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## Planning a Vegetable Garden – from the Ground Up

By Molly Check

I find it encouraging that more and more people are planting gardens and growing food for themselves. I see it as a sign of empowerment. Food, after all, is a basic necessity of life. We need the constant source of energy to keep our bodies going. When we rely on restaurants and grocery stores to provide all of our food, we are selling ourselves short. When you grow your own food, you know exactly where it's coming from and what type of fertilizers were used. You can pick the crops when they're at their prime – and you may be surprised at how much of a delicious difference it can make. Fresh fruits and vegetables that are grown with care, picked at their freshest and carefully preserved, can give you a sense of pride that rivals just about anything.

If you'd like to test your own green thumb, there are a few things to keep in mind. Gardens come in all sizes, from a few pots of tomatoes on the back deck to a multi-bed area that fills your backyard. It's okay to start small. I've seen container gardens that produce an impressive amount of herbs and vegetables. So think about what is right for you and your situation. Drawing a garden map is an incredibly useful way to get started. Choose your area and fence it off from animals. Remove any unwanted plants and layout the paths and planting beds. You can define their shape with rope, rocks or sticks.

The foundation of a garden is the soil, and the nutrient make-up of the soil is very important. The three primary macronutrients essential for plant growth are nitrogen, phosphorous, and potassium. The Penn State Cooperative Extension in Milford, PA, provides soil test kits that can be purchased and analyzed for you. Contact them at 570-296-3400 or [PikeExt@psu.edu](mailto:PikeExt@psu.edu). If the results show a lack of certain nutrients, never fear. You can easily add nutrients with fertilizer or compost. If you garden, you should have a compost pile. You'll need to put those weeds somewhere, and it's an easy way to cycle nutrients back into the earth.

Once you've reached a quality nutrient balance in your soil, you're ready to plant. Do a little research into the veggies of your dreams and find out how they like to grow. Some do better when the seeds are sown directly into the ground, while others should be transplanted as seedlings. Tomatoes need a support structure, squash grow the best when they have their own soil mound, and peas need a trellis to climb. If you have any gardening friends, ask them for some tips. You don't have to know everything before you start, because you'll learn along the way, but it's good to have a solid base of knowledge. All of the best gardeners have been doing it for awhile. Practice makes perfect – perfect vegetables that you can enjoy all year long. It's never too late to start gardening, so get out there and dig up some earth. Dream big, sow your seeds, and enjoy the harvest.

*Gardening Tips Continued on Page 3*



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PEEC Staff Photos, Allison Owczarczak

## Message from the Executive Director

Jeff Rosalsky



New instructors for the 2011 year have just arrived and it is wonderful to see new faces as well as returning staff. It is also a positive development to see a former instructor like Jessica take on the new challenge of managing summer camp, volunteers, and special events at PEEC.

Despite the latest eleven inch snow storm, the campus is already busy with activity. Our first Family Nature Camp of the year had 87 participants—a record—thanks to Molly and the rest of the staff. All parts of the weekend received rave reviews and Mother Nature assisted with some fresh powder for snowshoeing on the final day.

Wendy already has the dining hall up and running for the year and will be working to source more of our produce locally, including herbs from the PEEC canoe garden. She will also offer healthier and more homemade meals.

We continue our upgrades to the physical plant at PEEC, which include cabin renovations, updates to the classrooms, new heating systems for the main building, an ADA accessible trail for lower campus and, of course, the EcoZone Discovery Room which is moving along at a rapid pace in the old indoor swimming pool area. As more work gets done on the EcoZone, we have been gradually cleaning the paint off the windows so visitors can watch the progress.

We look forward to a wonderful season of teaching, and learning from, both new and veteran school groups as we work to fulfill our environmental education mission.



The Pocono Environmental Education Center and Easter Seals present...

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Session 2: July 17-22  
Session 3: July 24-29  
Session 4: July 31-August 5

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Session 5: August 7-12

### Space is limited!

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### CONTACT ALEX HUMANICK

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-  Horseback Riding

## Planning a Vegetable Garden – from the Ground Up *(continued from page 1)*

### A cheat sheet for all seasons

**January:** Curl up with some seed catalogs. Draw your garden map. Order seeds.

**February:** Start “cold crops” inside. Plant seeds in trays and keep under grow lights.

**March:** Turn over soil and clean up garden. Plant peas, lettuce, and radishes from seeds. Plant onion sets. If you’re planting corn this year, dig a trench and bury fish guts where the corn will be.

**April:** Plant more peas, lettuce, radishes, and onion sets (for a second, later crop). Start “warm crops” inside, under grow lights (OR these can be purchased later as seedlings). Transplant “cold crops” into garden (mid-April). Plant seeds in garden for root crops (mid-late April).

**May:** Plant corn when oak leaves are the size of squirrel ears (early May). Temperatures are warming up – check “last frost” date for your area – you can put seedlings in the ground before, but you must cover them each night that it frosts. Plant beans from seed. Transplant “warm crops” into garden (do peppers last – they like it warm).

**June:** Add fertilizers to garden. Pick broccoli, strawberries, and rhubarb. Keep your garden weeded or it will soon be taken over.

**July:** Pick peas and beans (plant more in the same spot for another harvest). Pick cauliflower, broccoli, turnips, beets, and kale. Keep your garden watered. Keep weeding.

**August:** Pick cauliflower, cabbage, beets, some peppers, corn, potatoes (when green plant on top dies), cucumbers, zucchini, and carrots. (If you leave parsnips and carrots in ground until after the first frost, they will taste sweeter). Preserve food as it is harvested.

**September:** Pick tomatoes, green beans, peas, peppers, cucumbers, pumpkins, and squash. Continue preserving food.

**October:** Clean up garden. As crops are harvested, plant a cover crop (i.e. rye grass) or cover with a layer of fresh manure.

**November & December:** Give thanks. Enjoy the food preserves throughout the winter.



### WHAT’S THE DIFFERENCE

**Cold Crops:** Can tolerate colder soil temperatures. Cabbage, brussel sprouts, broccoli, cauliflower, celery, and peppers.

**Warm Crops:** Must be protected from frost. Tomatoes, squash, zucchini, cucumbers, and melons.

**Root Crops:** The edible part of the plant is found below the soil. Carrots, beets, parsnips, turnips, and potatoes.

## Spring Produce

*By Wendy Gannon*

With the help of Google, anyone who has access to a computer can learn what produce is in season in any given region. While finding what is available is relatively easy, it’s not always easy to figure out some easy and fun recipes in which to use the produce. In the PEEC dining hall, we’re always looking for fresh new recipes to try out. Spring produce in our northeast region includes arugula, lettuce, spinach, collard greens, broccoli, peas, carrots, onions, radishes, scallions, peas and our personal spring favorite: strawberries.

We’ve gathered some of our favorite healthy strawberry recipes for this article. These will put a smile on your face as you enjoy them in the warm weather spring is sure to bring.

### Strawberry Salad

Ingredients:

- 4 cups of fresh strawberries, rinsed, hulled, and sliced
- ½ cup of halved cashew nuts
- 3 tbs. of orange juice
- 2 tbs. of caramel ice cream topping
- 2 tbs. of maple syrup

Instructions:

- Place strawberries into serving bowl
- Mix orange juice, caramel, and maple syrup and drizzle over strawberries
- Toast the cashew nuts by baking for 10 minutes at 350°F
- Sprinkle the nuts over the strawberry mix
- Enjoy!

### Strawberry Muffin

Ingredients:

- 4 medium eggs, beaten
- 3 cups of all-purpose flour
- 2 ½ cups of fresh strawberries, rinsed, hulled, and sliced
- 2 cups of sugar
- 1 ½ cups of chopped walnut
- 1 cup of vegetable oil
- 1 tbs. of cinnamon
- 1 tbs. of baking soda
- 1 tbs. of salt

Instructions:

- Preheat the oven to 400°F and lightly coat full-size muffin tins with non-stick cooking spray
- In a bowl, combine flour, sugar, cinnamon, baking soda, and salt
- In another bowl, combine eggs, strawberries, and the vegetable oil
- Mix the contents of the two bowls together
- Gently fold in the chopped walnuts
- Fill the muffin tins about 2/3 full and bake for 15 minutes
- Allow to cool and enjoy!





## Welcome of New Staff

By Allison Owczarczak

Spring is a wonderful time at PEEC for many reasons; trees are budding, flowers are blooming, and the new staff has arrived! The returning staff always eagerly waits to see the new faces and to see what new personalities and skill sets are brought to the PEEC team. I would like to welcome our new staff and introduce them to you:

**Jaclyn Bealer**, a Penn State alum, holds her B.A. in Journalism and International Politics and has worked at Shaver's Creek Outdoor School and L.G. Cook 4-H Camp.

**Susan Brudi** is working as an intern to complete her degree in Outdoor Recreation Leadership and Management from Northern Michigan University and has worked at Aullwood Audubon Center and at Wesley Forest Camp.

**Josh Horning** will be graduating from East Stroudsburg University with a degree in Recreation & Leisure Services Management and will be heading to Ely, Minnesota to complete an internship at the Northern Tier National High Adventure Base.

**Erin Reed** holds her B.S. in Wildlife Conservation and her M.S. in Wildlife Ecology from the University of Delaware and has worked as an Interpretive Naturalist for the Oregon Parks Department through her AmeriCorps experience.

**Glenn Simpson** attended Binghamton University and holds a B.S. in Environmental Studies. This past summer he worked for the Adirondack Mountain Club as a Naturalist Intern.

**Garrett Tetley** is a current student at East Stroudsburg University and will earn his B.S. in Recreation and Leisure Services Management after completion of his internship here at PEEC.



Back Row: Josh, Garrett, Glenn  
Front Row: Erin, Susan, Jaclyn

## Changes for Classroom 1

By Ted Wetzel

Starting in December of 2010 and finishing in January of 2011, we took on a bold task; we decided to upgrade classroom 1.

We first cleared out the furniture and everything that was on the walls. The old air conditioner on the ceiling was removed; the walls were patched and replaced where needed. We then proceeded to paint the room and install wainscot panels. This brightened up the walls and enhanced the look.

Finally, we installed a new floor consisting of laminate planks which look like pine flooring. It came out better than we could imagine, as shown in the photo below. That was one large area to cover & it took many hands to accomplish this feat.

Our next bold task is to renovate cabin 3.



## PLAN YOUR GARDEN DAY

SATURDAY MARCH 26, 2011 ☀ 1-3PM

Join us for a discussion on spring gardening. Learn how, what, and when to plant. This is a great forum for sharing experiences and learning some tips. Master Gardener, Carol Padalino, will lead this informative program.

Pre-registration is appreciated.

### For more information:

Call Molly Check: 570-828-2319

Email: [mcheck@peec.org](mailto:mcheck@peec.org)

Visit: [www.peec.org](http://www.peec.org)



**\$5 PER PERSON**

## Celebrate Earth Day Every Day!

Article & Photos by Heidi Normand



Food is important to me...as it is to everyone because if we didn't eat... you guessed it, we would be dead. But I enjoy food on an almost spiritual level, so the way I celebrate Earth Day, every day, is

to buy the best quality food I can afford.

And that most often means I buy LOCAL!

A few years ago, PEEC's Earth Day Slogan was "Earth Day Every Day" and a lot of organizations use this saying for celebrating Earth Day all the time.

But how many of us really think about what it means?

Any extra awareness that organizations, communities, and cultures can bring to the state of the Natural World today is appreciated and needed. But then what? What happens in houses and communities after the festivals and sit-ins and farmers markets and museums close that day? What happens when everyone washes and puts away their Earth Day t-shirts and tote-bags?

Does everyone go back to the exact lives they were living before they attended their local Earth Day event? Some yes and some no.

It's a powerful experience to meet a local farmer who supplies the corn in your area, or the beef that a friend served at their BBQ. Do you drink milk or use half & half in your coffee in the morning? What would you do if you got the chance to meet a local dairy farmer and taste the milk or cream their cows produce? Cows that ate grass that grew less than 20 miles from where you live and drank water that flowed through your watershed.

Getting the chance to question and get to know the people of your area who produce much of what you could be eating daily is a life-changing experience. Why buy an apple that was picked and shipped a year ago in California when you

can eat one that was grown less than 30 miles away and picked days ago?

Because it is too expensive? Check again everyone!

Organic, local, and sustainable food choices are going down in price all the time. Food prices, like all other commodities, bend to the market. The more people want something, the more it will become available in price and in amount. That is one of the reasons we are seeing organic food and product prices dropping. That being said, fuel prices are high. Where do you think the price of that apple from California or that steak from Montana is going to go in the future? Up!

That's why buying local saves. Saves not only money and the Natural World, but your taste buds too!

I bought these vegetables, and the fruits above, last year from a local farmer. The peppers cost me \$2.50 and the tomatoes (there were 5 more in the lot not shown) for \$3.00 and they all tasted like I would imagine veggies from heaven



would taste. Sweet, crisp, popping with flavor and, as you can see...color!

The food I made with them was more delicious, more nutritious, and cheaper than had I used produce that was grown and distributed by the big agribusiness brands. They tasted better because they were fresher, having been picked that day. They were more nutritious for the same reason and were cheaper (a word we all welcome) because there were less transportation costs associated with their trip to the farm stand where I bought them.

So this year, when you are thinking about what you can do to celebrate Earth Day, think about celebrating it every day by enjoying what the earth and your local food producers can offer you and your taste buds. And don't stop at just fruits and veggies during the Summer and Fall. Look to your local farmers and those stores that supply their products for meat and dairy. Find a local bakery or store that sells fresh bread (... or make it yourself). With a bread machine it is super-duper easy and can be done while you are at work. You can also eat fresh and local when not in your kitchen. SO many restaurants are incorporating local products into their menus. Many new restaurants are opening as a way to honor and spread the word about eating fresh and local. Look them up online. There are surely many near you.

Now go out and eat something fresh and local and you'll see what I'm talking about!





# COMMUNITY FISH FRY

SATURDAY  
APRIL 16  
4-7PM



## Reel in the Fishing Season

Celebrate the opening day of fishing season at our 2nd annual community fish fry. Enjoy a delicious fish dinner and a relaxing canoe paddle on the pond. Bring your family and friends!

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

**\$10** PER ADULT  
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**For more info & reservations:**

Call Molly Check: 570-828-2319

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## Love & PEEC

By Mariann Oswald



Valentine's Day may have come and gone for 2011, but rest assured LOVE and PEEC have not. There are several ways you can think of the combination of the two; everyone

LOVES it at PEEC (including everyone who works here) and PEEC was once upon a time known as HONEYMOON HAVEN.

No doubt many of you are not old enough to remember when so many newlyweds headed for the Poconos on their honeymoon in the 1960's and 70's. It was "the place to be". Honeymoon Haven was possibly best known for its "radiant heated bathroom with sunken tub" or the "Polynesian cocktail lounge, bowling alleys and beauty salon" or perhaps the "all stone fireplace and wall to wall carpeting" but most assuredly for the "twin heart outdoor pool". They even provided a television, electric blankets, and hayrides... all at no additional expense. That really does sound like a fine place for a honeymoon, uh, in the '60's and 70's which is



actually about the age of the wonderful past-honeymooners who have visited PEEC in the past few years; Bob and Cheryl, Pete and Kay, Mike and Sandy, Jim and Rosemary, and many others. They have come to revisit old memories, some of which are still here at PEEC. The "all stone fireplace" (although not made with native stone, so I have been told) and The Ring of Aldyth are testaments to the good old days, as are the sunken tubs and step down living rooms in some of the cabins. Alas, the twin heart outdoor pool is long gone, replaced by a fantastic garden created and tended by the youth who enjoy many of PEEC's programs.

But don't even begin to think that true loves' "special moments" are over and done with at PEEC. No way! Just ask Matt and Phyllis who stopped in for a hike. They met other hikers on the trail to Tumbling Waters, listened to the

songs of the forest, and saw a beautiful buck all before stopping to enjoy a picnic lunch at Pickerel Pond. Phyllis anxiously awaited the dessert of chocolate covered pretzels only to be surprised by Mike's marriage proposal and presentation of an engagement ring. Of course she said "YES!"

So, there we have it -- LOVE and PEEC, old and new; honeymooners and visitors, sunken tubs and new lodges, indoor pool turned EcoZone (to open soon), Polynesian cocktail lounge now an award winning Visitor Activity Center (dining hall), ski lessons and... wait, we still have cross country ski lessons at weekend workshops. But, perhaps best of all, young love, renewal and a small peek at a magnificent future of LOVE at PEEC.



## New 2011: Teen Leadership Program

By Jessica Snyder

In the fall of 2010, PEEC applied for a local grant with the goal of creating a unique leadership program that will be at the fingertips of local middle and high school students. The Teen Leadership Program is funded by a Best Buy grant and, in conjunction with PEEC, will give many students a great chance at having that extra "edge" to help them be successful in life's adventures and challenges.

The Teen Leadership Program is designed to encourage our local youth to take part in many fun activities, while still learning many leadership skills and life lessons. Our teen leaders will have opportunities from spring to late fall to participate in community service projects, leadership workshops, special events, and, of course, many amazing teambuilding activities, courses, and outdoor recreation. Teen leaders will be given the opportunity to make 2011's Earth Day, Fall Harvest, and PEEC-A BOO festivals a great success. Also, throughout the year, our leadership workshops will be fortunate to have local guest speakers meet with participants and answer many of their questions.

This new leadership program will be targeting our very own past Jr. Naturalists and Sr. Naturalist campers, as well as reaching out to local schools and community organizations in search of participants. It is our hope that program participants will explore new interests, discover new skills, and gain valuable knowledge. Step outside the box and challenge yourself physically, mentally, and emotionally and take part in this life-changing program. Apply today to become a GREEN leader of tomorrow!

Please contact Molly Check for more information:  
570-828-2319 ext. 234  
mcheck@peec.org



### NEW AT PEEC:

# TEEN LEADERS

## PROGRAM

BE RESPONSIBLE • DEFINE YOURSELF • BECOME INVOLVED



### APPLY

TO BECOME A  
**GREEN LEADER**  
OF TOMORROW!

**PROGRAM DATES:**

April 2	
April 23	
June 4	
June 11	
June 18	
September 10	
October 29	

**Please contact Molly Check**  
for more information:

570-828-2319 ext. 234  
mcheck@peec.org

All 5th-11th graders are invited to apply!



# Go-pher it!



## Golf

## Outing

Monday July 18, 2011

## Save the Date!

### Monday July 18, 2011



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## I Should Recycle That? Where?

By Janine Morley

Paper, Metal, Plastic, and Cardboard – these items are easy to remember and easy to recycle. However, what should we do about items that can and should be recycled, but that we might not consider, such as CFL Light Bulbs, Batteries, or Electronics? Why, were, and how do we recycle these items?

- **Compact Fluorescent Light Bulbs** – In 2007, President George Bush signed an energy bill which will phase out & eventually eliminate the use of the incandescent light bulb in the United States by 2014. Much of the energy used with incandescent light bulbs is wasted as heat; compact fluorescent bulbs (CFLs) are much more energy efficient. However, since each CFL bulb does contain a small amount of mercury, these bulbs need to be properly recycled. CFL bulbs can be recycled at Ace Hardware, Home Depot, IKEA, and Lowe's stores. The website Earth 911 also offers users the ability to search for local recycling points by zip code. Broken CFLs can be cleaned up properly by following the procedure outlined by the Main Department of Environmental Protection.

- **Batteries** – Both single-use and rechargeable batteries, when tossed in the trash, can significantly impact the environment with heavy metals and other toxic substances. Rechargeable batteries can be recycled at RadioShack, Home Depot, Lowe's, Staples, and Best Buy. Recycling of single-use batteries is less common, but again, Earth 911 will list local recycling points by zip code.

- **Electronics** – Many electronics can also be recycled & reused to keep them from landfills. Cell phones can be recycled at Home Depot, Lowe's, Target, Staples, Best Buy, or at cell phone carriers. These phones can then be recycled or repaired. Small appliances can be recycled at Best Buy and printer ink cartridges can be recycled at Staples, Target, Office Max, and Best Buy.

Earth 911 is an excellent resource for many other types of recycling besides those mentioned here. Visitors to this website can search local recycling points for everything from construction & garden materials (brick, concrete, grass clippings, leaves) to household items (clothing, metal clothes hangers, carpet). Many of the items we use and discard on a daily basis can be reused or recycled so that they do not fill our landfills with hazardous materials and needless waste.



**16th ANNUAL**  
**earth day**  
CELEBRATION

**SATURDAY**  
**APRIL 23, 2011**  
**10AM – 4PM**

**HELP US CELEBRATE OUR EARTH!**

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

Hands-on learning stations, green building displays, conservation exhibits, vendors, crafts, and food!

**FEATURING:**

- Live Animals
- Live Music
- Guided Nature Walks
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**Native Plant SALE!**  
SATURDAY MAY 7  
9AM – 4PM



Choose from a variety of native flowers, shrubs and grasses to beautify your yard. Arrive early – everything goes fast!

**PEEC MEMBERS PRE-SALE**  
FRIDAY, MAY 6TH | 6-8PM

GO ONLINE FOR MORE INFO [WWW.PEEC.ORG](http://WWW.PEEC.ORG)



## Sun Safety

By Kristin Heckrote

Temperatures are warming. Snow is melting off the trails and in the gorges. Plants are budding. Migratory birds are returning. Spring is here and PEEC is gearing up for the new season's visitors heading out to hike the trails. With the excitement of the changing season and being able to go outside to enjoy the returning warmth, it is important to watch out for the two types of sudden illnesses that are caused by the sun: sunburn and heat related illnesses.

Sunburn is caused by the sun's radiation in the form of UV light. Heat related illnesses occur when a body gets overheated and has to work to cool itself off. A lot of hikers remember to be careful about poison ivy, ticks, or even footing to prevent falls, but forget about the dangers that can be caused by the sun.

It's easy to do. While hiking the Tumbling Waters trail, you have stopped near the stone chimney at the top of the ridge to enjoy the view and have a snack. Even though the temperature is only about 65 degrees, the sunlight makes it feel warmer so you decide to take off your fleece and enjoy being in your t-shirt while relaxing. After about a 20 minute break, it's time to move on. The trail heads back into the forest where the air is cool again, causing you to pull your fleece back on. As you continue hiking, your arms begin to feel irritated and it hurts if you wiggle your nose. This was the first time you had been in the sun for the year and now your skin is burned. Sunburn happens all the time, so no big deal, right?

Actually, sunburn can be a very big problem. UV radiation/light hitting skin cells is what causes sunburn. Time of day, position of the sun, exposure to sunlight, and skin type all play a part in how quickly a person's skin burns. Sunburn damages the DNA in the skin causing the cells to reproduce incorrectly. Over time these incorrectly reproducing cells form tumors, which can be cancerous.

The skin pigment melanin forms a natural sun protection in skin cells. Melanin has the ability to convert ultraviolet (UV) radiation into heat. The more melanin that is in the skin, the more protected the skin is from UV radiation. But, even people with a lot of melanin can get

sunburn, making it important to look for other sources of protection against radiation.

SPF stands for "solar protection factor" and is a measure of the amount of the sun's energy that it takes to burn protected skin versus unprotected skin. It is not an indicator of how long it takes a person's skin to burn.

The most common use of the term SPF is in reference to sunscreen/sun block lotion as a way to indicate how much protection the cream provides. In order to truly protect skin by using sunscreen, it is important to apply it 15-30 minutes before exposure to direct sunlight and then to reapply it throughout exposure to direct sunlight. The more sensitive the skin and the longer the skin will be exposed to the sun, the higher the SPF needs to be.

Many regular summer clothes are too lightweight to actually protect from the sun, making it possible for skin to burn even though it is covered. Another good way to protect against sunburn is to purchase sun-protective clothing made from UV protective fabrics. UV protective fabrics are rated in different ways. For years protective fabrics were heavier, but new technologies are allowing lighter weight material while providing better protection.

In the same way that it is difficult to predict how severe sunburn will be, it is also difficult to predict how a body will react to heat. Heat related illnesses are caused by a combination of air temperature, exertion, and hydration. The most common heat related illness is heat exhaustion. Drinking a lot of water combined with eating salty snacks helps to keep the body hydrated, which in turn helps prevent the body from becoming overheated. However, people often do not carry enough water to stay hydrated or push themselves a little bit harder up the trail than they should.

Some signals of heat exhaustion are exhaustion, headache, flushed skin, nausea, muscle cramps, thirst and decreased urine, faster heart and respiratory rate, and an elevated temperature (not a fever). If you develop heat exhaustion, your goal should be to try to cool yourself off. Sip cool water, if you have it, and look for a cool shady place that you can rest. Taking off hiking boots and socks, loosening tight clothing, and removing hats all release body heat and help to cool you off more quickly. It is also important to take a long enough

break in the shade so that the body has time to completely cool down.

In general, to help protect against damage caused by the sun, getting into the shade is a great idea. Shaded areas are cooler than sunny ones and the lack of direct sunlight helps to protect against sunburn. Natural shade is perhaps the easiest type of shade to find. Any type of tree or geological formations like gorges and hills provide natural shade. In fact, some of the hemlock gorges here at PEEC are so shaded the sun never directly warms them, allowing snow to still be found there in late April during years with high snow accumulation.

On the trail, finding manmade structures is a little more difficult, but blinds, pavilions, and arbors are all great places to seek shade. Even more effective are specifically designed solar blocking structures which are built to take into account the sun's location during different times of the day.

Protective clothing that allows for air circulation can make a big difference in helping to keep a person from getting burned while still helping a body to cool off quickly. One item that is used more overseas than here in the States is an umbrella. Umbrellas are a great way to provide shade to the upper body when a person is walking in the sun. Also, wearing sunglasses with a UV coating protects eyes from radiation.

Combining different methods of sunburn and heat related illness prevention ensures even more protection from the sun. Whether you apply, wear, carry, or look for shade, we at PEEC want to remind you to stay safe while hiking.



## PEEC Approved for PA Educational Improvement Tax Credit Program (EITC)

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

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

From a PA tax perspective, this is financially more attractive to a business than a simple

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

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



## Sanofi-Pasteur — A Great Neighbor!

*By Flo Mauro*



As you all know, 24,000 people visit and study at PEEC every year! Over 2500 of those visitors, students, scouts, day campers, teachers, chaperones, and family members are from Monroe County, PA. PEEC is and has been an educational venue for our neighbors, connecting people and nature for over 38 years ... a true test of commitment and success.

PEEC has worked closely with the East Stroudsburg Area School District (ESASD) for over 25 years, offering quality education programs for educators, students and families. Hundreds of educators from the district have participated in PEEC's professional development workshops focused on the study of nature and natural systems, ecology, biology, and related content areas and they have received undergraduate, graduate, and/or in-service credits for their efforts. Thousands of local school-age students have participated in PEEC's Environmental Education programs through outreach and/or field studies programs.

In June 2010, ESASD Superintendent, Sharon Laverdure and forty (40) District Administrators participated in a day-long professional development workshop at PEEC. PEEC Executive Director, Jeff Rosalsky, is currently working with ESASD personnel in designing and developing a new nature trail and outdoor classroom at the district's North Campus.

In a continued effort to promote PEEC, environmental education, and to instill a sense of community pride and partnership, PEEC has always offered, and will continue to offer, its services and programs to members of the local community at reduced and / or gratis rates. Sanofi-Pasteur has been a significant partner helping PEEC in these endeavors with funding and support for the past 12 years.

The support continues. Thanks to a recent \$10,000 grant award from Sanofi-Pasteur, PEEC will implement a new 'pilot' two day/one night residential environmental education field studies program with the Bushkill Elementary School 5th grade for the 2011-12 school year. PEEC and Bushkill Elementary School representatives will design a program that provides opportunities for the 5th grade students to engage in educational, recreational, and social skills activities. PEEC activities/lessons for all school programs meet the specific needs of the school and PA Standards and Assessments in Environment & Ecology.

Sanofi-Pastuer is a great neighbor and a terrific partner!



# 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)

## APRIL

### "WATERCOLOR" QUILTING WORKSHOP

April 1-3, 2011

Cost: \$200

Join Parti Shreiner for a delightful weekend of quilting in the beautiful Pocono Mountains. This workshop focuses on easy piecing of small squares. Includes two nights of lodging and six delicious meals.

### SPRING WATERFALL TOUR

Saturday, April 2, 2011 | 1-4pm

Cost: \$20

This is the best season for waterfalls because the melting snow and spring rains have raised the water level. Join us as we travel to some truly magnificent waterfalls. Call to reserve a seat in the van. Carpooling encouraged.

### VOLUNTEER DAY- SPRING CLEANING

Saturday, April 9, 2011 | 9am-12pm

*"Unselfish and noble actions are the most radiant pages in the biography of souls."* - David Thomas  
Help us clean up after winter & prepare for the spring. Snacks provided.



### SUNDAY FOR SINGLES

Sunday, April 10, 2011 | 1-3pm

Cost: FREE

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

### SALAMANDER EGG SEARCH

Saturday, April 16, 2011 | 1-3pm

Cost: \$5

Salamanders are stirring in the woods! Join us as we explore nearby breeding pools for salamander egg masses. We'll provide nets and collection jars for up-close study.

### FISH FRY

Saturday, April 16, 2011 | 4-7pm

Cost: \$10 adult / \$5 child

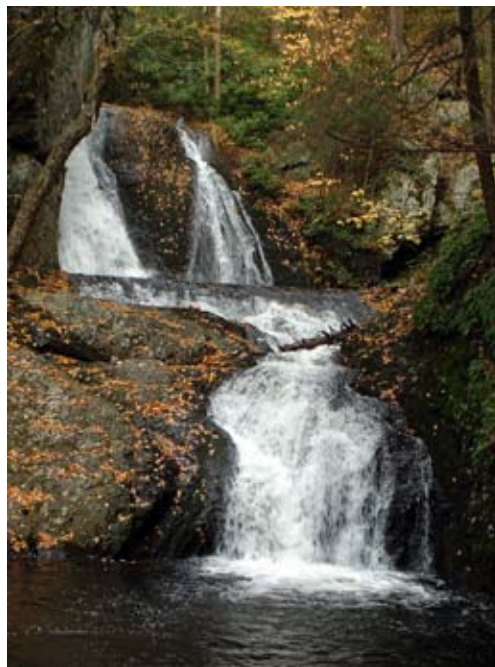
Celebrate the opening day of fishing season at our 2nd annual community fish fry. Enjoy a delicious fish dinner & a relaxing canoe paddle on the pond. Bring your family and friends!

### TUMBLING WATERS HIKE

Sunday, April 17, 2011 | 1-4pm

Cost: FREE

This guided hike travels through a variety of habitats and features a scenic overlook & two waterfalls. Three mile loop with a moderate difficulty level.



### SPRING PEEPER SEARCH

Sunday, April 17, 2011 | 7-9pm

Cost: \$5

These tiny tree frogs have thawed out and are active again in our forested wetlands. Listen to the impressive choir made by these vocal amphibians as we carefully catch, study and release them. This is a great experience for the young AND young at heart.

### EARTH DAY CELEBRATION

Saturday, April 23, 2011 | 10am-4pm

Cost: \$5 per car

Help us celebrate the Earth. There will be hands-on learning stations, green building displays, conservation exhibits, animals, crafts, food, music and much, much more! Pre-registration NOT required.

## MAY

### WILDFLOWER WALK

Sunday, May 1, 2011 | 9am-12pm

Cost: FREE

Celebrate May Day and the blossoming of spring with a walk in the woods. Bring water, snacks and a camera for some beautiful pictures!



### WARBLER WEEKEND I

May 6-8, 2011

Cost: \$195

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

### NATIVE PLANT SALE

Saturday, May 7, 2011 | 9am-4pm

Choose from a variety of native flowers, shrubs and grasses to beautify your yard. Arrive early! Presale for PEEC members on Friday, May 6, from 6-8pm.

### INTRODUCTION TO FISHING

Sunday, May 8, 2011 | 10am-12pm

Cost: \$5 per child

Learn the basics of fishing! We provide the equipment and teach you everything you need to know. Practice on land & then head to the pond to try your luck. Supervised children only, please: ages 7-15. No fishing licenses required. Spaces limited. Call to reserve your spot!

### SUNDAY FOR SINGLES

Sunday, May 8, 2011 | 1-3pm

Cost: FREE

This hike is about meeting new people & exploring nature together.

### WARBLER WEEKEND II

May 13-15, 2011

Cost: \$195

Enjoy guided hikes with experienced field leaders as they identify birds by sight, sound and habitat. Includes two nights of lodging & six delicious meals.



## SPRING PHOTOGRAPHY WEEKEND I

May 13-15, 2011

Cost: \$250

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 w/ Adobe Photoshop. Includes two nights lodging and six meals. [http://www.klassphoto.com/students/Spring\\_in\\_the\\_Poconos/1](http://www.klassphoto.com/students/Spring_in_the_Poconos/1)

## INTRODUCTION TO KNITTING

May 20-22, 2011

Cost: \$200

Join Patti Shreiner for a relaxing weekend in the Poconos. Beginners are welcome – learn how to knit a scarf or tea cozy! Advanced knitters can knit a lace shawl or their own project. Includes two nights of lodging & six meals.

## SPRING PHOTOGRAPHY WEEKEND II

May 20-22, 2011

Cost: \$250

Capture the beautiful spring colors with photographer Carla Klouda. This workshop will teach participants about exposure, composition, depth of field, quality of light and infrared capture w/post processing. Geared towards DSLR type cameras. A tripod is recommended, but not required. Includes two nights lodging and six meals.



## MEMORIAL DAY FAMILY NATURE CAMP: "Spring Fling"

May 27-30, 2011

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

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

## JUNE

### VOLUNTEER DAY - NATIONAL TRAILS DAY

Saturday, June 4, 2011 | 9am-12pm

Cost: FREE

*"Volunteers do not necessarily have the time; they just have the heart."* ~ Elizabeth Andrew

Join us for a fun morning of trail work. Everyone is welcome and appreciated. Snacks provided.



### FROG FROLIC I & II

June 4 & June 5, 2011 | 1-3pm each day

Cost: \$5

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

### INTRODUCTION TO BIRDING

Sunday, June 5, 2011 | 9-11am

Cost: FREE

If you've always been interested in birds, but felt overwhelmed by the idea of recognizing or identifying them, then this program is for you. Enjoy a short hike with a knowledgeable guide who will teach the basics of birding. Adults only, please. We provide binoculars and field guides.

### SALAMANDER SEARCH

Saturday, June 11, 2011 | 1-3pm

Cost: \$5

Red-spotted newts are swimming in the ponds, red-backed salamanders are hiding under logs and dusky salamanders are walking on the creek bottoms! Join us on our search - We provide nets & collection jars for up close study.

## WILD EDIBLES WALK

Sunday, June 12, 2011 | 9am-12pm

Cost: \$5

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

## SUNDAY FOR SINGLES

Sunday, June 12, 2011 | 1-3pm

Cost: FREE

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

## PARK HISTORY TOUR FREE FOR MEMBERS!

Saturday, June 25, 2011 | 9am-3pm

Cost: \$15 non-members

Explore the park to find the many scenic & historic sites within our beloved recreation area. Bring a water bottle, lunch and a camera for great photo opportunities. Call to reserve a seat in the van. Carpooling encouraged.



## SUMMER CANOE PADDLE

Sunday, June 26, 2011 | 1-4pm

Cost: \$5

Start summer off the right way! Join us for a great afternoon at Pickerel Pond. Beginners are welcome – we teach you everything you need to know. Dress appropriately – you may get wet. Call to reserve your spot in a canoe.



## NATURE AT NIGHT

Sunday, June 26, 2011 | 8-10pm

Cost: FREE

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

## JULY

### 4TH OF JULY FAMILY NATURE CAMP

July 1-4, 2011

Cost: Adults \$190

Discounts for children 10 & under\*

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

### INTRODUCTION TO MACRO PHOTOGRAPHY

Saturday, July 9, 2011 | 9am – 4pm

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

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

### SUNDAY FOR SINGLES

Sunday, July 10, 2011 | 1-3pm

Cost: FREE

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

### DRUM MAKING WORKSHOP

July 15 - 17, 2011 | 3-6pm registration

Cost: \$325

Master drummer, Maxwell Kofi Donkor, will lead you through the steps of making your own drum, from selecting the natural materials to soaking the skins to heading the shells. Enjoy introductory drumming lessons, sunrise drumming, historical drumming culture and more! This amazing weekend includes 2 nights of lodging and 6 delicious meals. No experience necessary. Call to reserve a spot!



## FROG FRENZY I

Saturday, July 16, 2011 | 9am-12pm

Cost: \$5

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



## INTRODUCTION TO CANOEING

Sunday, July 17, 2011 | 1-4pm

Cost: \$5

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

## PEEC'S 10TH ANNUAL GOLF OUTING

Monday, July 18, 2011

Join us for a great day of golf at the exclusive Great Bear Golf and Country Club. Proceeds benefit PEEC's education programs.



## NATURE AT NIGHT

Saturday, July 23, 2011 | 8-10pm

Cost: FREE

Join us for an exciting hike through the darkening forest. Look at the stars, listen for owls, and enjoy fun activities that strengthen your night vision.

## INTRODUCTION TO CANOEING

Sunday, July 24, 2011 | 1-4pm

Cost: \$5

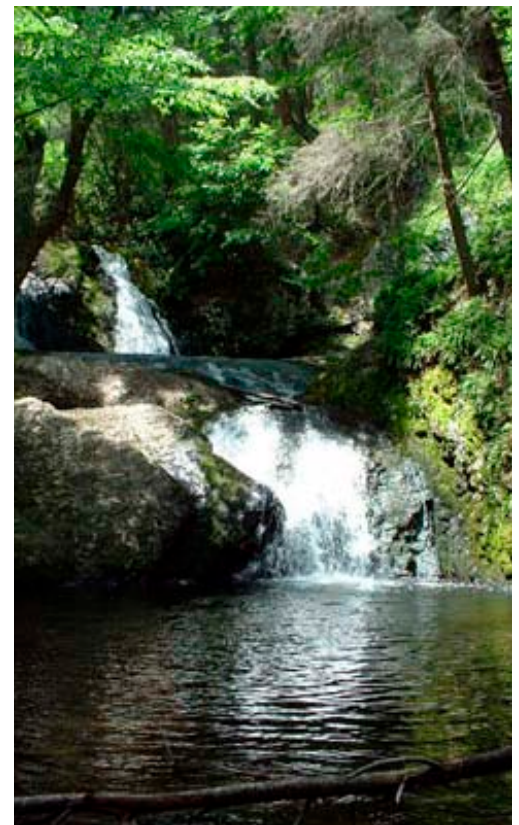
Enjoy a summer afternoon at Pickerel Pond. Beginners are welcome – we teach you everything you need to know. Dress appropriately – you may get wet. Call to reserve your spot in a canoe.

## SUMMER WATERFALL TOUR

Saturday, July 30, 2011 | 1-5pm

Cost: \$20

Join us as we explore nearby waterfalls. Bring a camera and keep your eyes open for wildlife. Call to reserve a seat in the van.



\*FAMILY NATURE CAMP CHILDREN'S RATES:

7-10 years: 25% discount

4-6 years: 50% discount

3 and under: Free

## African Reflections

By Mike Liese, Guest Contributor

As I write this, last minute as always, the first FNG of the year starts at PEEC, where I am sure hikes, cross country skiing, and watching the start of skunk cabbage growing through the snow is all happening. Despite the fact that I am in Africa I have realized what a profound impact PEEC has had on both my life and who I am as a person.

At PEEC I learned that all classes should spend some time outside. I currently work in a school teaching Information Technology.... The reality is that I am teaching the basics of how a computer works, the internet, and Microsoft Word. I quickly realized that the kids came in, logged on, and I only had part of their attention. The solution was easy: Start outside. The best part is that the school is in Rwanda, where outside the classroom you can see the sun and stand in grass.

The reason why this works is the weather is mostly between 60 & 80 degrees year round with rainy and dry seasons. So our hallways are more like covered porches, and the whole school consists of a giant courtyard. So far we've had phenomenal weather, but it's not all fun and games.

I was once told that Rwanda is another world. In part that is true. It is so very different here in almost every way. Things we take for granted and expect in the US simply don't exist here. Electricity exists, but expensive and only somewhat reliable. The same goes for the water; we have 1000 liter tanks behind each house that collects rain water.) I saw them and immediately thought that PEEC would love one for environmental reasons, but here we need it to wash our cloths, take showers, flush the toilet, or even drink. Granted this is only when the water doesn't work, but that could be at any time and for days.

To be fair... in comparison to a lot of Africa, I live in luxury. There is a shower (albeit no hot water) available in my room. I have running water without the need to carry it several miles. Not only is there electricity, but I there is a network and satellite internet for everyone in the village (which can be super slow, but is still better then the dial-up PEEC had 4 years ago). I teach IT and kids actually have computers and



books available. The kids are fantastic. They are creative, energetic, and make me realize why it's worth coming to a place like rural Rwanda to live for a year.

The kids are orphans of the genocide here in 1994. They live here in houses and each house has 16 kids and a house mother. These are Families and each volunteer (of which I am one) has a family of the newest year of kids. My family is Family #1 and they are in the process of choosing a hero to name their house after. Some of the previous years heroes include Ann Frank, Leonardo Divinchi, and George Washington (both the president and GW Carver). They spend 5 nights a week in a Family Time to reflect on the day and focus Tekon Aleve which is Hebrew for "Repairing the Heart". Once a week, the older kids do Tikon Olam or "Repairing the World" where they help local communities. And that's the point. The kids will learn MANY things here and they will take the skills and mindset learned here back to their communities to apply the critical thinking skills we have taught to the everyday lives for the entire country. In a country of 11 million, 125 graduates a year can really make a HUGE difference.

Why is there Hebrew at a youth village in Rwanda? This village is modeled after the villages created in Israel after the Holocaust, specifically Yamin Ord; hence the name Agahozo Shalom Youth Village ([www.asyv.org](http://www.asyv.org)). Agahozo is Kinyarwanda for "Place where tears are dried" and Shalom is the Hebrew word for "peace".

I can go on and on about this place. There

is so much that happens here daily and being immersed in such an environment is amazing. Rwanda as a whole is a wonderful country and, if at all possible, I recommend visiting. So far I've seen an absurd amount of wildlife, birds, and I haven't even had to use the emergency snake-venom removal kit the PEEC staff bought me before I left! Granted there are only 17 venomous snakes in Rwanda, but luckily not in the highlands where I live. What I wouldn't give for a good local herps or wildflower book!

As a whole I am doing very well. I miss PEEC and the PEEC people immensely; but I would be lost here if not for the experience I gained at PEEC. So far I have used Wilderness First Aid on both myself and several others, had ecological conversations in regards to birds and their mating tendencies, am able to walk around in the darkest night with no flash light or power without any issues, have seen some amazing wildlife and truly appreciate the amount of biodiversity in the larger mammals here. I've done team building with the staff, IT with the kids, and am looking for about 500 wintergreen life savers to show the effects of tribo-luminescence at night.

But there is so much more. I really can't begin to describe my experience here in one short article. If you want to check out some of my antics I have a blog at [www.mikeliese.wordpress.com](http://www.mikeliese.wordpress.com) and please leave comments about your happenings at PEEC. I get to live vicariously through y'all.

I'll be back to visit, but until then be well, have fun, and remember rule #1.... NO FALLING!