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## Thoughts on an Early Morning Walk

By Kristin Heckrote

As much as I hate to admit it, when it comes to morning walks, the earlier the better. Every time of day has its own unique rhythm, but in the morning, the time just after first light seems to be the most alive. In an almost contradiction to the rising crescendo as everything wakes up or heads to bed, mornings also offer stillness and steadiness that provides a feeling of peace.

It is hard to decide whether taking the same route every day or going someplace new is my favorite. Traveling the same route allows me to see changes that happen from one day to the next. Are there any new tracks that show what came through here last night? What new plants are showing? That rock was turned over last night and there are large scratches on it. I think a black bear may have been searching for insects. Going someplace different provides something or someplace new to see, observe, or explore. A few weeks ago, a new path took me along a small stream which runs down into Scenic Gorge. Its location makes me wonder where the stream starts and one of these days I'll walk in a new direction to search for its headwaters.

With the temperatures getting warmer, the woods are full of change. Most of the lower-growing trees and shrubs are budding, showing off in deep reds or pale greens that spread color through the understory. The skunk cabbage in the braided streams has been blooming for a while now. As more birds return from the south, every day brings new songs in addition to the familiar "crank" of the nuthatches or "phoebe" of the chickadees that stayed here thru the winter. On the forest floor, even the shadows cast by the pines are shifting as the play of light slowly changes. Smells of water, dirt, and just a hint of blossoming flowers mix in the air to give it a spring thaw smell.

Some mornings seem to have a lot more happening than others. There is a pair of red-tailed hawks who have been hanging out near the front pond when I first leave my cabin. Normally, they are gone by the time my walk is completed. Yesterday, the hawks were screaming at some crows that were harassing them. This morning, a pair of Canada geese landed on the frozen pond with loud thumps. I wonder if they are the same pair from last year that was continually chased off by the canoes. Another day, a large white-tailed deer watched me from about 20 feet away. I had stopped to watch a pileated woodpecker about 30 feet up in a dead pine tree. Other mornings, the only neighbors that choose to visit are a few song birds that like to hang out in the brush by the edge of the forest.

When I finish my walk there is sometimes a tinge of loss in the back of my mind. This morning walk, with its sights, sounds, smells, experiences will never happen again in quite the same way. I also know that my walk tomorrow will hold just as much, if not more, as today's did.



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## CEO Message

Jeff Rosalsky



Despite the mountains of snow on the ground, I know spring is almost here. It's not the birds or the animal life or the crocuses that are my clue, it is the running of the sugar maple sap. I rush home after work at PEEC to collect gallons of sap from my sugar maple trees before it's too dark to see, so I can spend my weekends boiling it into sweet sticky pure maple syrup. The temperature fluctuations give the sugar maples their cue to send sap to revive the trees from their winter stupor—a few degrees below freezing during the night and a minimum of mid to high 30's and sunny during the day are optimal.

At the same time, PEEC is becoming more active with wonderful, enthusiastic new instructors teaching school groups arriving for their environmental education trips. Spring is an active time at PEEC, but it is an affirming and satisfying type of busy. Children are making discoveries about the natural world around them and learning life skills. Urban kids are gaining an appreciation of our National Parks, and other undeveloped lands, and what they have to offer from an educational, recreational and resource perspective. PEEC's public programs and weekend workshops for the year are in full swing with numerous new and exciting offerings. In short, PEEC is doing what it does best.

Easter Seals and PEEC present...

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Session 2: July 18-23  
Session 3: July 25-30  
Session 4: August 1-6

**CHILDREN (10-18)**  
Session 5: August 8-13  
Session 6: August 15-20

**Space is limited!**  
Download a registration form  
at [www.esep.easterseals.com](http://www.esep.easterseals.com) or  
**CALL 570.421.1254 ext. 12**

## Dragons of Air & Water

*From the Archives*

It used to be said that they would sew up the lips of a child who lied, and their ability to bring dead snakes to life was infamous. They're the "devil's darning needles," and in prehistoric times their wingspan extended up to three feet. These days, dragonflies are a bit smaller, with wingspans that rarely exceed five inches. We also know that they neither punish prevaricating children nor resuscitate dead snakes. Nevertheless, dragonflies are still fascinating insects, both as adults and in the nymphal stage.

Insects go through a specific series of changes during their life cycles. Some undergo a complete metamorphosis. The most familiar illustration of this is the butterfly that matures from an egg to a larvae (caterpillar) to a pupae (cocoon) to an adult. The resulting adult butterfly looks significantly different from the caterpillar. Other insects, including dragonflies, undergo an incomplete, or gradual, metamorphosis. In this process, an insect develops from an egg into a nymph which molts several times as it grows. When the nymph reaches full size, it molts one last time and the adult emerges.

Generally, nymphs more closely resemble the adult insect than larvae do. Although at first glance, the brown or greenish dragonfly nymphs that lurk in the mud and detritus at the bottom of a pond, seem to bear little resemblance to the adults that dart over the surface in shimmering shades of red, green, black, or blue, there are similarities. Both

nymph and adult have large, compound eyes which afford them almost a 360 degree view of the world, helping them locate both prey and predators. The shape of the nymph also resembles that of the adult, and under close examination, the wind-pads from which the wings of the adult extend are also visible on the nymph.

Adult dragonflies often live no longer than three weeks, but the fully-aquatic nymphs can live from two to five years, waiting out each winter in a state of diapause at the bottom of the pond. Diapause, a resting state analogous to hibernation in mammals, is one of the methods insects have developed to survive the winter. What exactly triggers the onset of diapause is not known, but it may be linked to the changing ratios of daylight to darkness in the spring and fall. This ability to survive the winter makes dragonfly nymphs one of the first and most abundant creatures we discover during early-spring pond studies. The adults, however, are rarely seen until late spring or early summer. This is when the nymphs that have reached the end of their development begin to emerge from the water to become adults. The nymphs crawl out onto twigs or rocks, their skin splits down the back, and fully-formed adults wriggle out. After their skin and wings dry, the adults are ready to take to the air.

Dragonflies are fierce predators. The adults catch their prey, which consists primarily of other flying insects, on the wing—a trait for which they are sometimes called "mosquito hawks." Nymphs feed on other aquatic creatures, which are often larger than they are, including other nymphs and larvae, worms, small crustaceans, and even tadpoles and



small fish. As a result, dragonfly nymphs are considered significant pests in fish hatcheries. Nymphs have a unique adaptation for catching their prey: their lower jaws, or lips, are hinged in two places and there are pincers on the ends. The nymphs stalk their prey until they are close, then they reach out with the lip, grab the victim with the pincers, and pull it in. This is accomplished in less than one hundredth of a second.

In other instances, dragonfly nymphs aren't speedy creatures. They achieve their greatest speeds as a by-product of their breathing process. Their gills are located inside their abdomen. To obtain oxygen, water is drawn in through an opening in the abdomen and then is expelled. The expulsion of the water sends the nymph forward in a brief burst of speed. The adult dragonfly, on the other hand, flies at an average speed of twenty-five miles per hour and is capable of bursts of speed up to seventy-five miles per hour. What a difference wings make!

*Continued on page 7*

### Be sure to check out:

Allen Barlow. [Guide to Dragonflies and Damselflies of New Jersey](http://www.conservewildlifenj.org/explorations/fall_09/Guide.html) ([www.conservewildlifenj.org/explorations/fall\\_09/Guide.html](http://www.conservewildlifenj.org/explorations/fall_09/Guide.html))

### Resources:

Edelstein, Karen. [Pond and Stream Safari: A Guide to the Ecology of Aquatic Invertebrates](#). A Cornell Cooperative Extension Publication, 1993.  
 Palmer, E. Laurence. [Fieldbook of Natural History](#). New York: McGraw Hill Book Co. Inc., 1949  
 Reid, George K. [Pond Life: A Guide to Common Plants and Animals of North American Ponds and Lakes](#). New York: Golden Press, 1967  
 Stokes, Donald W. [A Guide to Observing Insect Lives](#). Boston: Little, Brown, and Company. 1983.  
 Stokes, Donald W. [A Guide to Nature in Winter](#). Boston: Little, Brown, and Company. 1976

*This article is reprinted from PEEC Seasons, Vernal Equinox 1986.*

*It was written by Kate Monahan & Meg Welker.*

*Kate (Monahan) Foord is now the Interpretive Specialist – Natural Resources at High Point State Park in Sussex, N.J.*

*Meg Welker is the Supervisor – Public Programs for Pennsylvania Power & Light Corporation*





## Welcome of New Staff

By Allison Owczarczak

We would like to welcome our new Instructors and Interns here at PEEC:

### Jessica Snyder, Instructor

Hometown: Stewartstown, PA

College(s): Keystone College,

Neumann University

*"I have a few years of experience in the Environmental Education field and plan to continue working in this field for years to come. I love to be outdoors and especially enjoy working with birds and reptiles."*

### Lindsey Postaski, Instructor

Hometown: Milford, PA

College(s): Lycoming College,

College of William and Mary

*"I am currently working toward my masters degree in biology. I have an interest in aquatic ecology and entomology and enjoy hiking, camping, and learning new things."*

### William Rode, Instructor

Hometown: Syracuse, NY

College(s): Tidewater Community College,

Morrisville State College

*"I have worked in a couple of different centers. I enjoy being outside and hope one day to become a naturalist at a center."*

### Ann Streb, Part-Time Instructor

Hometown: Milford, Pa

College(s): Hood College

*"I enjoy all things related to water, from swimming, snorkeling, and kayaking to simply being on the shoreline and watching the sun ripple across the surface. My greatest joy now is to watch my grandchildren discover the joys of nature and to rediscover its unending fascination along with them."*

### Heather Wuerthner, Intern

Hometown: Hellertown, PA

College(s): Juniata College,

Northampton Area Community College,

East Stroudsburg University

*"I plan go to law school to become an environmental lawyer."*

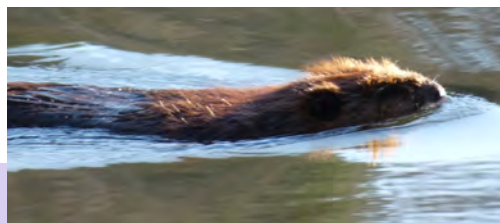
### Lauren Martindell, Intern

Hometown: Yardley, PA

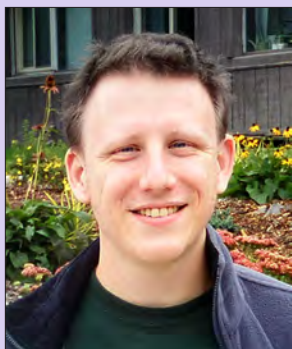
College(s): Bucks County Community College,

East Stroudsburg University

*"I have experience with working/training animals, as well as bird handling. I plan to attend grad school for ornithology."*



## BIO-BATTLE! By Mike Liese



I spend my summers running around like a cottontail rabbit who just noticed a red-tailed hawk. It's my favorite part of the year because there's so much happening and so many amazing things being learned, relationships being developed, and skills being acquired. As the years progressed, there have been more and more things going on. It started with volunteers learning how to be counselors and more recently Senior Naturalists going on their first expedition backpacking trip on the Application Trail.

However, all of that will pale in comparison with what we have planned for the summer of 2010. This summer, everything is evolving.

The Senior Naturalists, 8th- 10th grade, will have 6 weeks of programs that include climbing, a river overnight, and a two night overnight on the Appalachian Trail. Their previous AT trips were designed to be easy, as it was an 'introduction to backing'. We would meet the campers at the camp site to restock water, bring them a camp stove, and other supplies as needed. But "Experienced Backpacking" will have none of that. They will be out

there, packing everything they need in, and packing everything out — enjoying a solid 2.5 days on the Appalachian Trail making memories of a lifetime. But those memories and love of the outdoors started somewhere...

It's always been our focus to excite young children about the outdoors. It's with this in mind, and after listening to many parents, that the Tadpoles, ages 3 to Kindergarten, will be now be able to stay all day and really get the full PEEC experience. The Wet & Slimies, 1st – 4th grade, will experience all of the amazing programs by catching frogs, taking hikes, and creating a whole slew of new crafts with materials from both nature and reused household items. They may even discover the mystery of how Pocono Sea Glass is made.

The Junior Naturalists (5th – 7th grade) enjoyed many themes last year. From Baked Goods Thursday (my favorite day of the week) to an ever-present game of camouflage, where at any time a counselor could call out camouflage and the kids would have 10 seconds to hide. In 2010, the Junior Nats will be able to spend even more time at PEEC! With bi-weekly late nights, we'll be able to have cookouts, additional swim time, dusk hikes, and more! The Junior Nats summer will even conclude with their very first rafting trip on the Delaware and overnight in PEEC's Tent sites!

We're excited about how all of our groups are evolving, but if there is one thing that will make this summer amazing...it will be the Bio-Battle!

Now you may ask.... What is the Bio-Battle? There will be two throughout the summer and to win the Bio-Battle, teams will need as much knowledge of nature as they will skill in a canoe. Additionally, never discount the ability of finding, catching, sharing, and releasing frogs. But then the question comes up: "But what are we going to do?" To that I must answer, "It will include a Bio-Blitz, but you must come to camp and see the rest". All age groups will participate, but as for when...That's something only time will tell and Mike will know.

## First Bloom 2010

By Heidi Normand



Jordan never stands still.

He never stops talking and he never stops asking questions. The excessive talking can be challenging, but the eager question-asking

is welcomed here at PEEC. But when he is here with his First Bloom Scout buddies one Sunday a month, we notice he is more inquisitive, contemplative and engaged with his group and with the fun, planting activities.

We thought it would be a challenge to get 15, 10-yr old boys to be excited about native plants. But from the first meeting we had last September, which included two days of activities culminating in the planting of native plants around PEEC's bird-feeder station, to this past February, when they started their first vegetables and herbs for their garden, they can't stop talking about how much fun it is to come to PEEC. This March 21<sup>st</sup> (the second day of spring), they will begin their native plant garden, which will be planted on the site of one of PEEC's old filled-in swimming pools -- a



retrofitted relic from PEEC's past as a honeymoon resort called Honeymoon Haven.

Last year PEEC applied for, and was granted, \$30,000.00 from the National Park Foundation to institute a program for local boy scouts focused on connecting kids to national parks and native plants. Funded by The National Park Foundation (NPF), 26 youth groups are in the midst of similar planting projects all over the country. The NPF is the charitable partner of America's national parks. For more information, visit [www.nationalparks.org](http://www.nationalparks.org) or call 202.354.6460. For more information about First Bloom visit [www.first-bloom.org](http://www.first-bloom.org) or PEEC's First Bloom page at [www.s291372515.onlinehome.us/](http://www.s291372515.onlinehome.us/)

Mrs. Laura Bush, Honorary Chair, National Park Foundation, describes the program like this:

*First Bloom will give children who may not have regular access to the outdoors a hands-on opportunity to connect with their national parks. This early and meaningful exposure will help them develop the sense of pride and ownership necessary to become the future stewards of these magnificent places.*

But what the boys write in their journals can help you really understand the deep impact this program is having on them.

*"Today was the best. Molly and Heidi came and picked us up in our usual big 4-wheeled van. First we came to PEEC to explain our day of fun. First on the list was a field trip, to the GREEN HOUSE! We took our drive and WOW! It was long and worth the drive. There were tropical plants, big plants, small, ALL KINDS of plants. After the nice Green House was a beautiful, big, fish-filled lake. Guess what. WE GOT TO FEED THE FISH! After, we drove to a pizza place, ate and left. We played team building games. We even got a visit from Woodrow the cat. I can't wait to come back." -Andrew P.*

*"Today at PEEC was awesome even though it was raining. When we got here, we first played a few games that were fun. Then we went outside and made soil shakes. It was fun making them and getting dirty. After lunch we went out to our garden and looked for little creatures in the soil. My partner and I found a huge worm! Our last activity was when we got a bunch of stuff outside and made our own soil! I think our day at PEEC was really fun." -Andrew K.*

As I sit here in my office at PEEC reveling in the warm breezes coming through my happily-open



Photo Credit Heidi Normand





office window, my gaze drops on some flats of newly germinated vegetable and herb plants. During our last meeting, the boys gained experience in and knowledge about starting seeds indoors. We sent each boy home with a few bean seeds in a recycled paper cup to take care of at home, as we take care of the rest of the plants (on a table here in my office) that they started at PEEC. Hopefully, some of these plants will make it into the native plant, herb, and vegetable garden they will be planting during the next few monthly meetings. On board as well for the boys and the project is a contest for the “best” garden design of the 26 parks chosen for the program. On the First Bloom website referenced above, people will be able to vote on their favorite garden design and the winners will get the chance to travel to a national park in the country to participate in another planting project. This is a great opportunity for the winners, so go onto the First Bloom website, check out our page, and vote on your favorite garden design. We are confident it will be ours!

But there is so much more to this program than winning trips, germinating seeds, and playing games. Our “firstbloomers”, as we affectionately call them around the office, will be a part of a legacy at PEEC. The other component to their garden and its design is how it interacts with a storm water management area directly adjacent to the retrofitted pool.

Prior to the pool becoming a native plant and garden plot, it was an old concrete pool during PEEC’s honeymoon resort era. When PEEC was created in the 60’s, the pool was filled in and a butterfly garden planted. Then in 2008 and 2009, the pool and the area surrounding it were retrofitted to assist in the proper draining of overflow water from the nearby blacktop of the campus road. Prior to this work, the area in question would fill almost knee deep with trapped rain water. The water would stay throughout the fall and the staff named the water entity “Lake PEEC”. Unfortunately, Lake PEEC made it hard to utilize the grassy space, so when the storm water plan was implemented, the ground surrounding the pool area was altered to allow for proper drainage of storm water. This area at this time is covered with grass. But we at PEEC dreamed of a “natural outdoor classroom” in that space. Our firstbloomers have been tasked with the design and planting of native wetland plants in the drainage area so that when done, the area can be used as a teaching space for wetland ecology. Interpretive signs will be made and installed to explain the area and to explain why the boys planted what they did in the manner they did. This place will not only teach our firstbloomers about native Pennsylvania wetland ecology, but it will teach the thousands of others who visit PEEC every year about wetland ecology as well.

Come visit PEEC on April 24<sup>th</sup> for our annual Earth Day celebration to check out the progress made on the garden and to check out the table

and exhibit the boys will have created to share with the world what they have been up to at PEEC since last September.

It has been an absolute honor to work with Molly Check, PEEC’s newly appointed Public Program Manager, on this program and with the boys and their troop leader, Jackie DuFour. I have learned so much about how true engagement with plants, planting, and the natural world helps people of all ages grow in their acceptance or others and themselves. These boys are proof positive that when you get people to connect with and care about the land around them, there is nothing they can’t do!



### “Firstbloomers” touring the hydroponic greenhouse



# WISH LIST

## WANTED YOUR OLD, WORN-OUT, LEAKY CANOES!!!

As part of PEEC's Rain Garden & H2O shed Education Project, we have engaged several groups of students, scouts, and volunteers to design, plant, and monitor our campus gardens. One very special part of the project involves planting 'raised beds' as a border around the rain garden located next to the Main Education Building. Vegetables and herbs will be grown in the raised beds...seedlings are already germinating.

And we thought it would be great fun to make the raised beds out of old, leaky canoes.

If you would like to donate your old, leaky canoe, please give us a call. You do not have to fix the leaks, because we are only going to poke holes in them anyway and you can even leave your 'logo' on it if you like.

**CALL 570-828-2319**



*Dragons of Air and Water continued from page 3*

Rather than being the feared and mysterious creatures they were once thought to be, dragonflies are beautiful, and for anyone who is less than fond of mosquitoes, useful insects. Even current misconceptions about them, such as that the adults sting, are false. The nymphs are also harmless. Although they do feed on creatures larger than themselves, humans are a bit more than they can handle, and for those of us who spend a considerable amount of time sifting through pond muck, they are a welcome find. This spring and summer, whether you're canoeing down the river, strolling by a pond, or participating in a pond study, keep an eye out for these fascinating creatures that have been flying and crawling over the earth since the dinosaurs roamed.



**Save the Date**

# 9<sup>th</sup> ANNUAL Golf Outing

**Monday, July 19, 2009**

**GREAT BEAR GOLF & COUNTRY CLUB  
EAST STROUDSBURG, PA**



## Winter Luau!

By Molly Check

Mid-winter at PEEC. It is Friday night and visitors arrive for the weekend. Anyone falling in love may remember it as Valentine's Day weekend. History buffs knew it was President's Day weekend. But here at PEEC, I will always remember it as the weekend of the Winter Luau. PEEC hosts a series of Family Nature Getaway (FNG) weekends throughout the year and this one was an interesting mix of hot and cold, with undertones of climate change and tropical cultures. The last minute flurry of staff preparations ended with the creation of a snowman in front of the main building, who was nicknamed "Lulu" by our fearless leader, Jeff Rosalsky. She was adorned with a flower lei, grass skirt, and sunglasses, and became the mascot for the weekend. Visitors from around the tri-state area gathered together for an unforgettable weekend featuring flowered leis, colorful crafts, and snow shelters.

Each day featured three delicious meals served up by Wendy Gannon and her friendly dining hall staff. Early walks before breakfast gave guests a chance to enjoy the peace of the morning at the pond or bird feeders. There were several classes offered so that each person could choose the best for themselves. Several classes asked questions about the connections in our modern lives. How can you become an energy sleuth and find ways to save money and resources in your home? How do animals respond to a changing world? What are the specific habitat requirements needed for each

animal to survive? How can you create natural habitat in your backyard?

The craft room was set up to be used at any time. Paint, markers, glue, newspaper, balloons, playdoh, pipe cleaners and more went into that room and some pretty amazing products came out. I give big kudos to all the crafters from the weekend – you know who you are. Homemade valentines, paper maché coconuts, beaded bracelets, even an intricate hand puppet. One of the most popular craft activities – creating jewelry with smooth glass pieces and wire – used recycled glass bottles collected here on campus. Allison Owczarczak had the idea to collect the bottles and smooth them down in an old cement mixer. Her hard work paid off with the creation of some very beautiful jewelry pieces.

Most classes headed outside to enjoy the fresh air of the Pocono region. PEEC has five great hiking trails that people were able to enjoy with their families and new friends made over the weekend. The large snowfall from the previous week provided the perfect snow for animal tracks and cross country skiing. Several off-campus trips took place throughout the weekend as well. We explored some prime eagle habitat in the region and were amazed at the number of eagles seen. Our guests were able to hike through the forest, along the plunging creek at Child's Park, and see the winter splendor of Silver Thread Falls and Dingmans Falls.

Back on campus, the snow even inspired some activities. Winter quinzees were built by some



very enthusiastic guests with a talent for snow scooping. Weeks later, after all the other snow had melted, these lingering snow piles brought a smile to my face as I thought back to our days of tropical fun.

Night programs continued into the evening and used the dark to showcase some of nature's treasures - astronomy, night walks, owl prowls, and campfires. A fire was always burning in the fireplace in the lobby, of course, and was tended by several dedicated visitors who, I suspect, come to PEEC for that very purpose. The final evening was dedicated to the Luau, which featured games, activities, an icecream social and a dance party with DJ! It was a great way to wrap-up the weekend and everyone had a fantastic time.

### LuLu Before ... and After





## ROTC Training Day

During a recent ROTC training day at PEEC, MAJ Ken Quimby head of the ESU ROTC, Ron Sheradin, Jesse Quimby and Aaron Sheradin built a bridge over the spillway at PEEC's front pond as a service project to help connect our trails.



# pee<sup>2</sup>c energy efficiency corner

*By Jeff Rosalsky*

The straw bale insulation results are in — they work.

As those of you who follow this column probably remember from our winter issue of Seasons, we did an insulation / energy saving experiment at PEEC this winter. We closed off the majority of the education space for the winter; using a temporary wall constructed of straw bales. According to the remote thermometer, the straw bale wall was able to maintain a 20+ degree differential between the heated and the unheated space throughout the winter. While the education offices were 60 degrees, the conference space sealed off by the straw bales plummeted to 40 degrees and below. Other than some minor settling of the bales, they worked well as a temporary insulating barrier. At the end of February, the wall was deconstructed rapidly, the bales stored away, and excess straw swept up—ready for the influx of new instructors.

### **New Challenge:**

The lower rooms in the Penthouse, staff housing, were notoriously cold in winter and damp in spring/summer-- the worst of both worlds. This necessitated running the heat excessively in winter and running dehumidifiers in the spring/summer—both enormous wastes of electricity. The problems stems from the original concrete slab on-grade construction of the building which was built midway down the hill between upper and lower campus. The concrete floors in the lower rooms were just covered over with a layer of carpeting. This provided no insulation in the winter and the carpet absorbed moisture from the concrete slab in the spring and summer.

### **Solution:**

We ripped out the old carpet and installed DRI Core subfloor panels over the concrete. The 2' x 2' interlocking subfloor panels are a sandwich of oriented strand board (OSB) and waffled, heavy duty polyethylene which rests on the concrete. This system creates an air gap above the concrete. Combined with the OSB, the air in this space provides a thermal break that acts as insulation to keep the floor and the room warmer by as much as 10 degrees.

The waffled plastic also provides a moisture barrier against the dampness that naturally rises through concrete slabs. Channels in the subfloor panels permit air circulation and promote moisture evaporation.

We have outfitted one of the Penthouse rooms with DriCore and new carpeting—the early results are promising. If it works, we will do the same with the other two lower Penthouse rooms.

## Hiking Safety: How to Try to Stay Out of Danger

By Allison Owczarczak



Things can always go wrong while you are out hiking to enjoy nature. However, there are ways to manage the risks by asking yourself a series of questions before you go and packing some basic essentials in your pack. Planning and preparation can prevent most incidents that we all read about in the newspaper. By being prepared for the situation, you may avoid the worst results even if something were to happen.

**Environment Questions:** What is the predicted weather? What time is the sunset? Will the topography affect the weather or the amount of sunlight of where I'm going? Am I prepared for the worst weather that could possibly occur? Is the trail flat, hilly,

rocky, or even a paved ADA accessible trail?

**Questions to Ask Yourself:** Am I physically fit to hike the trail in the time I have? Have I told people where I am going and when I will be back? Do I know where I am going? Is there a map and/or a guidebook that I can read about the area or get the lay of the land?

### Want to Learn More?

Enroll in a Basic Land Navigation Course that not only nature centers may have, but hiking groups as well. You can also take a Wilderness First Aid Class hosted by many hiking groups.

Lastly, I recommend the book 'The Backpacker's Field Manual' by Rick Curtis. While it does cover many backpacking skills, many of these skills also pertain to day hikes too.

Allison Owczarczak has led many 8-day backpacking and canoeing trips for the Girl Scouts of Western New York and is a member of the Sam's Point Search and Rescue team.

### Packing the Basics:

- Water
- First Aid Kit
- Lighter/Water Proof Matches
- Flashlight/Head Lamp
- Rain Jacket/Poncho
- Knife
- Whistle (don't go cheap with this one)
- Food/Snacks
- Map and Compass
- An extra layer of clothing such as a fleece or sweater

# The National Park Service and PEEC present... BIOBLITZ

Pocono Environmental Education Center in the Delaware Water Gap National Recreation Area

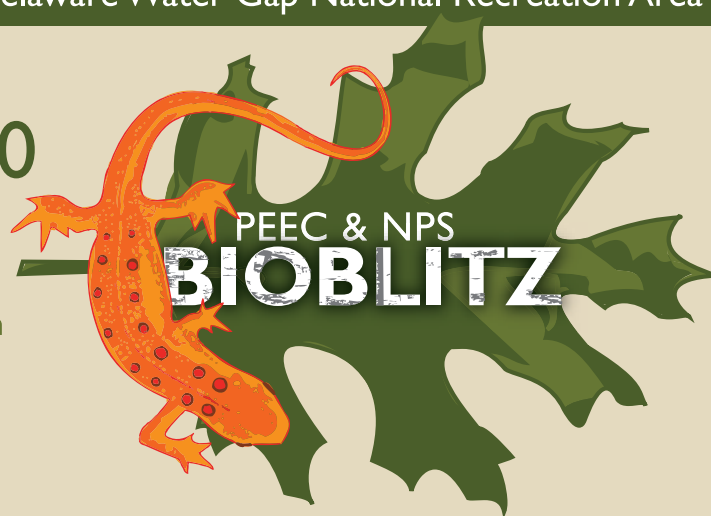
## September 24-25, 2010

### WHAT IS A BIOBLITZ?

A Bioblitz is a 24-hour event in which teams of scientists, volunteers, and community members join forces to find, identify, and learn about as many local plant and animal species as possible.

### WHAT WE NEED:

- Scientists
- Sponsors
- Product / Services Donations



**"COUNT ME IN!"**  
...and every other living creature  
in the Park



## FREEdom at PEEC

By Mariann Oswald

If you've ever joined friends and neighbors at PEEC to take hikes, plan your garden or enjoy the sounds of the night... you're in for another year of great and educational, interesting, invigorating times. For FREE. The hikes are beautiful. Many are FREE. All workshops are fun. Some are FREE. There are even Sunday hikes for Singles. For FREE. Oh, and did I mention, they are FREE? Totally, completely and absolutely without cost to you, except for your time.

Ah, the concept of FREE. It seems to me that a lot of things were free when I was growing up. I took walks by the brook, climbed trees, hiked to lands far away (down the block). My family went on picnics in the park, walked to the pond to fish or skate, counted stars in the night sky. We spent countless hours enjoying the smells, sounds, sights, and feel of the world around us. But I never had the opportunity to learn what it all meant -- what came from who, who, who (I would have sworn that was an owl. Now I know it's a Mourning Dove.)



What are those sounds at night? Some are frogs talking to each other (without texting) and some are insects. But which is which? What are they saying? Why do they make all that music? I know where to get the answers...on June 27th from 8 to 10pm at PEEC. And guess what? It's FREE.

My mom is a great gardener. I love her and her garden so much that I transplanted her to Pennsylvania. The thing is, now she needs to learn what plants are native to the area. What will grow well in this area? What will help keep the deer at bay, or at least discouraged? What veggies help each other and what ones just plain don't like each other? When should they be planted? Well, let me tell you, my mom is



excited about attending the workshop called "Plan Your Garden Day" on March 20th. It might seem it's still too cold out to start planning a garden. Come to the workshop and find out why NOW is the perfect time.

So, what would you like to learn more about? Nature at night? (October 2) Fossils? (September 4) PEEC's waterfalls? (April 18 & December 11) These and more... all FREE.

Me? I love the spring and the beauty that emerges from it. Sappy? Okay, but just think about all the tiny little buds that turn into beautiful blooms, fruit and food for the inhabitants of our wonderful world. I am particularly fond of the smell of lilacs in May. Maybe because it's the only one I recognize. I would love to learn more about the trees and birds, but especially about the wildflowers. Sure everybody knows what a daisy or Queen Ann's lace look like, but there are a lot more varieties of wildflowers in our area than that. I want to know what they are. I want to know where to find them, where they came from, when they bloom. I think I'll go to the Wildflower Walk with Josie D'Alessandro on May 1st from 9 to noon... at PEEC. I know I'll have a great time. I'll meet lots of other people who love wildflowers. I'll explore and learn and take pictures and laugh out loud. I hope I'll meet you there.

Oh, and did I mention, all of this fun and camaraderie, all of this education, all of this enjoyment is totally FREE!



15th ANNUAL

# earth day

CELEBRATION

**10AM – 4PM**  
**SATURDAY**  
**APRIL 24, 2010**



**FEATURING:**

- Guided Nature Hikes
- Birding
- Eco-friendly Crafts
- Trash to Treasure Crafts
- Tie-Dyes
- Canoeing & Kayaking

- BBQ Lunch
- Live Animal Program
- Live Music
- Free Raffles for Local Farms
- Fun Exhibits
- And much more!

**\$5** PER CARLOAD  
Entrance to all programs and activities

**\$10** PER CARLOAD  
Entrance to all programs and activities PLUS recycle all your electronics!

[WWW.PEEC.ORG/EARTHDAY.PDF](http://WWW.PEEC.ORG/EARTHDAY.PDF)

# SPRING 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](http://www.peec.org/pdfs/PEECProgramRegistration.pdf)

## GIRL SCOUT WEEKEND

April 10-11, 2010

Cost: \$99

Includes 1 night lodging and 3 meals Juniors, Seniors and cadettes come to PEEC to work on badges and advancement. Various badges will be offered. Register by April 1!

## MONUMENTS TO NATURE:

### Spring Waterfall Tour Series

April 10, 2010 | 1-5pm

Cost: \$25

This is truly the time of "monumental" waterfalls. Spring is the time they are flowing the most. Join us and travel to some of these magnificent beauties. Register by April 1!

## SUNDAY FOR SINGLES

April 11, 2010 | 10am-Noon

Cost: FREE

We are re-introducing Sunday for Singles! Meeting people and enjoying nature is what this monthly hike will be about.

## AMPHIBIAN EGG SEARCH

April 17, 2010 | 1-3pm

Cost: \$5

Join us to search for salamander eggs in breeding pools. Examine these large egg masses left by hopeful salamander parents.

## FISH FRY

April 17, 2010 | 4-6pm

Cost: \$14, \$7 Children 10 and under

Fish fry dinner celebrates the opening of fishing season. Register by April 10!

## VOLUNTEER DAY: Spring Cleaning

April 17, 2010 | 9am-4pm

Meal Provided. Calling all volunteers. The long winter has left our yard a mess too. Join just to clean up around PEEC.

## PEEPER SEARCH

April 18, 2010 | 7pm-9pm

Cost: \$5

Come on out to find and listen for these vocal amphibians. Carefully catch and release these critters....a great night.

## TUMBLING WATERS HIKE

April 18, 2010 | 9am-Noon

Cost: FREE

PEECs premiere hiking trail to our waterfalls.

## EARTH DAY CELEBRATION

April 24, 2010 | 10am-4pm

Cost: \$5 per car

Help us celebrate the Earth. We will have hands-on learning stations, green building vendors, crafts, food and other fun activities. Pre-registration not required.

## EARTH DAY OVERNIGHT

April 24-25, 2010

Cost: \$90

Includes 1 night lodging and 2 meals: Saturday dinner, Sunday breakfast, campfire. Join us for an extended Earth Day Celebration. Have fun at the celebration and then enjoy dinner, a nights' stay in one of our cabins in the woods, breakfast and more. Register by April 15!

## WILD FLOWER WALK

May 1, 2010 | 9am-Noon

Cost: FREE

Guided by local wildflower expert Josie D'Alessandro.

## PEEC BIG SIT & BBQ

May 2, 2010 | 8am-Noon

Cost: FREE

Sit and enjoy the beginning of spring migration at PEEC. Bring a comfortable chair and binoculars. BBQ lunch can be purchased.

## WARBLER WEEKEND I

May 7-9, 2010

Cost: \$195

Includes 2 nights lodging and 6 meals. Enjoy guided hikes with experienced field leaders as they identify birds by sight, sound and habitat. Register by May 1!

## NATIVE PLANT SALE

May 8, 2010 | 9am-4pm

Chose from a variety of native flowers, shrubs and grasses to beautify your garden. Arrive early!

## SUNDAY FOR SINGLES

May 9, 2010 | 10am-Noon Cost: FREE

Meeting people and enjoying nature is what this monthly hike will be about. We will hike PEEC trails and learn about the flora and fauna.

## CRAZY QUILTING

May 14-16, 2010

Cost: \$200

Includes 2 nights, 6 meals. Join us for an enjoyable weekend of quilting and friendly company in the Poconos. Register by May 7!

## DIGITAL WEEKEND IN THE POCONOS

May 14-16, 2010

Cost: \$250

Photographer and teacher Raymond Klass will bring a spark to your creativity. Participants are encouraged, not required, to bring a laptop with Photoshop, CS, CS2, or CS3 installed. Register by May 7!

## VOLUNTEER DAY: Spring Planting

May 16, 2010 | 1-5pm

Cost: \$250

Help us plant & maintain our gardens at PEEC

## WARBLER WEEKEND II

May 21-23, 2010

Cost: \$195

Includes 2 nights lodging and 6 meals. Enjoy guided hikes with experienced field leaders as they identify birds by sight, sound and habitat. Register by May 10!

## SPRING PHOTOGRAPHY WEEKEND

May 21-23, 2010

Cost: \$250

Capture the beautiful fall colors around PEEC with professional photographer John Barclay. Photograph waterwheels, reflections, old barns and more. This workshop will teach participants about exposure, composition, depth of field, quality of light and more. Geared towards DSLR type cameras. A good tripod is recommended. Register by May 14!

## SPRING FLING FAMILY NATURE GETAWAY

May 28-31, 2010

Cost: \$190, Discounts for children 10 and under\*

Includes 3 days lodging and 9 meals. Join PEEC staff on this Memorial Day Holiday for fun and educational activities. Party at the Spring Fling!

## VOLUNTEER DAY-TRAILS DAY

June 5, 2010 | 1-5pm

PEEC needs your help to clear our trails.

## FROG FROLIC I

June 6, 2010 | 1-3pm

Cost: \$5

Learn about local frog species while hopping around. Catch and release our slimy friends. Wear boots and plan on getting dirty and wet.



## STREAMSIDE STOMP

June 12, 2010 | 10am-Noon

Cost: FREE

Explore the life and health of PEECs local stream.

## SUNDAY FOR SINGLES

June 13, 2010 | 10am-Noon

Cost: \$5

Meeting people and enjoying nature is what this monthly hike will be about.

## FRIENDS OF PEEC ONLY: Park History Tour

June 19, 2010 | 10am-4pm

FREE

Friends of PEEC only! Explore the park with PEEC staff and find the many scenic and historic sites within our beloved recreation area. Register by June 9!

## SOLSTICE PACK & PADDLE

June 20, 2010 | 7pm-10pm

Cost: \$10

Celebrate the longest day of the year! Pack a snack, take a walk and paddle a canoe while the sun goes down at Pickerel Pond.

## MONUMENTS OF NATURE: Leaves of Trees, Trees ID Series

June 20, 2010 | 1-4pm

Cost: \$10, \$5 children 10 and under

This series continues with identifying trees using the leaves as well as other parts of the tree.

## GREAT AMERICAN CAMPOUT

June 25-26, 2010

Cost: \$99

Includes 1 night of lodging and 3 meals. Hike PEEC trails, get a course in orienteering, cook s'mores over a campfire and sleep in canvas tents. Register by June 18!

## FULL MOON DRUMMING WORKSHOP

June 26, 2010 | 6pm-10pm

Cost: \$30

Join Maxwell Kofi Donkor, master drummer, for a potluck dinner, an introductory drumming lesson and then take your new drumming skill into the woods to play with others under the full moon. Register by June 19!

## MUSIC OF THE NIGHT

June 27, 2010 | 8pm-10pm

Cost: FREE

"There is never nothing going on." (Dan Millman, *The Way of the Peaceful Warrior*). Even in the blackness of night we can still find beautiful things. Listen to the chorus of night creatures.

## National Environmental Education Week 2010

National Environmental Education Week 2010 is just around the corner -- April 11-17 -- and we're pleased to announce a few new offerings this month, including new registration incentives and some major updates to our Web site, [EEWeek.org](http://EEWeek.org).

Did you know EE Week is on facebook and twitter? Hundreds of educators follow the tips, articles, resources and interesting Web sites we share through these social media every day. It's also a great way for us to learn more about your programs and interests. "Follow us" or become a facebook fan today!

EE Week's 2010 theme is BE Water and Energy Wise. We encourage you to explore our online resources relating to water and energy, and especially those on The Water-Energy Connection. Thousands of educators around the country have begun planning EE Week activities on the water and energy theme. Some are planning school water and energy audits in math and science classes. Geography and social studies teachers are organizing research projects about the sources of fresh water around the globe and the energy required to transport it. Others have developed projects in which students express the water and energy connection through art and poetry. Join us by registering today and let us know your plans for EE Week 2010.

Sincerely,

Jessica Culverhouse

Program Manager, National EE Week

Information from the National Environmental Education Week Newsletter – February 2010. [www.EEWeek.org](http://www.EEWeek.org)

## Comfort Food and Creativity

By Wendy Gannon

In the PEEC dining hall, our philosophy surrounds good health and well-being, creativity, and efficiency. The dining hall at PEEC consistently serves fresh fruits and healthy snacks. We stay away from fried foods, taking care to prepare baked and homemade foods. The duty we take very seriously in the PEEC dining hall is serving well-balanced and timely meals for breakfast, lunch, and dinner. Our menu is kid-friendly and we strive to make meals appetizing and nutritious by serving foods that will energize and nourish campers. Certain foods, such as tacos, give kids a chance to make their own meal. Creativity is held in high esteem, so we enjoy taking liberties with the foods we make--putting fun spins on regular foods. When it comes to dessert, we try to combine the environmentally educational part of the camp with the fun and creative personalities of the dining hall. Our favorite dessert is the dirt cup--made by layering Oreo cookie crumbs and chocolate pudding and topping that off with a gummy worm!



week of  
**APRIL**  
11-17



# PEEC

**Pocono Environmental  
Education Center**

RR 2 Box 1010  
Dingmans Ferry, PA 18328

Phone: 570-828-2319  
Fax: 570-828-9695  
Email: [peec@peec.org](mailto:peec@peec.org)

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*National Environmental Study Area  
Center for Excellence In Education*

#### **PEEC MISSION STATEMENT**

PEEC ENHANCES ENVIRONMENTAL AWARENESS, KNOWLEDGE, & APPRECIATION  
THROUGH HANDS-ON EXPERIENCE IN A NATURAL OUTDOOR CLASSROOM.

PEEC SEASONS

Spring Equinox 2010



# SUMMER DAY CAMP

9 SESSIONS • JUNE 21 – AUGUST 20

**REGISTER  
ONLINE  
TODAY!**

[peec.org/daycamp](http://peec.org/daycamp)

**explore  
play experience**

Get ready for PEEC Camp 2010!  
With new additions to programs for all ages!

**Tadpoles:** Come to PEEC all day.

**Wet & Slimies:** Exciting new games, crafts, trips, and more!

**Jr. Naturalists:** Bi-weekly late nights with extra swimming, campfires, and more.

**Sr. Naturalists:** New trips including a 2 night backpacking adventure and rock climbing

**And introducing: The Bio-Battle!**

**SOMETHING FOR EVERYONE**  
3 YEAR OLDS TO 10TH GRADERS



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**PEEC.ORG**