skins, skulls, scat, teeth, and mounts
- Cross country ski equipment / snow shoes
- Canoes, paddles, and PFD's
- Video stereoscope
- Wooden garden shed for canoe garden
- 1100 square feet of bamboo flooring for Classroom 2
- Motorola XPR series Two-Way Radio(s)
- Rain barrels
- Sports balls
- Pencils
- Any battery or power tools

It's a Remarkable Raptor Time of Year!

By Jessica Snyder

The days are getting cooler and the scenery more astounding. It is the perfect time of year to head to the hills. It's raptor migration time and you are in for a treat!

Many species of raptors migrate each year, mostly in search of food. From August to December, the skies are filled with raptors traveling from their summer grounds to their wintering grounds, however not all raptors migrate. Some individuals will travel hundreds of miles, some thousands, and some may only disperse a few miles from where they hatched. Different raptor species also migrate at different times of year. Broad-winged Hawks and American Kestrels often are the first to make the treacherous journey to their winter grounds in great numbers. Red-Tailed Hawks and Northern Goshawks are just two of the birds that round up the raptor migration in late November and December. Raptor watching is often a very rewarding autumn past time!


Unlike traditional bird watching, raptor watching is often more engaging for first time or beginning birders. Raptor watching simply requires you to keep your eyes on the sky! Small specks in the distance get closer and closer and, before you know it, there is a wild raptor flying almost directly overhead. All of this excitement while staying warm under a blanket drinking hot coffee.

On a good day, there are often a half dozen or more different birds riding the winds within eyesight at any given time. Many first timers begin to hone their identification skills over just a few hours. If we are lucky, we stand a good chance at seeing a dozen or more different types of raptors, as well as some breathtaking scenery throughout the day.

Come out to PEEC on September 23rd thru the 25th for our Bird Migration Weekend. You will spend the weekend in search of warblers, raptors, and other migrating birds. Enjoy day trips to Sunrise Mountain & other migration hotspots, guided bird walks around campus, live raptor presentations, and more.


You can also join me on October 1st for Raptor Watching at Sunrise Mountain from 9am until 4pm. Call PEEC to register, dress in warm clothing, and don't forget you coffee!


For more information on Hawk Migration, check out: www.hawkmountain.org



BIRD MIGRATION

SEPTEMBER 23–25, 2011 WEEKEND





Spend the weekend in search of warblers, raptors and other migrating birds. Enjoy day trips to Sunrise Mountain & other migration hotspots, guided bird walks around campus, live raptor presentations and more. The weekend includes 2 nights lodging & 6 delicious meals!

\$195 PER PERSON

Contact us to make RESERVATIONS

Call: 570-828-2319

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RAPTOR WATCHING

SATURDAY, OCTOBER 1, 2011 9AM–4PM



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 bottle, and snacks.

Space limited – call to reserve a spot in the van. Bag lunches are available if requested by September 24.



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\$20 PER PERSON

FORE! PEEC

By Flo Mauro



PEEC held its 10th Annual Golf Outing on Tuesday, July 19, 2011 at the Shawnee Inn & Golf Resort.

We always host this event in the Poconos to both involve and

support our community in PEEC's mission. Many of the students and families who come to PEEC represent underprivileged communities and it is a constant challenge in securing funding to guarantee their participation. All proceeds from our Golf Outing directly benefit our services and programs for local students and families.

This year's event was supported by over 35 sponsors, 25 contributors, and 60 golfers. When all was said and done, we once again raised over \$8600. Our 10 Annual Golf Outings have helped us raise over \$120,000. Thanks to the efforts of PEEC staff members Jeff Rosalsky, Ted Wetzell, Mariann Oswald and Board Members Erica Cullman, Liz Kirkwood, Brain O'Hare, and Barbara Brummer for their endless work in contacting our golfers, sponsors, and donors.

A special thank you goes to Skip Vichness for donating back his 50-50 winnings and to Lorraine Gregory, Joyce Helms, Heather Chadwick, and Tom & Barbara Brummer for playing in and supporting the golf outing for these 10 consecutive years. Cheers to you all!

While the participants' numbers were small this year, the efforts were well-rewarded. The event was considered a success by everyone, many of whom expressed more than a little interest in encouraging us to continue hosting this annual event. The folks at Shawnee were terrific to work with from start to finish, the course was in great shape, the food was fresh, plentiful, and delicious and, really, a good time was had by all.

Despite the heat and humidity, the golfers posted great scores! Henry Skier's group posted low score for the men's division followed closely by Brian O'Hare's foursome. Flo Mauro's group was one shot lower than Kathy O'Hare's group for the women and Barbara Brummer's group won the mixed flight.

Please check out our website for 'snapshots' of our event: www.peec.org/golf/thankyou.html



Mixed group winners: John Norton, Tom & Barbara Brummer!

PEEC-A-BOO!

SATURDAY OCTOBER 29 2011 • 4 – 7PM



Halloween Trail

PEEC-A-BOO is a non-scary, family-oriented trail designed to be fun and educational. Families will be guided down our short trail and will stop at nature-themed activity stations. Refreshments available. (Rain date October 30.)

\$5 PER CHILD

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PEEC A BOO Poem

By Jessica Snyder

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

October 29th 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.

Dress for the weather and please call ahead.
Hope to see you and pass on what I've said!

Women on the Water - WOW!

By Sheri Bone

The summer of 2011 will be remembered by many as being very hot. Others will remember family outings or vacations. For thirty young women from the Bronx, Philadelphia, and Monroe and Carbon counties, though, the Summer of 2011 will be the time they paddled down the Delaware River as part of the "America's Best Idea" program offered by the National Park Foundation as Women on the Water!

This program, in its second year, was able to bring twice as many girls to the river as last year. One group spent a day canoeing, and two groups rafted, canoed, and kayaked their way from the Upper Delaware River into the Delaware Water Gap National Recreation Area. All of the girls gained a better understanding of the National Park Service, how biodiversity and a healthy forest helps keep the river clean, and how they might support the educational endeavors that are taught by PEEC and the NPS.

The girls came from varied backgrounds. They ranged in age from 11 to 17, not counting the chaperones. The goal for this program: allow girls, who would not normally have the opportunity, to experience a challenging adventure as they camped on, paddled down, and recreated in the Delaware River! The challenges included learning to pitch their own tents, sleeping in a primitive camping site, cooking their food on a camp stove, and packing their supplies in their own backpacks. Also, the girls on the 3-day trips progressed from rafts (group challenges) to canoes (working in pairs) to kayaks (individual efforts) as the days progressed.

Teamwork, communication, and personal growth were also part of the "Women on the Water" goals. The girls started the journey at PEEC, as they learned on land to work as a team. They practiced their canoeing skills and learned to set up tents and use a camp stove. As the days progressed and they moved to the river, they realized just how important teamwork and communication are when trying to steer a raft or canoe.


They experienced personal growth by completing each step of the river experience. They learned to be more comfortable in a campground that had screeching owls and other nocturnal creatures moving about while they attempted to sleep. They were able to see our national symbol, the Bald Eagle, soaring overhead as they paddled on the river.

Learning about the history of the National Park and the ecology of the area enhanced the program. Both of these topics helped the girls learn what was here before the National Park, and how they can support the special places that the Delaware Water Gap National Recreation Area and all National Parks are.

Women are the caregivers of most families and communities. "Women on the Water" is a program that helped expand the care giving role to include life's most precious gift – water. Thank you to the National Park Foundation, PEEC, and the National Park Service for their roles in making sure this program was able to meet its goals for our Women on the Water.



Women on the Water: Molly, Sunny, and Brianna



GHOST BIRD


DOCUMENTARY

SATURDAY OCTOBER 15, 2011 • 7-9PM

A HISTORY OF THE

WOODPECKER MYSTERY

PEEC is proud to join Cinema for Conservation by showcasing a film that tells the remarkable story of the Ivory Billed Woodpecker. This documentary has won awards at film festivals across the country. Enjoy complimentary drinks and dessert. Don't miss this wonderful evening!



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\$10 PER PERSON

Garlic

By Sheri Bone

Fall is the time most gardeners start cleaning up the garden to make it ready for winter. However, October is the perfect time to plant garlic for next year's July harvest.

Growing garlic is one of the easiest things a gardener can do. Once the cloves are planted, Mother Nature does the rest. However, as a successful gardener, there are some things you need to do to be sure that your garlic crop is bountiful.

First, plant garlic cloves that have been grown in this area. You know they will grow here because they were grown here! Where do you get them? Not in the grocery store. That garlic might have been grown in California. Different climate. Different soils. Purchase 'heads' of garlic from a local garlic farmer, or if you have nice friends who grow garlic, maybe they will give you a head or two.



Second, make sure your garlic bed location is good. It needs to be well drained, get good sunlight, and you need to plant the cloves about 6 inches deep. (I like to dig open rows and line the bed with compost.) Separate the head of garlic into the individual cloves, and plant them, pointy side up. Leave 4 to 6 inches between cloves. Cover with soil and then a nice helping of mulch.

Third, leave them alone. Unless there is no rain this fall, in which case you will have to water the area, Mother Nature will do the rest. Come April, you should see little green sprouts popping out of the ground. It is almost as exciting as seeing tulips and daffodils emerge in the spring.



Fourth, pay attention to how the plants grow. If you have planted the hardneck variety of garlic, you will have scapes form at the tips of the stems, but you can snip them off and eat them! Scapes are the flowering head of the garlic. They form on the round stem in the middle (unlike the flatter leaves that form around the outside) and make a circle. Once the curve begins, you can cut them off, and cook with them. Maybe next spring, we will include some scape recipes in this newsletter!

In July, the flat leaved stems should start to turn yellow and brown, and that is the time to harvest your garlic. Dig them with a shovel (experience has shown that the stems pull out nicely, but not always attached to the garlic!) and remove the excess soil. Allow to dry, but not in direct sunlight. Save a few to be planted in the fall, and enjoy the rest. You may even want to learn to braid the garlic, just like they do in the fancy garlic festivals!

Preserving the Harvest

By Molly Check

There are hundreds of tomatoes in my fridge and I need to figure out what to do with them. I have quite the variety – cherry tomatoes, heirloom tomatoes, orange, yellow, green, and red ones. Most of them have come from the new CSA (Community Supported Agriculture) that I joined this year, some of them are from the canoe garden that PEEC has on our campus, and still others were gifts. I find it hard to refuse presents from fellow gardeners, even if I already have an abundance, because it's just so nice of them to offer up their hard-won vegetables. The last time I reached in the fridge to snack on some delicious purple cherry tomatoes, I noticed they were getting soft. There's really only one sensible solution for a problem like this. I need to start canning.

I learned the basics of food preservation without even trying, from my childhood in the woods of northwestern Pennsylvania. My parents have always had a large garden that provided fresh fruits and vegetables for our dinner table, and when "canning day" was written on the calendar, it was always a big production. Whether it was jelly, veggies, or pickled preserves, their hard work in the kitchen always produced rows and rows of colorful canned goods. My brothers and I were always included in the garden tasks and farm chores, even as young children. One of my earliest memories is of pushing my old Tonka truck back and forth from the porch to the kitchen, delivering peaches for one of the canning marathons. Now it's time to put all that valuable experience to use.

The decision to can tomatoes is an easy one. Deciding HOW to can them is made more difficult by all of the choices – salsa, sauce, paste, stewed, catsup? Yes, you can make homemade catsup and it turns out that it's not that hard. Last night, I went rogue and decided to go with straight tomatoes. It's important to think about what you want to eat and one of the only times I really use tomatoes is when I make my homemade pizza, sans sauce. All I need for that is chopped up tomatoes, so that's what I canned. The first step was to peel the tomatoes, which can be accomplished by dunking them in boiling water for a minute

Continued on Page 7

Preserving the Harvest Continued from Page 6

and then switching them to cold water. I'd tried this method before with peaches and wasn't very successful. This time, I kept them in the boiling water longer – until I could see their peels splitting open – and things went much better. They really did “slip right off.” As my pile of peeled tomatoes grew higher and higher, I put my canning jars in the oven to sterilize them and started heating water for the hot water bath.

This seems like a good time to stop and look at the process of canning. Many people (including myself about a year ago) think that you need a pressure cooker to can foods. Although you DO need it to preserve any non-pickled vegetables or meat broths, it's not necessary for many of the others. In my short history as a canner, I've made strawberry jam, pickled carrots, peaches, and now tomatoes, all using a hot water bath. The brilliancy of a hot water bath lies in its simplicity – all you need is a really big pot and some water. I recommend any beginning canner to start with items you can preserve using the hot water bath and then to graduate to your pressure cooker with its pressures and pounds.

So, my jars have been sterilized by sitting in the hot oven, and my hot water bath is close to boiling. Now it's time to pack the jars. Marveling at the colors, I fill up each quart jar with the tomatoes, being sure to leave ½” head space at the top of the jars. I add a teaspoon of lemon juice and a half teaspoon of canning salt to each jar. These simple additions will keep my tomatoes perfectly preserved. It's important to wipe down the outside of each jar, paying special attention to the top – a good seal depends on a clean jar top. One last wipe of the tops and I screw on the lids. As I carefully lower each jar into the boiling water, I instinctively look away (so my eyes are safe if a jar explodes). It's funny how those early warnings from my parents stay with me, even though it's been twenty years. Cover the hot water bath with a lid and set the timer for 45 minutes...which is about how long it's going to take to clean up this mess I've created all over my kitchen. I must still be an amateur, because I've been working for hours and I've only produced four quarts of tomatoes. With my sights set on a higher production rate, I start flipping through my recipe book again. Mmm, salsa. That doesn't sound too hard.

Maybe I can use up the last two hundred tomatoes with some salsa.

As I pull the quart jars out of the hot water bath and set them proudly on the table, they start to look like more than just four quarts. They look like magic, to me. All that sunlight energy and hard work of the farmers has been captured and preserved in such a beautiful way. I can hardly wait for winter, so I can impress my dinner guests with fresh tomatoes on their pie-party pizzas.

Preserving food has been done for thousands of years, since the first people found they had more food than they could eat. Drying, freezing, and canning have become the most popular forms of food preservation over the years and I am glad to join the ranks of food preservers across the world. I hope you will join us as well and experiment with some of your own recipes. Enjoy the harvest!



CATSUP

- 24 pounds ripe tomatoes
- 2 pounds onions, peeled & quartered
- 1 pound sweet red peppers
- 1 pound sweet green peppers
- 9 cups vinegar (5%)
- 9 cups sugar
- ¼ cup canning salt
- 3 tablespoons dry mustard
- 1 ½ tablespoons ground red pepper
- 1 ½ teaspoons whole allspice
- 1 ½ tablespoons whole cloves
- 3 sticks cinnamon

Wash tomatoes and dip in boiling water for 30-60 seconds or until skins split. Then dip in cold water; slip off skins, core and quarter. Remove seeds from peppers and slice into strips. Blend tomatoes, peppers, and onions at high speed for 5 seconds in an electric blender. Pour into a 3-4 gallon pot and heat. Boil gently 60 minutes, stirring frequently. Add vinegar, sugar, salt, and a spice bag containing dry mustard, red pepper, and other spices. Continue boiling and stirring until volume is reduced one-half. Catsup should round up on a spoon with no separation of liquid and solids. Remove spice bag. Pour catsup into hot pint jars, leaving ¼” headspace. Wipe jar rims. Adjust lids and process in a boiling water bath for 15 minutes. (Recipe from *So Easy to Preserve*, the Cooperative Extension of the University of Georgia, 2006)



Fun Fall Craft – (Pine) Cone Wreath

By Sheri Bone

If you have an evergreen in your yard, you are not a stranger to working with the cones that have fallen. In addition to cleaning them up to perform yard work, you may have even gathered some cones to be fire starters or Thanksgiving Turkey decorations. Cones from evergreens come in all different shapes and sizes, and when you can gather them from your own yard, they become an inexpensive ‘ingredient’ for a beautiful cone wreath.

Before talking about how to make a wreath, it is important to point out that while they are commonly called “pine cones,” many of the cones that are used for wreaths or other crafts are from trees that are not pines! Hemlock cones are little and used extensively for crafts, but they are not ‘pine’ cones. So, as you head out to gather the cones, (If you don’t have evergreens in your own yard, ask your neighbors who do if you can use their cones!) learn which trees are their parents and expand your knowledge of trees and their seeds.

In addition to a variety of the cones, you will need floral wire, a wire wreath (purchased at craft shops or online), scissors, pliers, gloves, and, if you plan to hang the wreath outdoors, a protective sealant. You can also gather seed pods, nuts, and dried flowers, if desired, to add different texture and depth to the finished wreath. Creating the actual wreath is a project that can take a few days. You may want to spread it out over a few weeks. (Note: I have seen wreaths that were created by using a corrugated cardboard ‘donut’ or a Styrofoam base and hot gluing the cones to the cardboard or Styrofoam. I much prefer using a wire wreath.)

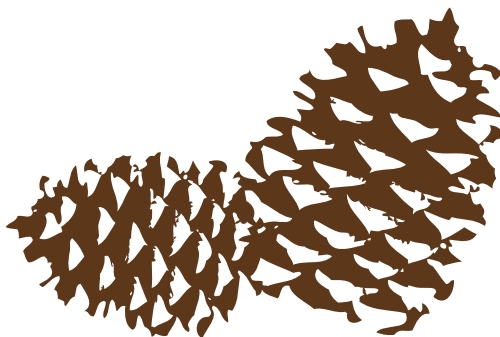
First, after the cones have been gathered, many people like to wash them. This helps to remove bugs, pitch, and dirt. Fill a bucket or tub with water, put in the cones, and swish them around. When wet, the cones close up. This is not a problem as they will re-open when they are dry. They can be set out to dry or if you would like, you can put them on an old cookie sheet (lined with foil) and pop them in a 200 degree oven for about ½ hour. This helps to remove the resin and begin the drying process. It will also make your house smell like evergreens!

Gather your supplies and take the time to cut the wire into 7 to 8 inch pieces. Starting with the larger cones, fold a piece of wire in half, unfold it, and wrap it around the bottom ends of each cone, catching the scales. Twist the ends to secure. Secure the cones to the wire wreath by twisting the wire ends around the wire frame. Do not cut the ends as you may use them later to help hold a neighboring cone. Using the pliers and wearing gloves will help make this job easier.

Be sure to “snuggle” the cones next to each other as close as you can. As the cones continue to dry and open, they will fit more closely to their neighbor and fill in some spaces. As you work with the cones, you will discover which ones are too large, too small, or don’t create the desired effect. If the wire base has different ‘layers’ of wire, you may be able to fit some of the cones inside the layers. Take the time to secure them with wire, too, even if they feel tight.

Continue adding cones, being sure to change the angles and incorporate different sizes and shapes. As you get closer to finishing, you can either use wire or a hot glue gun to secure the smaller cones and other dried material. If you plan to hang the wreath outside, you definitely need to protect it. There are many spray finishes that will accomplish this goal. Be sure to follow all label directions and use in a well ventilated area.

The nice thing about cone wreaths is that they can be dressed up or down. Add an orange ribbon and the wreath says, “Happy Harvest Time!” Dressing it with a red ribbon is perfect for winter holidays. Keeping it plain, though, is perfect for any occasion!



HARVEST MOON POTLUCK DINNER

OCTOBER 22 2011 • 6 – 9PM

GOOD *food*  *GOODtimes*

Bring your favorite dish to share at our Harvest Moon Potluck Dinner! After dinner, enjoy a canoe paddle on the pond and a telescope viewing of the night sky. Bring your family and friends to enjoy a wonderful evening!

FREE



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RESERVATIONS

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Pre Christmas Cleaning? PEEC may come to mind as a reminder that you really need to remember to keep it in your mind to recycle, reuse... you know, use it again in some other way shape or form. I wonder, though, if you ever thought of some of the things we (meaning the ever-smiling staff of PEEC) actually have to go out and buy at Wally's. Things that are probably gathering dust in your attic or basement... or in my case, ga-

It is a little known fact that a lot of us up here in the boonies are pros at saleing. You know, yard sales, garage sales, rummage sales, a great place to find so many wonderfully great recyclable baubles. But, as with every great idea there is a snag. Most of us PEECers can't be pickers because we work on week-

So, I ask again. Pre-Christmas cleaning? Families who come for Family Weekends love to play board games. Got any you don't use anymore? Books are a great adventure for all ages. Got any for our "Buck-a-Book"? Ribbon? Beads? Scissors, glue, sparkles and spangles? Look at that box of stuff again. See anything PEECers and PEECettes might find a whole new use for? Tell you what. We'll let you come for a free hike when you bring that box over. Hmm, wait a minute. Our trails are already free, open to the public, ready to explore. Still sounds like a good deal to me.

ACROSS:

3. CROP CIRCLE IN THE SKY
6. TOO MUCH OF THIS MAKES A FLOOD
7. PRICKLY THINGS THAT DEFINITELY DON'T NEED MUCH WATER. THE ONLY PLANT ALLISON WILL LET ME HAVE.
8. JEFF TELLS EVERYONE THAT THE ECOZONE IS THIS KIND OF ROOM.
11. FLO CAN TELL YOU HOW THEY HELP PEEC KEEP BEING PEEC.
13. SHERI SAYS MISSISSIPPI IS A BIT FAR BUT THE DELAWARE IS RIGHT NEARBY.
14. JESS LOVES THESE CREEPY CRAWLIES (NOT THE CAMPERS)
15. IT'S KIND OF LIKE A KAYAK BUT NOT. JEFF WOULD AGREE.
17. ERIN HAD GREAT FUN WITH THE EASTER SEALS _____ GREEN PROGRAM.
19. YOU CAN'T GET IT FRESH IN THE WINTER SO MOLLY TELLS YOU HOW TO CAN IT NOW.
20. WOW, OAR PROPELLED PALINDROME

DOWN:

1. A GREAT RESORT ON THE DELAWARE FOR GOLFERS AND PEEC SUPPORTERS.
2. OUR STAFF NEVER STOPS _____ ABOUT NEW THINGS.
4. MOLLY LOVES THESE CLOSE-UPS OF IT'SY BITSY THINGS.
5. JUNIORS AND SENIORS AT PEEC CAMP
9. OCTOBER'S BESTIST PEEC PARTY.
10. PEEC IS SUPPORTED BY LOTS OF GREAT ONES. ARE YOU ONE?
12. IT'S REALLY FALL BUT SOMETIMES IT'S CALLED THIS.
16. JEFF'S HUSTLE AND BUSTLE ACTION
17. KRISTIN LIKES McDADE TRAIL WHERE THINGS GROW SO _____.
18. ONE W IN WOW IS WATER AND THE OTHER IS THIS.

Answers on page 13

Cabin Demolition

By Jeff Rosalsky



The next time you finish hiking Scenic Gorge Trail you may notice something is missing. This fall nine old cabins will be demolished by the National Park Service. Some of the 40s cabins on the hill, as well as staff housing (Hickory, Oak, and Hemlock), will be taken down.

PEEC staff and the NPS conducted a survey of all the PEEC housing and we determined that these cabins have come to the end of their useful life. Maintaining these particular buildings had become increasingly difficult and costly and, given the age and original construction materials used, renovation was not an option for these buildings. Over time, and as funding becomes available, we hope to replace these cabins with new duplexes and one more lodge.

Despite losing these cabins, PEEC will still have 330 beds available for groups, including: the 88 beds in the two new lodges, 48 in the new duplexes, 80 in the yurts, and the balance in the remaining older cabins.

The older cabins that remain are being overhauled one by one. They are getting new floors, new internal walls, renovated bathrooms with more showers, and on-demand hot water heaters. In addition, one of PEEC's many volunteers, Sonda Miller, is assisting us with artwork and decorative accents for the cabins. We have already finished cabins 2 and 3 through generous donations by the PEEC trustees, with the next cabin to be renovated this winter. As always, we are looking for donors who would like to sponsor the renovation of additional cabins.

Beaver Chews, Bat Wings, Bear Bones, and ESSA!

By Flo Mauro



In June, Suzie Farley, Vice President and Treasurer for the East Stroudsburg Savings Association Bank & Trust Foundation (ESSA) invited Jeff

and me to one of their three annual Board meetings. ESSA Board members convene to meet with members of the local community seeking grant funds from ESSA for a project that directly benefits ESSA's community. ESSA has supported numerous capital projects at PEEC including construction of the kitchen in the new dining hall, the pavilion on the lower campus, and most recently, the safety fencing around the recreational amenities on the lower campus.

In August '09, Jeff invited Suzie to visit PEEC and take a look at the empty, cavernous, smelly, defunct, indoor swimming pool room and imagine how it could become our EcoZone! Jeff's energy being very contagious, Suzie started imagining with us and invited us to apply for ESSA funding in the spring of 2011. We sent photographs and updates of the EcoZone! project to Suzie throughout the next year.

The ESSA Foundation is committed to improving the quality of life for all in their community. "...The ESSA Bank & Trust Foundation was created in 1998 to fund the needs of 501(c)3 organizations in the "greater" Monroe County region. The Foundation was created to solidify our belief "in returning to the community a portion of the profits to improve the quality of life." This statement is an integral part of our corporate philosophy. ..."

To learn more about ESSA, please visit www.essabank.com.

In May '11, we applied to ESSA for \$57,800 to cover costs of materials needed to complete construction of the EcoZone! and were invited to attend their Board meeting ...we had 15 minutes to state our case. We took the EcoZone! to them. In we went, armed with satchels and suitcases full of beaver chews, black bear bones and skull, Devonian fossil replicates,

and bat and bald eagle puppets. While Jeff described the EcoZone! I pulled out the props and every board member became thoroughly engaged in the presentation. It was fun, exciting, and hands-on...the kind of thing we do here. They thanked us, told us we did a great job, and that we would be hearing from them soon. (Jeff and I had such a good time, we found it hard not to high-five each other in the parking lot).

At 2pm that afternoon, Suzie called Jeff and told him that the Board unanimously voted to fund the entire \$57,800!! It was one of the best projects and presentations they could remember.

As Jeff noted in his thank you letter to Suzie "...I vividly recall standing with you in the old indoor pool room ...and describing a discovery room where hundreds of local children could explore, discover and learn about the natural world. Your eyes lit up with the same enthusiasm that I have. And at our presentation to your Board, I could see that the EcoZone! excited the child in each of them..."

We look forward to having the ESSA folks with us at the EcoZone! opening in November to thank them again and recognize them for their generous contribution!

Surviving PEEC

By Allison Owczarczak

During session five of our summer day camp, the Senior Naturalists had the opportunity to learn about survival skills. One project we made was a survival bracelet made from parachute cord rated at 550lb test strength. Having about 10 feet of cord neatly stored as a bracelet can come in handy when you might find yourself in a pinch. One handy addition to a survival bracelet is the addition of the Whistleloc (pictured to the right).

So what is 550 parachute cord good for?

- Shoelaces or a belt
- Shelter ridge line
- Tie-downs
- Tarp shelter guy lines
- Bow drill string
- Snares and Traps
- Hanging a bear bag
- Gear repair
- Lanyards
- Zipper pull replacement
- Lashing
- Splits

Para-cord can also be unraveled for:

- Dental floss
- Fishing line
- Sewing torn clothing

The numbered photos to the right show the steps to make a survival bracelet.



AUTUMN PROGRAMS AND GETAWAYS

Join PEEC for one or more of our fantastic outdoor programs!

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

OCTOBER

RAPTOR WATCHING

Saturday, October 1, 2011 | 9am – 4pm
\$20 per person

The hawks, eagles and falcons are migrating! Join us for a day of raptor watching at Sunrise Mountain. Dress in warm layers & bring a folding chair, binoculars, water and snacks. Space limited - call to reserve a spot in the van. Bag lunches are available at no charge, if requested by September 24.

NATURE AT NIGHT

Saturday, October 1, 2011 | 6-8pm
FREE for members / \$5 for non-members

A cool fall evening is the perfect time to head outside. Take a walk in the woods to listen for owls, look at stars & enjoy the music of the night.

COLUMBUS DAY FAMILY NATURE CAMP “Falling Leaves”

October 7-10, 2011
Adults \$190 / Discounts for children 10 & under*

Bring your friends and family to experience the best of what PEEC has to offer. Interpretive hikes, animal presentations, canoeing, tie-dye, campfire, square dance and more! Price includes 3 nights lodging & meals from Friday dinner to Monday lunch. Commuter & day rates available – call for details.

FALLING LEAVES TREE ID

Saturday, October 8, 2011 | 1-4pm
\$10 - adults only, please.

Fall is here and the leaves are changing! Enjoy an interpretive hike that focuses on trees & their colorful leaves. Call now to register!

FALL PHOTOGRAPHY I

October 14-16, 2011
\$250 / Includes 2 nights lodging and 6 meals.

Capture beautiful fall colors with professional photographer, John Barclay. Learn about exposure, composition and more. Geared towards DSLR type cameras. A tripod is recommended, but not required.

‘GHOST BIRD’ DOCUMENTARY

Saturday, October 15, 2011 | 7-9pm
\$10 admission

PEEC is proud to join Cinema for Conservation by showcasing a film that tells the remarkable story of the Ivory Billed Woodpecker. This documentary has won awards at film festivals across the country. Don't miss this wonderful evening! Enjoy complimentary drinks and dessert.

FALL PHOTOGRAPHY II

October 21-23, 2011
\$250 / Includes 2 nights lodging and 6 meals.

Professional photographer Ray Klass works with you through the entire digital photography process, from taking the picture to altering it. Participants are encouraged, but not required, to bring a laptop with Photoshop.

COMMUNITY POTLUCK DINNER

Saturday, October 22, 2011 | 6-9pm
FREE admission

Bring your favorite dish to share at our Harvest Moon potluck dinner! After-dinner, enjoy a canoe paddle on the pond & a telescope for viewing the night sky. Bring your family & friends to enjoy a wonderful evening.

SUNDAY FOR SINGLES

Sunday, October 23, 2011 | 1-3pm
FREE admission

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

PEECA BOO

Saturday, October 29, 2011 | 4-7pm
\$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 30

NOVEMBER

GIRL SCOUT BADGE FEST

Saturday, November 5 | 9am-4pm
\$12 half day / \$20 full day / \$8.50 lunch

Attention all Girl Scouts! Come to PEEC for a fun day of badge work. Earn badges while working outside in the beautiful Pocono Mountains. Call early to register - sessions fill up quickly.

FLYING NEEDLES QUILT CAMP

November 10-13, 2011
\$250 / \$200 commuter rate

All Unfinished Objects and fiber arts are welcome! Join Patti Schreiner for a relaxing weekend in the beautiful Pocono Mountains. Beginners are always encouraged to join! Includes 3 nights lodging & 9 meals.

INTRODUCTION TO SCRAPBOOKING

Saturday, November 12, 2011 | 10am-4pm
\$20 per person

Explore the beautiful natural areas around PEEC for inspiration & materials to use for creative scrapbooks, cards, boxes, party favors and more!

BOY SCOUT BADGE FEST

Saturday, November 12, 2011 | 9am-4pm
\$12 half day / \$20 full day / \$8.50 lunch

Attention all Boy Scouts! Come to PEEC for a fun day of badge work. Earn badges while working outside in the beautiful Pocono Mountains. Call early to register - sessions fill up quickly.

HOLIDAY BOWS AND BOUGHS

Sunday, November 13, 2011 | 2-4pm
\$10 per person

Create your own holiday decorations using natural materials. We provide evergreen boughs, grape vines and other plants for you to make wreaths, centerpieces and more. Pre-registration required.

GAME DINNER

Saturday, November 19, 2011 | 7-9pm
\$25 admission

Enjoy the bounty of the season! This dinner features Pennsylvania game and seasonal harvests, cooked to perfection. Bring your friends and family to enjoy this cozy evening. PEEC will provide some refreshments. Please BYOB. Tickets sold out last year. Call now for reservations!

INTRODUCTION TO ASTRONOMY

Sunday, November 20, 2011 | 7-9pm
\$5 per person

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

DECEMBER

INTRODUCTION TO SNOWSHOEING

Saturday, December 3, 2011 | 9-11am
\$10 adult / \$5 child

Learn the basics of using snow shoes. No experience required – we provide the equipment and teach you everything you need to know. If there is not enough snow, join us for a free hike. Call to reserve your snowshoes.

WINER SURVIVAL HIKE

Saturday, December 3, 2011 | 1-4pm
\$10 per person

Join Mike Dennis of Traditional Earth Skills for an amazing hike through the fields and forests. Build a shelter, try your hand at fire making & learn other useful outdoor skills. Spaces limited. Call to reserve your spot.

INTRODUCTION TO SNOWSHOEING

Saturday, December 10, 2011 | 12-3pm
\$10 adult / \$5 child

Learn the basics of using snow shoes. No experience required – we provide the equipment and teach you everything you need to know. If there is not enough snow, join us for a free hike. Call to reserve your snowshoes.

MOONRISE HIKE

Saturday, December 10, 2011 | 5-7pm
FREE admission

Watch the full moon rise over the Delaware River Valley. This moderate hike, approximately 2 miles in length, takes you to a scenic overlook for a great view of the moonrise. Please wear sturdy shoes or boots. Reservations appreciated.

HIBERNATION HIKE

Saturday, December 17, 2011 | 10am-12pm
FREE admission

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

CHRISTMAS BIRD COUNT

Sunday, January 1, 2012 | 8am start
\$5 for Audubon (pay after the count)

It's time for the National Audubon Society's 112th annual Christmas Bird Count! Families, students, birders and scientists, armed with binoculars and bird guides, brave the cold weather to participate in this extraordinary measure of conservation. Help us search and identify birds in our area. If you are a beginner, we will match you with a more experienced participant. Potluck dinner afterwards. Please call for details if you are interested.



11th ANNUAL
Golf Outing

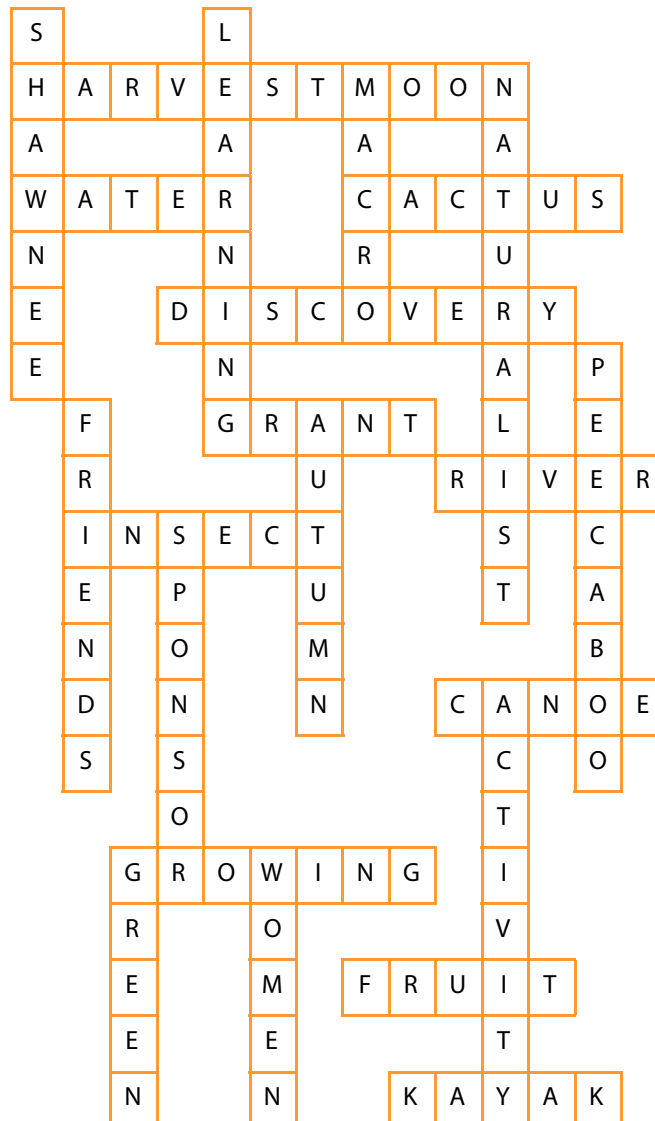
Save
THE DATE!
Monday
June 18, 2012



Go-pher it!

SHAWNEE INN & GOLF RESORT

WWW.PEEC.ORG



ACROSS

3. HARVESTMOON
6. WATER
7. CACTUS
8. DISCOVERY
11. GRANT
13. RIVER
14. INSECT
15. CANOE
17. GROWING
19. FRUIT
20. KAYAK

DOWN

1. SHAWNEE
2. LEARNING
4. MACRO
5. NATURALIST
9. PEECABOO
10. FRIENDS
12. AUTUMN
16. ACTIVITY
17. GREEN
18. WOMEN

Walking the McDade Trail

By Kristin Heckrote

Lining both sides of the trail are the straight trunks of tall, old white pines. Limited light filters down through the high dense canopy into the forest, reflecting at odd angles, shooting beams of light into the forest to highlight specific trees. Temperatures have heated the pine sap just enough to allow the scent to be carried on the humid air.

Last fall, small, brown, NPS signs were placed along route 209 and River Road, indicating parking and trail entry points for the newly completed McDade trail. The trail winds north/south along the river valley for about 32 miles. One of the entrances is very close to PEEC, just south of the intersection of Brisco Mountain Road and Rt. 209.

Like most of the trail entrances, the driveway is a narrow gravel road that cuts through fields heading towards the river. On the left, just past the first field, is a marker showing the trail's northern extension. Continuing on, the driveway forms a loop. Taking the first right turn leads to the main parking lot and an information kiosk. The southern section of the trail heads off the gravel loop just past the parking lot. The scene described earlier is about 30 feet down the southern extension of this trail section.

My favorite times to explore the trail are dusk and dawn. The day is peaceful, either because nothing has yet happened or because the craziness of the day is done. Temperatures, especially in summer, are cooler. Animals are the most active at those times. Several times in the evening along the trail, I've encountered a black bear, as well as the usual white tailed deer, groundhogs, rabbits, and other creatures. Because of how easy the trail is, it has a calm, lazy feel to it.

While there are a few trail sections that have a little trickier footing, most of the trail is relatively flat, making it available to wide range of people. The flatter sections can be easily hiked in lower light conditions and are great for night walks. Maybe because most of the trail is not very strenuous, there is something about the McDade that is more about stopping, looking,



enjoying, and relaxing than about getting from one place to another.

PEEC has had the opportunity to take some of our groups for dusk hikes on the trail. On one of those hikes, a group of students were really excited to be here, meaning that they were talking and not paying attention to their surroundings. They were on the trail section near PEEC heading south. At one point the trail leaves the forest to enter the wide U-shaped glacial valley. The edges and angles of the valley give it a vastness that is unexpected, especially after the dark, enclosed forest that the trail has just left. The students just stopped, quieted down, and looked. One student said that it looked like a painting.

Because of the wide range of habitats on the McDade Trail, there are also many opportunities to see different animals and birds. Rabbits and fox both seem to be pretty prevalent near the hedgerows that divide the fields, while there are often raccoon tracks in the mixed forest areas. The hedgerows also provide shelter and food for both local birds and migratory species. In the late summer and fall, black bear head down near the river for the wealth of hickory nuts and corn. A bear will head into one of the cornfields, sit in one spot,

and gorge itself on all the corn ears that are in reach. The ever present white-tailed deer are also abundant in the fields where there is plenty of food for them to forage.

In the evening, as the sun highlights abandoned farm buildings, it is easy to remember that this area has a rich history as well. Open spaces of the trail are a combination of farmed fields and meadows, a tribute to the valley's farming history. Old farmsteads, building ruins, chimneys, cemeteries, and escaped garden flowers can all be found along the path. Originally, the Lenapes lived here. Then, the valley was settled by the Dutch in the late 1600's and the English in the early 1700's. In the mid 1800's, visitors came to spend the summer at both grand resorts and small camps. Pine plantations remain as markers to the logging industry in the area.

While not a challenging trail, the McDade has something to offer everyone. One of these days, when you are stopping in to visit PEEC, take the time to pull into one of the McDade parking areas and enjoy a great start or end to your day.