



INSIDE THIS ISSUE

The "Bear" Bones of Recycling	1
CEO Message	2
Finding Fossils	3
EcoZone	4
Reduce, Reuse, Redistribute	5
Earth Day 2010	6
Women Making Waves	7
Survey Says!	8
River Safety	9
Salvaging an Old Farmhouse	9
The Bugs that Bug Us	10
Energy Efficiency Corner	10
Camp Growing Green	11
A Summertime Snack	12

**Pocono Environmental
Education Center**

RR 2 Box 1010
Dingmans Ferry, PA
570 • 828 • 2319
peec@peec.org
www.peec.org

The 'Bear' Bones of Recycling

By Jessica Snyder & Will Rode



Photo by Jessica Snyder

The recovery of a dead bear from its final resting place is not something that one can truly prepare for. The days leading up to such a task were ones filled with gathering naive volunteers and bear wrangling essentials. The day of recovery began with an early morning voyage to the bear's final resting place, followed by failed attempts to get the bear to willingly release himself from his place of rest. This particular bear is one that had died of natural causes in the fall of 2009. That is the main reason he was so stubborn; plus the fact that he weighed an impressive four hundred pounds. In his slightly decayed state he was, needless to say, not the most pleasant sight or smell in the forest that morning, but after much determination we were successfully back at PEEC with our prize.

You may be asking, "What are your motives?" The motives behind recovering such a large specimen are inspired by a bigger picture. The plan is to use the bear's skeleton as part of a new educational discovery room, which is currently a work in progress. The bear's skull is currently on display and can be viewed as it is cleaned by Dermestid Beetles. In a matter of months, these unassuming beetles will eat everything but the bones of the skull. The plan is to use the bear's skeleton as a "build-a-bear" exhibit. Using rare earth magnets, visitors will be able to reassemble the bones of the bear and learn the skeletal anatomy of the North American Black Bear. The bear is again at rest here at PEEC and the hope is that this bear will bring enjoyment for years to come. For those of us that have taken part in this great adventure, we will surely never forget the experience....or the smell.



Photo by Jessica Snyder

PEEC Board of Trustees

OFFICERS

Dr. Barbara Brummer, Chairperson
Anthony Vallese, Vice-Chairperson
Carolyn Bolt, Secretary
George Hill, Treasurer

TRUSTEES

Helen Conover	Brian O'Hare
Howard J. Grossman	Tanya Oznowich
Eric Hamill	Howard Parish
Jan Lokuta, Esq.	Peter Wulforth

Consultant: Mike Dickerson

<i>Emeritus</i>	<i>In Memoriam</i>
Dr. Harry Miller Jr.	Dr. Paul F. Brandwein
John (Jack) Padalino	J. Thomas Seely
Dr. Calvin Stillman	Dr. S. Marie Kuhnen

PEEC MANAGEMENT TEAM

CEO	Jeffrey Rosalsky
Director of Development	Flo Mauro
Director of Business Mgmt.	Mariann Oswald
Facilities Manager	Ted Wetzel

PEEC PEOPLE

Associate Director for Education
School Group, Summer & Volunteer Programs
Allison Owczarczak

Associate Director for Education
Program Planning, Weekend Operations & Outreach
Heidi Normand

Programming Planner
Kristin Heckrote

Naturalist/Workshop Manager
Molly Check

Camp/Volunteer/Special Events Manager
Mike Liese

Dinning Hall Manager
Wendy Gannon

Public Relations/Marketing
Janine Morley

Receptionist
Barbara Derrenbacher

INSTRUCTORS & INTERNS

Lindsey Anderson, Eva Bednar, Angela Gutierrez, Lauren Martindell, Will Rode, Jessica Snyder, Hannah Taylor, Sarena Barausky, Barbara DeBenedictus, Laura DeWolff, Amy Hobbs, James Maloney, Ryan McLaughlin, Ann Streb, Heather Wuerthner

PEEC Seasons is a Quarterly Publication of the Pocono Environmental Education Center Marketing and Development Office.

Design & Layout
Editor

Niki Jones Agency
Janine Morley

Contributing Writers
Flo Mauro, Heidi Normand, Mariann Oswald, Mike Liese, Jeff Rosalsky, Jessica Snyder, Will Rode, Kristin Heckrote, Molly Check, Allison Owczarczak, Ted Wetzel, Lindsey Postaski, Wendy Gannon

Contributing Photos
Jessica Snyder, Martz Luz, Kristin Heckrote, PEEC Staff Photo

CEO Message

Jeff Rosalsky



It is difficult to believe that I have been running PEEC for a year already. The time has flown by, perhaps because there is always some amazing project to work on or some exciting wildlife or plant life that someone has sighted or brought through the door — yesterday it was a vole and baby flying squirrels. Our National Park and its abundance and diversity continually amaze me and the PEEC educational staff is as excited about it as I am.

It is a pleasure to see some of the projects and grants that we started on a year ago coming to fruition. Following the storm water project which required the old butterfly garden to be dug up, the garden has been transformed by the First Bloom children, courtesy of a National Park Foundation grant, into an even more beautiful space. The retired canoes around the outside are productive raised beds with vegetables. The center of the garden is planted with native blueberries, as well as other berries, and the balance is being filled with native flowers that attract butterflies and birds.

The projects and the potential at PEEC for educating even more children is limitless; we just need a few more hours in the day. It is summer, so that should help.

firstbloom



Working in the First Bloom Garden



Old Canoes Recycled as planting beds

Photos by Marta Luz

Finding Fossils

By Kristin Heckrote

Imagine standing on top of a tall hill (or short mountain). You have been enjoying the view but something makes you look down at the rock you are standing on. A shape catches your attention. Very distinct and detailed in the rock is an impression of a shell. You are nowhere near water and the shell impression seems really out of place. How did it get there? What made it? Why is it here?

Probably the word that comes to mind when you hear the word “fossil” is dinosaur. The mind conjures up visions of Jurassic Park, T-Rex, and museums. But fossils are much more than just dinosaurs. Fossils come in all shapes, sizes, and species. Maybe the simplest definition of a fossil is the identifiable remains or signs of something living in the past that has been turned into rock. Fossils are formed when the remains or signs of an organism are rapidly buried with sediment before the remains begin to decompose or the signs disappear due to time. Pressure turns the sediment into rock and forms the fossils.

There are 4 main categories or general types of fossils. The first type is a cast and mold. Cast and mold fossils form when the original remains dissolve leaving behind an impression. The impression is called a mold and the rock that fills it is called a cast. A good example of how a mold/cast works can be seen when



Photo by Kristin Heckrote

playing with sand and a bucket at the beach. Once the bucket is packed with wet sand, it can be turned over, tapped and pulled away. The shape of the bucket and any patterns on the bucket are left behind, even though the bucket is gone. The second type of fossil, a replacement or permineralized fossil, occurs when shell/bone/tissue are replaced with a mineral. For example Argonite is replaced with calcium to form calcite. What is left behind is a hardened version of the original form. Perhaps the type which is the most fun to look at is a compression fossil. Compression fossils are most often made from plants. They are formed when organic material like the fronds of a fern is compressed flat into a carbonaceous film. What remains is a flattened version of what the organism looked like but with none of the insides preserved. These fossils are very detailed. The last type is called a trace fossil. Instead of being the remains of an animal, trace fossils are the signs of an animal. Preserved footprints, burrows, and scat demonstrate what animals could be found in a given area.

Because of the way that fossils are formed, most fossils are found in sedimentary rock. The Pocono Environmental Education Center has mostly shale, a type of sedimentary rock. This area was at one time part of a shallow inland sea. The most common fossils found in this region of the Poconos are underwater organisms from the Devonian period, including crinoids, various brachiopods, corals, sponges, gastropods, and bivalves (all types of shells), and trilobites.

While you are walking the trails here at PEEC, watch for gray rocks with sections of orange/tan and brownish purple in them. Stop, pick them up, and look all over them for indentions and shapes. The easiest fossils to spot are casts of shells since there is no way to mistake them for something else. Does the rock have what looks like a vein of orange running through it or a small orange circle with smaller circle in the middle? This might be a crinoid stem. The colored sections on the gray shale are often organic remains that are indistinguishable.

One of my favorite places to look at fossils here at PEEC is on the Tumbling Waters Trail where the fossils can be found intact in the bedrock. To reach the site, head out on the trail head near Lodge A and continue until you arrive at a rock outcropping at the top of a hill (right before you start to head down hill to cross Briscoe Mountain Road). Walk off the trail, onto the rock, and look down. At first the shells are hard to spot, but once the first one is seen, they can be spotted all over the rock. Another place to look is in the rock outcroppings all along fossil trail. Please remember that all of the fossils here cannot be removed from National Park property.

After you find a fossil or two think about what the life would have looked like here at PEEC. Originally you would have been standing underwater, maybe even looking at the fossil currently in your hand while it was still a living organism. A trilobite may have scrambled out of view to hide in back of some corals, while the many crinoids were gently floating back and forth. Maybe the real reason that fossils are fascinating is that they give us a glimpse into a world that we have never seen and can fuel our imagination.



Photo by Kristin Heckrote

EcoZone—New Life for an Old Pool

By Jeff Rosalsky

Imagine an oversized beaver lodge where children can walk down “under water” and see what the beaver sees when it heads home after a long night of gnawing through trees. How about a bat cave where children use a head lamp and crawl through a tunnel into a cave world of darkness with hints of red light and bats hanging upside down? That is just a part of the planned transformation of PEEC’s old indoor swimming pool area into the EcoZone—an environmental discovery room that encourages children to explore with all their senses.

PEEC’s old indoor pool was a remnant of the Center’s first incarnation as the Honeymoon Haven Resort. The pool was closed in 2007 by PEEC’s Board of Trustees, because it required \$150,000 in critical repairs and was costing \$35,000 annually to operate. PEEC neither had the resources for the pool rehab nor could we, as an environmental education center,

justify the operating costs of the indoor pool.

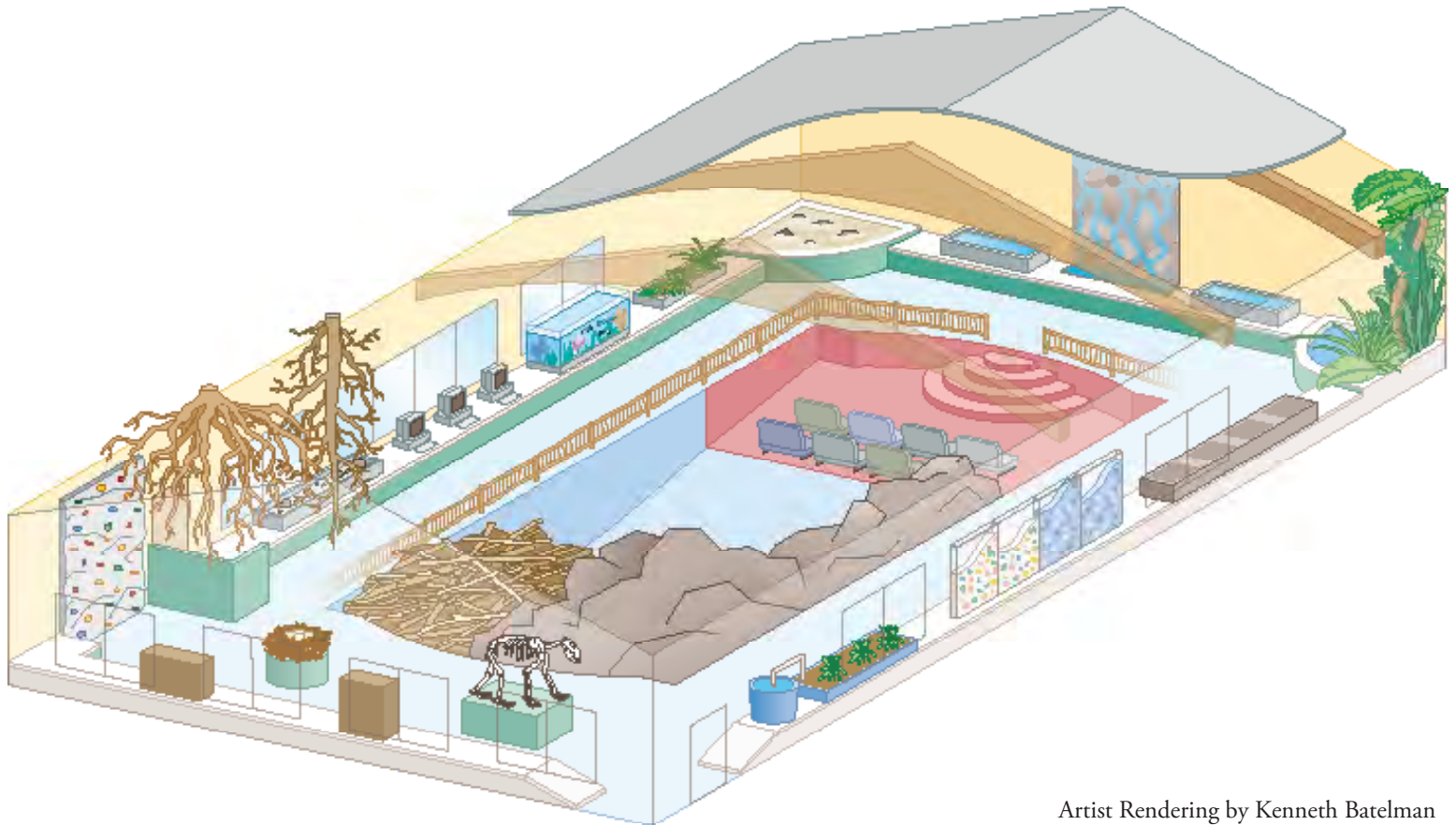
Other exhibits for the new EcoZone will include: an active fossil pit for children to excavate reproductions of local fossils (trilobites, brachiopods, etc...); a build-a-bear skeleton exhibit where children assemble a black bear skeleton; the suspended root systems of deciduous and coniferous trees; a hydroponic vegetable gardening exhibit; a comparative insulation exhibit; a water table with stream, plant, and animal life (This has been constructed and is temporarily housed in the display area.); tanks with nature’s composters (beetles, worms etc.); a life-size eagle nest exhibit; projecting microscopes to examine microorganisms in stream and pond water; a horizontal climbing wall; and many others.

The interactive, hands-on exhibits of the EcoZone will excite imagination and investigation. It will introduce children to nature and the Delaware Water Gap National Recreation Area in an awe-inspiring way and permit PEEC’s main building to serve as the teaching gateway to the outdoors. The

room will also serve as a wet lab for further experimentation and investigation of the outdoors. The goal is to make the room and the exhibits ADA accessible, so that the special-needs community will be able to fully participate, benefit, and perhaps see things that would otherwise be inaccessible.

PEEC has received a generous grant of \$25,000 from the Litzenberger Family Foundation to begin constructing the EcoZone. We are also in the process of applying for several other large grants to retrofit the room, build exhibits, and to make the entire EcoZone ADA accessible.

We are looking for donors who want fund specific exhibits and volunteers who want to assist with exhibit design and construction. We are also looking for donations of materials including: 600 square yards of new, low pile carpeting; artificial rock walls; and wooden railing material for around the old pool.



Artist Rendering by Kenneth Batelman

REDUCE, REUSE, REDISTRIBUTE

By Mariann Oswald



I'm just as guilty as the next guy when it comes to recycling. After all, the recycle bin is way out on the back porch, at least 15 feet away. The trash can is right in the kitchen, only 12 feet away.

But, Memorial Day Weekend, my family and I discovered a whole new meaning for the word RECYCLE.

Twelve other families, along with my clan, had a "Field of Dreams" FIELD SALE. This is much like a garage sale (especially since my husband's garage is 1200 square feet). You might even consider it a rummage or yard sale OR you could imagine a 35 acre field filled with treasures! We expected everything from cement mixers and motorcycles to baskets, beads, and broken hedge clippers.

I don't know who came up with the idea

of recycling by redistribution. Add the possibility of great untapped wealth (or at least gas money for the week?) and it all sounds like a brilliant, money-making scheme to clean out the basement, garage, closets, and attic. I thought it would be an excellent way to get my husband to clean the garage (all 1200 square feet of it). Unfortunately, he felt it would be a better opportunity for me to dwindle down my "craft supplies", fondly known to him as junk. All he talks about is the wonderful stuff he can buy with the proceeds from my junk to add to his work benches.

Just to add insult to injury, my husband refused the possibility of bringing anything home again. Can you imagine he wanted me to leave behind my button collection, circa 1970, when it didn't sell? This from a man who refused to part with any of his myriad jars and cans filled with rusty screws. He just does not understand what is valuable and useful and what is not. And besides, cutting all of those buttons off all of those shirts was a thankless, blister-causing chore. No! I would not give up the buttons.

So, anyway, my mom and my kids set about going through stuff... lots and lots of stuff. I actually found the champagne glasses from my wedding 40 years ago. I was looking all over

for them to recycle to my youngest daughter for her wedding. Oh well, as usual, just a little too late.

We also uncovered kitchen appliances from the Stone Age. Hand mixers only a man could hold, 5" floppy discs with wonderful things that I will never know because they aren't compatible anymore, useful things like the fourth wheel for my file cabinet that has been askew since we moved, and tons of file folders. The wheel I need. The folders I will pass along to the next person "reorganizing" their recipes or bills.

Books are always good for recycling. I could spend hours just going through the books at a good yard sale. For just 25¢, you can share Cussler's adventures or Baldacci's mindbenders. Any books left over, I can donate to PEEC for their "Buck-a-Book" shelves.

Dishes and deck chairs, LP's and 30 pound laptops, dolls and drills, bed frames and picture frames. They are all being redistributed and recycled. They will be reused. They will reduce the overflow in the garage and everyone will be happy -- except the lady who could have used my buttons.



PEEC & NPS
BIOBLITZ

VOLUNTEERS NEEDED

September 24-25, 2010

"COUNT ME IN!"

CALL PEEC
570.828.2319

VOLUNTEERS

Pre-register at
www.peec.org/bioblitz

WHAT IS A BIOBLITZ?

A 24-hour field survey to find & identify thousands of local plant and animal species in the Delaware Water Gap National Recreation Area.

WHO?

Everyone!!!

Outside Volunteers: Find plants & animals at field sites.
Inside Volunteers: Record information & photos.

WHERE?

- Pocono Environmental Education Center
Dingmans Ferry, Pennsylvania
- Field Sites in PA and NJ within the Delaware Water Gap National Recreation Area

Earth Day 2010

By Molly Check

For years, I visited Earth Day festivals. I always looked forward to springtime because of this annual celebration for the Earth. When I was in middle school, I attended an Earth Day festival and saw my first llama. When I was in college, I learned how to hand-felt a purse from sheep's wool. No matter where I lived, I knew there was going to be an Earth Day festival nearby. I knew I could wander aimlessly between the craft tables and the conservation exhibits, listening to live music and enjoying the energy of the day.

These days, I work at Earth Day festivals. The annual anticipation is still there – in even greater supply. Because now I'm involved in the planning phase as well. Which activities? Which presenters? What color tee-shirts? All these questions and more. It takes a village to plan an Earth Day festival.

You plan for months and then the big morning comes. You wake up ridiculously early in the morning. Hold your breath. Look out the window. Because it doesn't matter how many wonderful exhibits and activities you have planned, the success of the day depends largely on one thing – the weather. And here in the Poconos, we were truly shone upon. Blue



Photo by Marta Luz

skies and sun – we couldn't have asked for a more beautiful day. As sure as the sun was shining, the visitors streamed in all day long. Hundreds of people came to celebrate the interconnections and spirit of the day.

I spent the majority of Earth Day 2010 working in the new butterfly garden at PEEC. The garden is the outcome of a grant that we received from the National Park Foundation (NPF) last year. The NPF choose 26 national parks to participate in the First Bloom program and create native plant gardens. The program was inspired by the work of Lady Bird Johnson, who felt a deep connection for native plants. Please visit the website and learn more about this wonderful program -- www.first-bloom.org.

I've been working with a dozen ScoutReach boys from the Middle Smithfield area to design and plant our native plant garden. We spent the day planting high-bush blueberry bushes along the path that winds through our garden site, giving away seed cups, and showing visitors how amazing seeds look under a microscope. Our First Bloomers have been working very hard on our garden and it was nice to watch them show it off!

Our garden was just one of the many great activities that took place this Earth Day. Visitors wandered from our garden

demonstration to the tie-dye station, to the skins & skulls table, to the animal presenters, to the outdoor grills that filled the air with delicious smells. There was a lot to see and a lot to do, which is exactly the way it should be.

There were even llamas.

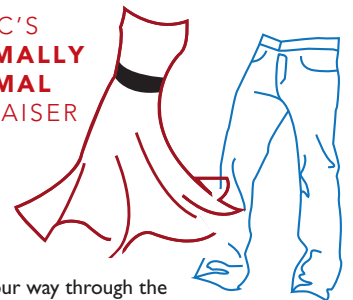


Photo by Marta Luz

GIRLS IN GOWNS GENTS IN JEANS

AUGUST 28, 2010 • EVENT BEGINS AT 7PM

PEEC'S
INFORMALLY
FORMAL
FUNDRAISER



Nibble your way through the night from our Tapas-style selection of food and drink from all over the world. Bid on PEEC staff-led personal experiences in the Natural World at our silent auction. Take a night-time guided canoe float and languish under the stars.

CALL TO REGISTER!

Women Making Waves: PEEC Creates River Trip Program for Young Philadelphia Females

By Heidi Normand



I want to
challenge myself.

I love Nature!

Girls where I
live don't get the
chance to do
things like this.

I am soooooo
lucky to have

this opportunity.

On May, 4th 2010, Jessica Snyder and I were in a small room of the Academy of Natural Sciences in Philadelphia. The labyrinthine halls of the academy's basement, complete with noggin-skimming water pipes barely above head, is home to WINS (Women in Natural Science).

WINS is an innovative and successful science enrichment program conducted by the Academy of Natural Sciences in collaboration with the School District of Philadelphia. Since its founding in 1982, WINS has been providing female public school students with hands-on science classes, scientific literacy and skill-building activities, and opportunities for personal growth in a uniquely nurturing setting. To date, more than 600 young women have been exposed to the fascinating world of experiential science through the WINS program—a reflection of the positive contribution the Academy is making to young female students in Philadelphia, as well as to the natural environments in which they live.

It was a warm, beautiful, late afternoon day in Philly and we were meeting, for the first time, some of the participants in our ABI / WOW (America's Best Idea/Women on the Water) river trip program. This is the second NPF (National Park Foundation) funded-program PEEC has been awarded this past year. You might remember from past issues that PEEC has already received \$20,000 from the NPF for our First Bloom Native Plant garden program.

Inspired by the film "The National Parks: America's Best Idea," the National Park Foundation has established the "America's Best Idea Grants" program to connect underserved audiences to the national parks through digital storytelling and stewardship. The following link will lead you to more about the other winning parks programs: <http://www.nationalparks.org/npf-at-work/our-programs/best-idea-grants/>. The first phase of the program was completed in early fall 2009, and helped build new connections between 35 national parks and their surrounding communities.

PEEC's winning program, Women on the Water, is a multi-disciplinary, experiential education program focused on building excitement and engagement in young women for the natural world and the Delaware Water Gap National Recreation Area. The program's objective is to provide 12 female high school juniors and seniors from urban Philadelphia the opportunity to learn about the Delaware River and its associated riparian ecosystems. While learning about the river, and themselves, they will experience the importance of the river to the recreation area through which it flows. The young women will have many opportunities to learn about environmental education while paddling and sleeping on the river, learning about the Park and, for a select few, by interning at the Pocono Environmental Education Center.

There are many components to this program



PEEC Staff Photo

and all lead to the expected outcome of helping young women get excited about careers in the natural world and in National Parks.

A trip to PEEC has been a part of the WINS program for many years. This special opportunity for a select few of the WINS girls to raft, canoe, and kayak the river offers them the chance to deepen their experience in the Poconos by allowing them the ability to interact with the Park and the natural world on a level deeper than they would have experienced had they only ever been to PEEC once.

The WOW program starts in June with an overnight trip to PEEC for a planning weekend. During this weekend, the girls will learn about basic camping and paddling, how to prep for an extended outdoor trip and how to record observations about their experiences. Also included in this weekend will be content about watersheds, river systems, riparian ecosystems, estuaries and headwaters. Through this initial planning trip we expect the girls to become a tighter-knit community of learners, friends and stewards of nature and national lands.

The month of July will see the girls heading to the river. They will spend the first day and night preparing to embark on the river. The second day and night they will be rafting the Upper Delaware River while studying the headwaters and blogging about their trip (this will be a constant in the program as blog posts will be sent via PDA while on the river). Day three will be spent canoeing down the central part of the river and day four will consist of kayaking through the Delaware River Water Gap. Each day will end with camping on the shore and debriefing about the day and the trip as a whole. On day six, the young women and their instructors will travel back to PEEC to break down their gear, debrief the trip, and work on their personal projects.

The third and final phase of this program will be the return of 4 of the participants to PEEC for a 3 week residential environmental education internship at PEEC that will include the WINS participants teaching younger students, as well as working in Park visitor centers. The proposed budget for this program only allows for 4 participants to intern. Once our grant is funded, PEEC / DWGNRA will look for additional funding to allow all the girls the opportunity to intern.

Survey Says!

By Flo Mauro



There is an overwhelming need and desire to sustain and conserve natural resources. In order to do so however, people must 'connect' with nature. At PEEC we know the benefits of

taking people outdoors to learn and play.

Direct contact with the natural world provides opportunities for people of all ages and abilities to engage in activities that enhance and promote lifelong learning and healthy lifestyles; to learn about the benefits of a healthy and sustainable environment, understand its complexities and the (personal) commitment

necessary to insure its continued good health.

Our goals are that through 'direct experience' with the natural world, PEEC participants will:

- Gain increased knowledge of natural science, techniques for scientific inquiry and familiarity with local flora, fauna, and ecology;
- Become connected to their natural world;
- Become actively involved in environmental concerns, conservation, and stewardship.
- Become aware of and familiar with the natural, cultural, historical, and recreational opportunities available to them in the Delaware Water Gap National Recreation Area;

How do we know we are accomplishing our goals? We are aggressively pursuing and tracking written (and verbal) assessments from our

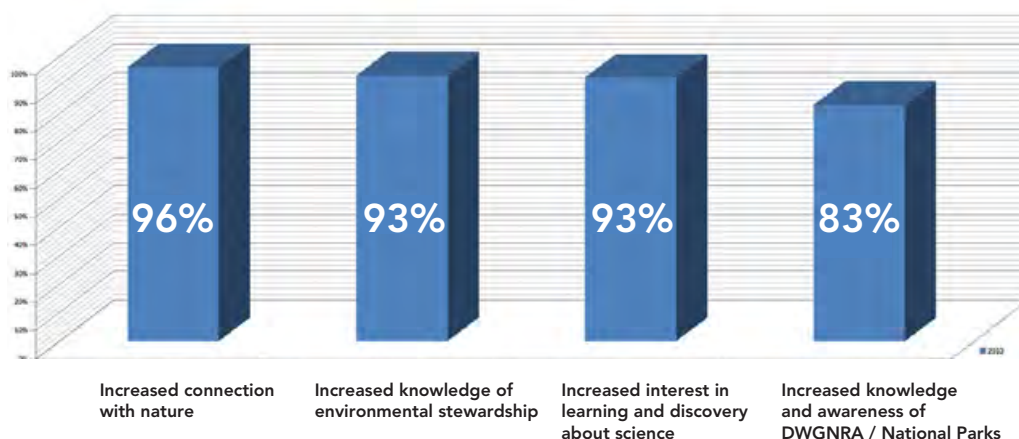
user groups this year. PEEC solicits written evaluations from all participants regarding every aspect of its program. We are using an EE (Environmental Education) questionnaire with all visitors; schools, groups, families, and individuals. When appropriate, PEEC staff and group representatives cooperatively determine the content areas of study for the program, as well as the outcomes, and pre/post questionnaires are designed accordingly.

How our programs influence participants is an integral part of understanding both the immediate and long-lasting effects of the program. Results give us invaluable insight into how to better serve the needs of future visitors.

And so far, so good! Here is an up-to-date 'accounting' of our visitors' assessments:

2010 PEEC RESIDENTIAL ENVIRONMENTAL EDUCATION FIELD PROGRAMS

"Where learning comes naturally."



Source: Based on PEEC evaluations representing 1708 students as of June 18, 2010

Student Quotes:

"They developed more of a sense of stewardship over the three days."

"Let's go to bed early, because I have to get up early and I don't want to miss a single thing. I may never get to experience this again."

"There aren't this many stars in Brooklyn."

"At PEEC, we learned how to save or destroy our environment."

"Ooo." On hearing rustling of bear cubs.

"This is awesome, I love PEEC."

"Ewww... what is that squishy thing under the rock?"

River Safety

By Allison Owczarczak



Our rivers provide us scenic views and recreational activities such as fishing, boating, or swimming. But rivers can take too, such as life and property. There are many ways to prevent a

mishap or tragedy from occurring to yourself or to the people or children that may be with you.

When children are around a river, either fishing, wading, or turning over rocks looking for critters, they should always be in a well-fitting PFD (Personal Floatation Device). River rocks are often covered with a fine slippery layer of silt or algae and children may go for an unexpected accidental swim. The shock of cold water may take them by surprise and “cold shock” may have them involuntarily take water into their lungs. In the next second, they may slip right under the surface and never come back up. A PFD at least keeps them afloat and may even prevent them from going under the water in the first place. It also gives you the time to grab them. In my years guiding children’s river trips, my rule of thumb was “if you have a toe in the water, put it on.” A PFD also may prevent



injury to your torso if you slip and fall onto a canoe.

Refraining from drinking alcohol and using drugs before and during your visit to the river can also save your life. Impaired judgment, reduction of coordination, and dehydration is never a good mix with water.

It is important to know the physical ability, swimming, and paddling skills of yourself and the people in your group. However, you must also know that what may look like a calm section of river may have a serious undercurrent that catches even the strongest swimmers by surprise, so wear your PFD.

Check current water levels on the river, as well as ask local canoe liveries or river safety patrols about problem spots such as eel weirs, low head

dams (a.k.a Drowning Machines), or rapids that are beyond your ability.

Also check local weather conditions before heading out. If a thunderstorm were to come on suddenly, beach your craft on shore and walk away from the river since water is a conductor of electricity. Sit on your PFD with your feet on it. This will help to insulate you from a ground current. Do not start out again until a half-hour after the last sound of thunder.

These are just a few things to be mindful of before heading to your local river for recreation. To learn more, enroll in a local canoe, kayak, or boating safety class. More advanced paddlers will benefit from a river rescue course as well. And remember to always wear your PFD. Someday you will be glad you did, rather than your friends and family wishing you had.

Salvaging an Old Farmhouse!

By Ted Wetzel, Facilities Manager

PEEC’S Maintenance Department, with the help of several volunteers, recently had the opportunity to retrieve the contents of an old, but quaint, farmhouse. Many of the items were old, some were not, but just about everything could be recycled and put to good use here at PEEC.

There were sinks, toilets and even an old claw foot bathtub. We were able to remove and salvage the kitchen cabinets. The forced hot air boiler

was a blessing, since we needed one, and we even saved 2 wood-burning stoves. We acquired a stackable washer / dryer as well as a second washer and dryer -- all in excellent shape.

The totally salvaged bedroom cabinets, beds, dressers and mattresses were all in good shape. We were able to retrieve approximately 400 gallons of fuel oil for our heating systems. We got a TV, fax machines, printers, paint, a microwave, a gas cooking stove, a large 2-door refrigerator

and oh so much more. It took us 3 full days to achieve the task at hand and the items retrieved will replace some of our older items, which will then be recycled.

I am truly amazed at the generosity of Czashka Ross and Gary Roth for donating these items Here at PEEC we are committed to recycling, re-using, and reducing, as well as saving energy. (I am also truly amazed that I actually wrote an article for our newsletter!)

The Bugs that Bug Us

By Lindsey Postaski

With the start of summer comes the choreographed ballet of mosquitoes, swarming gnats, biting flies and ticks - the bugs that bug us. Zooming into our eyes, ears, and noses, these are some of the most annoying insects out there.

If you are like me, when you go out this summer you will be victim to countless mosquitoes.

Mosquitoes are part of the order Diptera which includes gnats, horse flies, and fruit flies. There are approximately 3,500 species of mosquitoes- some of these are known vectors of diseases such as malaria, yellow fever, and dengue fever. These diseases may be spread when mosquitoes feed on blood (hematophagy). Although the male and female mosquitoes feed on nectar, the females are also capable of drinking blood. Although females do not require blood for survival, they do need to supplement protein and iron to develop eggs.

Gnats and biting flies are also in the order Diptera. During the summer these insects are often found swarming about our faces and our food. Often times, pheromones attract members of the same species to a specific location. Conspicuous swarms are created by adult males looking for a mate. Females may enter the swarm and emerge again, coupled with a mate. Unfortunately for us, these swarms are sometimes attracted by light sources and sometimes passing by humans.

Although not an insect, ticks are another one of those treacherous summertime pests. Closely related to spiders, ticks fall into the class Arachnida. Ticks are often found in tall grass and shrubs where they await a passing host. Once they find a host, a tick will insert a feeding tube called a hypostome into the skin. The hypostome will anchor them and allow them to suck blood from the host. Once they've had their fill, ticks will drop off the animal and begin their search for a new host.

So...can we avoid these persistent pests or are we destined to be helpless victims this summer? Believe it or not, some people are more attractive to insects than others. The human



body produces 300+ chemicals; it is the specific combination of chemicals that make some more attractive than others. Some insects, like mosquitoes and ticks, can even detect carbon dioxide in a single exhalation. Short of holding your breath all summer, I recommend planting rosemary, marigolds, and mosquito plants around your yard. These plants contain oils that act as a natural insect repellent. Natural repellents containing thyme oil, clove oil, fennel oil, or celery extract will also be effective.

Even though they drive us crazy, these insects are beneficial pollinators and are food for bats, fish, frogs and more. Keep these things in mind this summer when you are swatting away all of these insistent insects. After all-this is summer- don't let the little things bug you.

Pee²C energy efficiency corner

By Jeff Rosalsky

New Challenge:

The hot water systems for Cabins 1 and 2 were linked together, so even if only one of the cabins was being used we were heating water for both. The water was heated by a 40-gallon electric hot water heater. Although we would turn off the hot water heater between guest uses to conserve energy, the system was inefficient and cumbersome. The water heater itself was in Cabin 2, so it used to take a few minutes for the hot water to travel to Cabin 1, not to mention the heat loss in winter. Then, one day, it just stopped working and Cabin 1 was not getting hot water.

The Solution:

We installed a new WaiWela propane, on-demand, hot water heater in Cabin 1. It only turns on when there is demand for hot water and thus has zero standby loss with an 84% efficiency rating. We expect it will conserve water, as guests will not be running their taps waiting for the water to heat up, and less energy will be consumed, as we are not keeping a tank of hot water heated when it is not being used. If the on-demand heater works as well as expected, we plan to use this model and gradually replace all the old electric and oil hot water heaters in cabins 0-9 with on-demand, propane, hot water heaters.

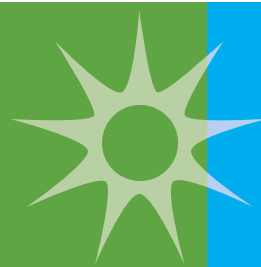


Photos by Kristin Heckrote



SUMMER DAY CAMP

9 SESSIONS • JUNE 21 – AUGUST 20



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!

Junior Naturalists: Bi-weekly late nights with extra swimming, campfires & more.

Senior Naturalists: New trips including a 2 night backpacking adventure & rock climbing

And introducing: The Bio-Battle!

SOMETHING FOR EVERYONE
3 YEAR OLDS TO 10TH GRADERS



REGISTER
ONLINE
TODAY!

peec.org/daycamp

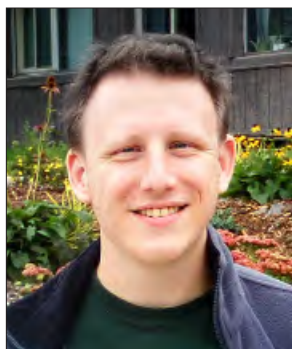


PEEC.ORG

Pocono Environmental Education Center RR2 Box 1010 Dingmans Ferry, PA 18328 • 570-828-2319 • peec@peec.org

Camp Growing Green

By Mike Liese



My first summer at PEEC was one of many revelations, but one lesson that continues to influence me to this day is that everyone should have the opportunity to do anything, especially when

it comes to the outdoors. I was reminded of this when I met Dan. Dan was this amazing kid who had never been given more than 2 days to have a job, real or otherwise. He was smart and enthusiastic, but Dan also had Asberger's Syndrome, a high-functioning form of autism. He often couldn't communicate his needs or understand certain things that most people innately do. Dan wanted to volunteer for the summer at PEEC and I saw no reason why he couldn't.

PEEC has always had a philosophy that everyone should get outside and have a positive experience in nature. Although the core of PEEC's programming is based around school groups, we've been successful at adapting this programming for scouts, camps, families, and many other groups. Last summer we had the opportunity to partner with Easter Seals to adapt that programming into a five week day camp for children with disabilities. This year we've taken it a step further with Camp Growing Green.

Camp Growing Green is a unique residential summer camp that blends occupational, educational, and recreational experiences. Our goal is to teach campers with special needs green occupational skills and an appreciation of outdoor recreational experiences. The primary focus of Growing Green is to teach organic gardening and green landscaping to our campers in a designed vegetable and herb garden that was started by the First Bloom program.

Not only will campers be able to hike PEEC's many beautiful trails, but they will have

the opportunity to maintain them as well. Additionally our campers will enjoy all the amazing programs that make PEEC a unique place to visit like canoeing, muckraking, nature crafts, and more.

Camp Growing Green will offer 6 week-long sessions for children and young adults. Along with PEEC staff, Growing Green is staffed by 10 amazing counselors and a fantastic camp director (not me, but thanks for the thought) to make sure that each of these campers has the experience of a lifetime. Just like Dan did.

And Dan... Dan was an amazing Volunteer. Not only did the kids love him for his exuberance, knowledge, and enthusiasm, but he grew tremendously that summer. He found the ability to explain his needs to his peers and supervisors; he grew confident in his abilities to hold a job; and found the work ethic and attitude necessary to not only survive in this world, but to excel.

You can check out Camp Growing Green on the web at <http://esep.easterseals.com> or contact Alex Humanick at 610-866-8092 ext 212 or alex.humanick@easterseals-easternpa.org.

A Summertime Snack

By Wendy Gannon

As the weather continues to appease our spirits and the sun remains in the sky longer and longer each day, the PEEC kitchen staff continues on their way with laughter and bright, smiling faces and attitudes. In order help us get in a summer mood, Dining Hall Manager Wendy Gannon has decided to share one of her original summer recipes. "It's called a Monkey Mustache," says Wendy, "and I used to make them for my daughter when she was younger. It's an easy, healthy snack and she loved them so much she makes them for herself now."

To make a Monkey, combine the following items in a blender and fill the remaining space with ice. Blend until the ice is crushed completely.

- 1 Banana
- 1/3 cup Peanut Butter
- 1 cup Milk
- 1/2 cup Orange Juice
- 8 oz. Yogurt
- 1 tsp. Vanilla

Optional: You can change the recipe by adding various kinds of fruit. Wendy's daughter enjoys adding blueberries and strawberries, but feel free to experiment based on your own preferences. You can also top the smoothie-like-drink with wheat-germ.

Friends OF PEEC

PEEC is the perfect place for
learning, exploring, connecting,
and relaxing.

Where learning comes naturally!



Renew your Friends of PEEC
membership for 2010-2011!
1-570-828-2319



9th ANNUAL Golf Outing

Monday, July 19, 2010

GREAT BEAR GOLF &
COUNTRY CLUB
EAST STROUDSBURG, PA

\$125 per golfer on or before July 15, 2010
\$140 per golfer on site July 19, 2010

Includes continental breakfast, lunch, prizes, green fees, and cart

For More Information: www.peec.org/golf