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## I'm Dreaming of an Eco-Friendly, Recycled, Green Christmas

By Marianne Oswald



A tree? I'm supposed to cut down a tree? I don't THINK so. It may be Christmas, but, there are ways to make this one a bit more eco-friendly and, as an added bonus, not nearly as expensive. For instance, did you ever think about renting a Christmas tree? You read right. Renting!

Even though it's not a booming business in northeast Pennsylvania, renting or leasing a Christmas tree is the new way to save those pretty little, wonderful smelling trees. I know you'll find some tree farms that will think you are crazy. They just don't know yet

what a goldmine (or Blue Spruce mine) it will become in just a few years. So, if you can't find someone who will rent you a tree, adopt a live tree and after the holidays, donate it to Habitats for Humanity. Who would have dreamed there could be a "multi-tasking" Christmas tree. This is also a terrific idea for those who live in apartments or rented properties. And this is only one way to keep your holidays eco-friendly.

Lights. Every Christmas tree (and door and banister and wreath and fence) need sparkling lights. But, did you know that LED Christmas lights consume 90% less electricity than regular Christmas lights or incandescent bulbs AND they are less expensive to purchase. Eco-friendly, energy saving AND money saving. It just gets better and better.

The other 10% doesn't have to cost you as much either. Lights are not vibrant and dazzling during the day and not too many people notice your Christmas lights at 3:00 AM, except maybe your neighbors. So, use a timer to turn the lights on at dusk and off during the weather report on the late news. AND, when you are home and the Christmas lights are on, why don't you enjoy them, too, by turning off unnecessary lights in your home. It's so pretty. I don't suggest you turn off the lights while making dinner, though. Been there, done that.

While we're into renting, leasing and saving the world, here's a new idea for you. Decoration swaps. They're kind of like cookie swaps where you bring a dozen cookies for everyone participating and get a dozen cookies from each of them. Just use ornaments and decorations. Of course there are some you will never part with. We all have those. But once you're out of the "gold and red" phase and moved on to the "let's try something new" phase, what do you do with all of your adornments. You don't want to toss them in the land fill. You don't want to go through the trouble of finding them in the summer for your yard sale. So have a party. Trade with your neighbors, friends and family. Drink some eggnog. Eat cookies.

Here's one final thought. The most important part of the holidays is to "dream" up great ways to surprise your friends and family without giving gifts (donations to charities, gift certificates for help with gardening, cleaning, oil changing, etc.); stay "eco-friendly" by thinking about the environment; "recycle" the spirit of the season. Love, joy, peace and happiness.

Enjoy the holidays.

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## Message from the Executive Director

Jeff Rosalsky



The winter is a quieter time at PEEC, when we have the opportunity to accomplish some tasks that are impossible during our busy teaching seasons. We create and improve environmental education lessons for our school groups and upgrade our facilities.

Molly and the rest of the staff have put together an amazing calendar of public programs for 2011. We have retained the old favorites, plan to improve on some of the successful additions to the 2010 calendar, and have added some introductory programs for 2011, to get new people involved in birding, nature photography, and outdoor exploration.

We are busy building the EcoZone and have been fortunate to receive additional donations for specific exhibits, as well as funding to make the room wheelchair accessible. We are still seeking additional grants, but we also need community members who want to get involved in the construction and artistic aspects of the room. Building one of these interactive exhibits requires no special skills other than a vivid imagination and some perseverance.

We are also continuing our cabin refurbishment and plan to finish a rehabilitation of cabin 3 this winter, with the generous financial support of PEEC's trustees. In addition, classroom 1 will receive a much needed new floor and an overall facelift.

We have number of winter day programs open to the public and I encourage you to visit PEEC in this beautiful season. The views from our trails are even better and the opportunities for seeing wildlife are exceptional. I also encourage all of you to be as generous as possible when you donate to PEEC's annual appeal.

# WILDERNESS FIRST + AID

**WEDNESDAY, JANUARY 19 – FRIDAY, JANUARY 21, 2011**

**Wednesday, Thursday, Friday: 9am – 6pm**  
**Thursday Evening Session: 7 – 10pm**

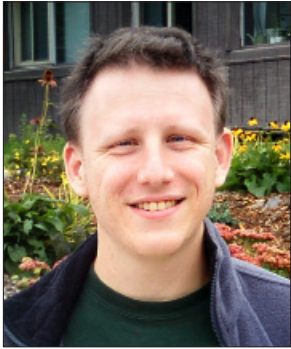
Be prepared! This three day course includes classroom instruction and hands-on practice in outdoor and survival situations. Includes American Red Cross certification in CPR and Wilderness First Aid. Great for individuals, small groups, or staff training.

**CALL**  
**570.828.2319**

**\$190** OVER NIGHT  
**\$100** COMMUTER RATE

## Scouts!

By Mike Liese



I was never a boy scout growing up, but I always admired the many activities that scouts were able to do, programs they went to, and the skills they learned. Much to my surprise,

the first thing I was asked to coordinate at PEEC, back in 2006, was the Boy Scout program.

Four years later, the Boy Scouts are celebrating their 100th anniversary and, although I was never a scout, I was thrilled to be able to participate in this onetime event. During

2010, Boy Scouts could earn up to four “historical” badges. The “historical” badges were discontinued in 1952 and were available again only for the year of 2010. Unfortunately, there was only one that PEEC could really facilitate: the Tracking Merit Badge. We offered this badge at PEEC as a part of our November Boy Scout Badge Fest.

The Boy Scouts kept all of requirements which were originally written in 1913. The badge requirements included taking numerous types of photos of wildlife. The kids were taught how to find these critters via tracks, scat, and other signs. Eventually, they took pictures of various types of animals (some small, some big, some birds, etc.) Some boys were more successful than others, but 40 Boy Scouts did achieve their Historical Tracking merit badge through the PEEC Badge Fest. More importantly, they learned something I never did at that age: that a little bit of patience and remaining quiet can yield a lot of fun results... and some amazing pictures.



## A New Look for Cabin 2

By Ted Wetzel

PEEC accommodations are an assorted mix of old & new cabins, group lodges, and yurts. Recently PEEC renovated Cabin 2 – one of the older cabins located behind the main education building. The old tub was removed and replaced with a shower. A new vanity was added, the beds were re-stained, the walls and ceiling were painted, closet doors were added, and the floor was replaced with wood-plank style vinyl flooring. New curtains and pictures add ambiance and set the mood for an enjoyable stay.





## DCNR and C<sub>2</sub>P<sub>2</sub> at PEEC!

By Flo Mauro



A little over 10 years ago, PEEC began a major restoration project of the entire campus which included building energy efficiency upgrades and sustainable site improvements.

Much of the campus improvements project has been finished and total completion is anticipated in the next 3-5 years. Another significant step towards that completion is about to happen.

Pennsylvania Department of Conservation & Natural Resources (DCNR) Secretary, John Quigley, notified us that PEEC has received a new grant award of \$132,500 from the

Community Conservation Partnerships Program (C<sub>2</sub>P<sub>2</sub>) to complete the ADA trail loop on our lower campus! Funding comes from the Keystone Recreation Park and Conservation Fund (Key93), the Environmental Stewardship Fund (Growing Greener I), the Growing Greener Bond Fund (Growing Greener II), and several federal funding sources.

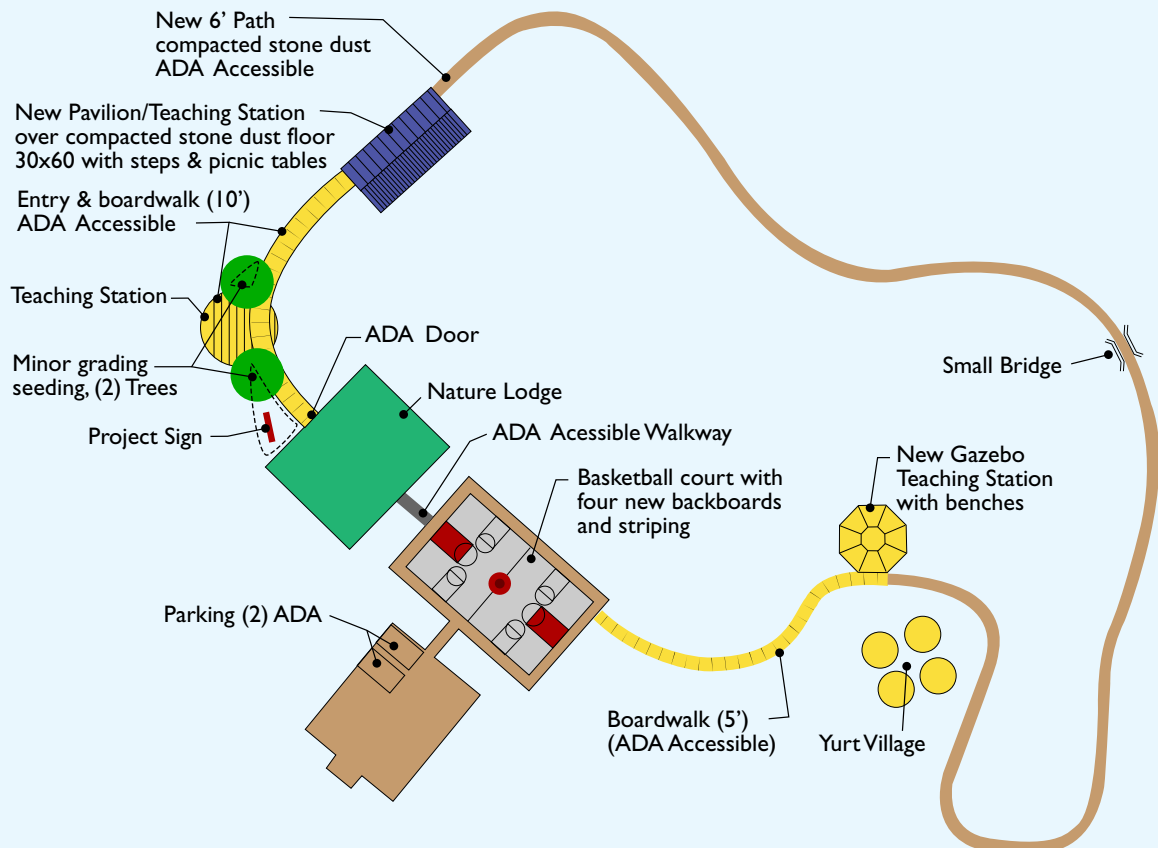
DCNR has been a major partner for PEEC in helping us with several major improvements projects. Those projects include the Upper Campus Parking lots and entrance, as well as the Lower Campus Pavilion, Gazebo, and recreation venues. This grant will allow us to build an ADA boardwalk and trail that loop all of the Lower Campus amenities, two foot bridges on that trail loop, an ADA deck/platform overlooking the rain gardens, and two interpretive wayside exhibits.

Secretary Quigley wrote that "...this award is in recognition of the outstanding recreation and conservation work we do that is shared with our community...which will contribute to the quality of life for many Commonwealth citizens..." We certainly appreciate his remarks and all the support DCNR has given us through the years. We now look forward to these improvements to our campus that will allow us to open our doors to even more guests and visitors.

The DCNR Bureau of Recreation and Conservation is a strong proponent of green/sustainable parks and communities. PEEC's overall campus improvement project is has been identified as a Pennsylvania 'CASE STUDY' and model to help other communities develop green parks and sustainable practices.

<http://www.dcnr.state.pa.us/brc/grants/FINALDCNRCASESTUDYPoconoEnvironmentalEducationCenter.pdf>

# PEEC CAMPUS IMPROVEMENTS



## Ecozone! Spotlight: Allison Garrett

By Allison Owczarczak



Allison Garrett, a native of the Peach State, joined us here at PEEC in mid-September to work her artistry magic on our cave project in the Ecozone. She completed the construction,

foam work, and the base paint of the cave in mid-November. PEEC staff will continue to work on the cave by painting the cave formations, sealing the concrete floor and giving a protective gloss coat to the cave interior. Before leaving us, we asked for some time from Allison for the following interview:

**You have worked with foam being an art medium before; did you ever expect that someone would approach you with a project of this magnitude?**

*When it comes to the use of spray foam as a medium, I haven't actually used this foam before. The foam I have worked with is the foam you can buy at Home Depot as a window insulate. I used foam in my 3-D foundations art class; I used it to make a sculpture of a wad of gum.*

**What was the first thought that came to your mind when The Cave project was pitched to you?**

*Never did I expect to be asked to be a part of a project as large as the making of a bat cave. When the idea of the cave was first brought to me, I had reservations. The first thing I did when I accepted the job was call my professor back home to give me some reassurance that I did have the ability and knowledge to complete the task. My professor had complete faith in my skills that I could complete the task of a bat cave.*

**What was the most challenging part of the cave project?**

*The most challenging part of the cave progress was where to start. How to begin is always a crucial point in a huge project. The beginning always*



*sets the pace for the rest of the project. The drilling into concrete took a toll on me that was hard and time consuming.*

**Is there a section or part of The Cave that you are particularly proud of?**

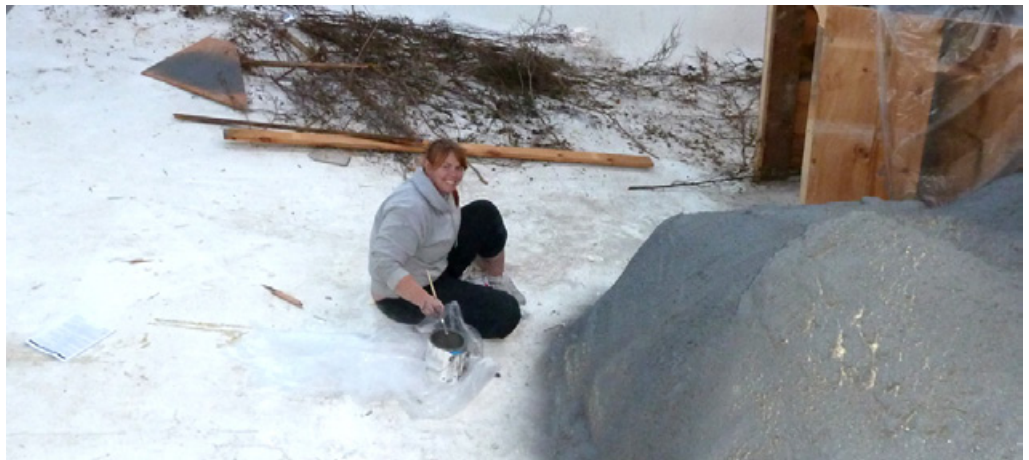
*I am particularly proud of the tunnel and the wall I built to create the S-curve in the tunnel. That wall was a challenge because I had to make it supportive when leaned on and it is only connected to one side of the pool.*

**You were working on The Cave when two gentlemen cave divers went through The Cave just as the future visitors will. Can you retell the story of their experience/reactions about going through?**

*When I was working on the cave, two cavers stopped in to see what I was doing. They didn't even hesitate to go through the cave, even though it was a mess inside and wasn't complete; the inside wasn't completely covered in foam yet. The look on their faces when they came out of the cave made me feel amazing. They complemented my job so far saying that it had a real cave feel.*

**How did you feel gaining the cave divers' seal of approval in which you were able to replicate what it's like to be in a real cave?**

*I don't really have words to explain how that made me feel. The fact that I haven't done any caving made me a little nervous that I wasn't going to be able to make the cave feel like an actual cave, but the two cavers set my heart at ease.*



# NEW YEAR PROGRAMS AND GETAWAYS

**PRE-REGISTRATION REQUIRED**  
Unless otherwise indicated.

## TO REGISTER:

Call PEEC at 570-828-2319  
with credit card information available  
**Or download application.**

## JANUARY

### ANIMAL TRACKING

Saturday, January 8, 2011 | 10am-12pm

Cost: FREE

Animals leave behind clues that give us glimpses into their lives. Explore our natural areas for signs of wildlife.

### SUNDAY FOR SINGLES

Sunday, January 9, 2011 | 1-3pm

Cost: FREE

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

### CROSS COUNTRY SKI

January 15 & January 16, 2011

Saturday 9am-12pm / Sunday 1-4pm

Cost: \$20 adults/ \$10 children

Beginner lessons provide a chance to enjoy the winter woods. No snow? Join us for a free winter hike. Skis and shoes provided - register with shoe size.

### INTRODUCTION TO WINTER ECOLOGY

Saturday, January 15, 2011 | 1-3pm

Cost: FREE

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

### INTRODUCTION TO ICE FISHING

Sunday, January 16, 2011 | 9-11am

Cost: \$10

Learn the basics of ice fishing and then try your luck on our ponds. We provide all of the equipment. Dress in warm layers. No ice? Join us for a free winter hike. Supervised children only, please - ages 7-15.

No fishing licenses required. Spaces limited.

Call to reserve your spot!

Pre-registration only. Register by January 9.

### MLK JR. DAY OF SERVICE

Monday, January 17, 2011 | 9am-12pm

"Everybody can be great, because anybody can serve." - MLK Jr.

This is the perfect day to become involved with our volunteer program. All ages are welcome. Snacks will be provided.

### WILDERNESS FIRST AID

January 19- 21, 2011

9am-6pm each day / 7-10pm Thursday

Cost: \$190 overnight/\$100 commuter rate

This three day course is geared towards outdoor situations. Includes 2 nights of lodging and meals from Wednesday dinner to Friday lunch. American Red Cross certification in CPR and Wilderness First Aid.

### CROSS COUNTRY SKI

January 22 & January 23, 2011

Saturday 9am - 12pm / Sunday 1-4pm

Cost: \$20 adults/ \$10 children

Beginner lessons provide a chance to enjoy the winter woods. No snow? Join us for a free winter hike. Skis and shoes provided - register with shoe size.

### INTRODUCTION TO ICE FISHING

Sunday, January 23, 2011 | 9-11am

Cost: \$10/child

Learn the basics of ice fishing and then try your luck on our ponds. We provide all of the equipment. Dress in warm layers. No ice? Join us for a free winter hike. Supervised children only, please - ages 7-15.

No fishing licenses required. Spaces limited.

Call to reserve your spot!

### EAGLE WATCH I

Sunday, January 30, 2011 | 9am - 3pm

Cost: \$25

Join us as we take a trip north in search of eagles. We will make a stop at the Eagle Institute and look for eagles soaring, feeding and nest guarding. Bring a lunch and dress in warm layers. Register by January 22.

## FEBRUARY

### EAGLE WATCH II

Saturday, February 5, 2011 | 9am - 3pm

Cost: \$25

Join us as we take a trip north looking for eagles. We will make a stop at the Eagle Institute and look for eagles soaring, feeding and nest guarding. Bring a lunch and dress in warm layers. Register by January 28.

### CROSS COUNTRY SKI

February 5 & February 6, 2011

Saturday 9am-noon / Sunday 1-4pm

Cost: \$20 adults/ \$10 children

Beginner lessons provide a chance to enjoy the winter woods. No snow? Join us for a free winter hike. Skis and shoes provided - register w/shoe size.

### CROSS COUNTRY SKI

February 12 & February 13, 2011

Saturday 9am-noon / Sunday 1-4pm

Cost: \$20 adults/ \$10 children

Beginner lessons provide a chance to enjoy the winter woods. No snow? Join us for a free winter hike. Skis and shoes provided - register w/shoe size.

### SUNDAY FOR SINGLES: EAGLE WATCH

Sunday, February 13, 2011 | 9am - 3pm

Cost: \$25

This monthly hike is all about meeting new people and exploring nature together. This special, off-site trip heads north in search of eagles. Bring a lunch, dress in warm layers and get ready to spot some eagles. Register by February 6.



## CROSS COUNTRY SKIING

4 SESSIONS IN JANUARY!

**\$20** PER ADULT

**\$10** PER CHILD

**CALL PEEC**  
570.828.2319



## INTRODUCTION TO ICE FISHING

SUNDAY, JANUARY 16 & 23 • 9-11AM

GET HOOKED!





## **PRESIDENT'S DAY FAMILY NATURE GETAWAY WEEKEND "WINTER WONDERLAND"**

February 18-21, 2011

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

Bring your family and friends and experience PEEC in the winter time. Cross country skiing, animal tracking, ice fishing, crafts, campfire and more! Price includes 3 nights lodging & meals from Friday dinner to Monday lunch.

## **MOONRISE WALK**

Friday, February 18, 2011 | 5-7pm

Cost: FREE

Take a short hike to a scenic overlook and watch the moon rise over the Delaware River Valley.

## **MONUMENTS TO NATURE: WINTER WATERFALLS**

Saturday, February 26, 2011 | 1-4pm

Cost: \$20

This is the best time of year to enjoy the waterfalls of this area. Dress warm and bring a camera. Register by February 19.

## **CROSS COUNTRY SKI**

February 26 & February 27, 2011

Saturday 9am-noon / Sunday 1-4pm

Cost: \$20 adults / \$10 children

Beginner lessons provide a chance to enjoy the winter woods. No snow? Join us for a free winter hike. Skis and shoes provided - register w/shoe size.

## **MARCH**

## **BROWNIE BADGE FAST**

Saturday, March 5, 2011 | 9am-4pm

Cost: Half Day \$12 / Full Day \$20

Bring one scout or an entire troop and let us teach the badges! BBQ lunch will be available for purchase. Overnight lodging is available - call for rates.

## **INTRODUCTION TO ORIENTEERING**

Sunday, March 6, 2011 | 1-3pm

Cost: \$5

Learn to use a map and compass on our orienteering course. We'll provide the equipment and teach you everything you need to know.

## **SUGAR SHACK SCRAMBLE**

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

Cost: \$10 adult / \$5 child

Take an orienteering expedition to the "Two Saps" Sugar Shack. After using a map and compass to reach the sugar shack, enjoy some hot cocoa and pancakes with fresh PA maple syrup. Register by March 5.

## **BLACK & WHITE PHOTOGRAPHY TOUR**

Sunday, March 13, 2011 | 9am - 3pm

Cost: \$15

Grab your camera & join us for a tour of the historic buildings in the Park. This is a perfect time of year to shoot black and white photos. Pack a lunch & dress warm. Call to reserve a seat in the van. Carpooling encouraged.

## **AMPHIBIAN SEARCH**

Saturday, March 19, 2011 | 1-3pm

Cost: \$5

Spring is right around the corner and the warming temperatures will bring out the frogs and salamanders. Join us on our search for the first sightings!

## **MOONRISE WALK**

Saturday, March 19, 2011 | 7-9pm

Cost: FREE

Take a short hike to a scenic overlook and watch the moon rise over the Delaware River Valley.

## **GIRL SCOUT WEEKEND**

March 19-20, 2011 | 9am Registration

\$99 scout / \$40 adult

All Juniors, Seniors and Cadets are invited to work on their badges. The weekend includes a night of lodging and four meals. Register early!

## **EQUINOX EXTRAVAGANZA**

Sunday, March 20, 2011 | 1-4pm

Cost: \$5 per child

Celebrate the end of winter and welcome the new growing season with our annual springtime celebration! Orienteer for signs of spring and plant seeds to take home. Snacks & lodging are available - call for rates.

## **BOY SCOUT WEEKEND**

March 26-27, 2011 | 9am Registration

Cost: \$99 scout / \$40 adult

Attention all Webelos and Boy Scouts! Join us at PEEC for a weekend of badge work. Includes a night of lodging and four meals. Register early!

## **PLAN YOUR GARDEN DAY**

Saturday, March 26, 2011 | 1-3pm

Cost: \$5

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.

## **SUNDAY FOR SINGLES: WATERFALLS**

Sunday, March 27, 2011 | 1-4pm

Cost: \$20

This monthly hike is all about meeting new people & exploring nature. This special, off-site trip visits local waterfalls. Call to reserve a seat in the van.

## **APRIL**

## **"WATERCOLOR" QUILTING WORKSHOP**

April 1-3, 2011

Cost: \$200

Join Patti 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.

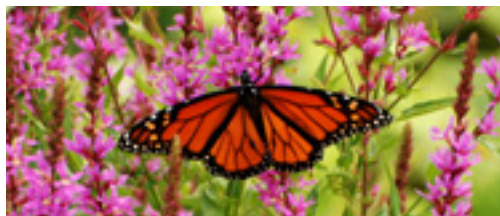
## MAY

### 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.

[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 • \$150 Commuter Rate

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 GETAWAY WEEKEND:

#### “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 & collections 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 GETAWAY WEEKEND

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

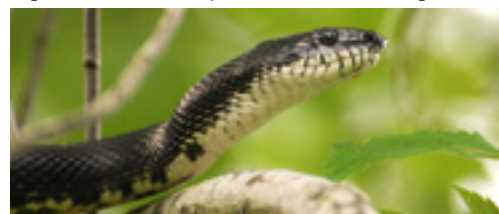
This monthly hike is all about meeting new people & exploring nature.

## 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.

## AUGUST

### FAMILY NATURE GETAWAY WEEKEND

#### "Dog Days of Summer"

August 5-7, 2011

Cost: Adults \$175 / Discounts for children 10 & under\*

Bring your friends and family to experience the best of what PEEC has to offer.

Interpretive hikes, animal presentations, swimming, canoeing, tie-dye, campfire and more! Price includes two nights lodging & meals from Friday dinner to Sunday lunch. Commuter and day rates available – call for details.

### POCONO QUILT CAMP I

August 12 – 14, 2011

Cost: \$195 / \$145 commuter rate

Join Patti Shreiner for a relaxing weekend at the 10th annual quilt camp. Work on an unfinished project or begin something new! This weekend includes two nights of lodging and six meals. Check out Quilt Camp II for an extended stay.

### FULL MOON DRUMMING WORKSHOP

Saturday, August 13, 2011 | 7-10pm

Cost: \$30 adult / \$15 child

Master drummer, Maxwell Kofi Donkor, is back for another unforgettable experience. Enjoy an introductory lesson and a drumming circle under the full moon. This peaceful evening teaches the basics of drumming and its rich cultural heritage. No experience necessary. Call to reserve a drum!

### POCONO QUILT CAMP II

August 14 – 19, 2011

Cost: 395 / \$345 commuter rate

Join Patti Shreiner for a relaxing week at the 10th annual quilt camp. Beginners are always welcome to come and learn. This week includes five nights of lodging and 18 meals. Check out Quilt Camp I for a longer stay.

### FROG FRENZY II

Saturday, August 20, 2011 | 1-4pm

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!

### NATURE AT NIGHT – FREE FOR MEMBERS

Saturday, August 20, 2011 | 7-9pm

Cost: \$5 non-members

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

### SUNDAY FOR SINGLES

Sunday, August 21, 2011 | 1-3pm

Cost: FREE

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

### FLIP FLOP FUNDRAISER

Saturday, August 27, 2011 | 7-10pm

Cost: \$75

Nibble and sip your way through the night at our Informally Formal Fundraiser. Dress up or dress down - gowns, jeans, tees and ties are all welcome! Enjoy delicious finger foods & drinks while you check out our silent auction. The auction features local art and PEEC staffed excursions that include canoeing, birding, the low ropes course, and more.

# Go-pher it!

*Save the Date!*  
Monday July 18, 2011



GREAT BEAR GOLF & COUNTRY CLUB  
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*Details for golfers & sponsors  
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**Pocono Environmental Education Center**

Call for more information 570-828-2319

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PEEC 10th ANNUAL  
**Golf**  
**Outing**  
Monday July 18, 2011

# Peec<sup>2</sup>energy efficiency corner

By Jeff Rosalsky

## New Challenge:

In the coldest months of the winter, our main building is the largest consumer of energy on the PEEC campus, despite having a skeleton staff and limited group usage. The building is from the 1950's and is constructed of cinderblock and wood with minimal insulation. A large old fashioned fireplace in the entrance area increases heat loss in the winter. The primary heating system for the main office and lobby area consists of two 1950's Carrier electric resistance forced hot air units.

## The Solution:

In the lobby, we have installed an Old Mill woodstove unit in the fireplace (donated to PEEC by the Gunter-Thompson family) in conjunction with a new stainless steel chimney liner. The unit is fueled with firewood from storm-damaged trees within the Park, which the PEEC staff and volunteers split. It provides ample heat for the area, while retaining some of the atmosphere from the fireplace. In the main office, we have installed a split unit heat pump/ air conditioner combination unit with a HSPF (heating season performance factor) of 10 which has almost tripled the efficiency of our existing electric resistance units.

PS: The straw bale wall is back up in the education department to close off 1,200 square feet of unused office space for the winter.



## PEEC Game Dinner

On Saturday the 13th of November, celebrity chef Wendy Gannon cooked up a delectable game dinner for eager attendees in our PEEC dining hall. There were 57 people in attendance, and as Wendy says, it was "just a bit of fun for the community." The menu consisted of Venison Stew, Rabbit Pot Pie, Butternut Squash Soup, Bacon-wrapped Quail legs, and a dessert selection of either Homemade Apple or Pumpkin Pie. The Rabbit Pot Pie was a big hit and for your own kitchen adventures, you can find the recipe below:

### Ingredients:

- 3lb. Rabbit
- 30 Leaves of Fresh Sage (Whole)
- 1 Onion (Chopped)
- 3 Stalks of Celery (Chopped)
- 2tbsp. Mrs. Dash
- Olive Oil
- 2c. Shredded Carrots (Sautéed)
- 2c. Frozen Peas
- Flour
- 2 Pieces of Piecrust (bottom and top)

### Directions:

- 1) Cover rabbit in a thin layer of olive oil, and spread sage and Mrs. Dash evenly over the surface.
- 2) Add the celery and onion to the pan.
- 3) Roast rabbit for 1hr. at 350°F.
- 4) Remove rabbit from oven and pull meat from the bone. Place in a separate bowl.
- 5) Put remaining ingredients from the pan and the bones of the rabbit into a pot of boiling water. Simmer combination for 1/2hr on low heat.
- 6) Strain and discard bones, onion, and celery. Collect the stock that runs through the strainer.
- 7) Add rabbit meat, carrots, and peas to the stock. Thicken with flour, only a few tablespoons at a time until satisfied with the consistency.
- 8) Pour mixture into prepared piecrust, cover with upper piecrust, and bake for approx. 45mins at 350°F.
- 9) Enjoy.

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## Time to Bloom... Again?

By Heidi Normand



Every February, I say to myself "I can't believe I am starting another year at PEEC."

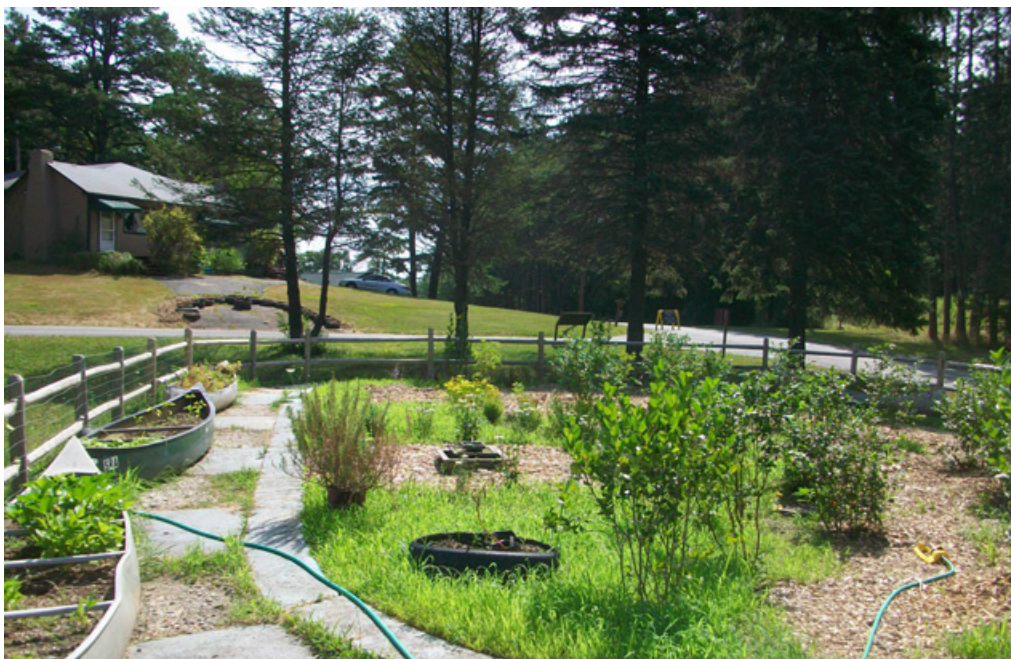
It's been an amazing journey and it keeps getting better. As the years go on, all of us at

PEEC continue to rack up anniversaries.

2011 will be no different.

This past fall, I added another anniversary to our roster, the First Bloom National Park Foundation (NPF) Grant program. We were granted \$20,000 in 2010 and \$6500.00, the maximum available, for year two of the program run by the National Park Foundation. The financial precedent set last year has challenged this year's repeat grantees to engage at least 100 participants with less money available. We are all up to the challenge and I expect there will be a lot of amazing programs run all over the country in National Parks from coast to coast.

Our 2011 First Bloom program is special -- as are all of our programs. This year's participants



range in scope from Easter Seals youth and urban 3rd, 7th and 8th graders to our very own First Bloom Boy Scout Troop (from last year's program). They will all have a part in the planning, mapping, and planting of this year's two native Pennsylvania wetland gardens and will be gathered for the ground breaking and planting ceremony during PEEC's Earth Day Celebration on Saturday, April, 23rd, 2011.

PEEC will bring back the First Bloom Scout Troop from Bushkill, PA to start the program in late winter or early spring. We will then be welcoming a new school to PEEC and the First Bloom program; MS 331: The Bronx School of Science Inquiry and Investigation who will be joining us in March for their 3-day / 2-night Environmental Education program focused on Wetland Ecology and GIS mapping technologies. They will return for another residential program, from April 21st-23rd, 2011 to assist in the new garden groundbreaking.

Last year for the 2010 First Bloom garden, PEEC converted one of our old gardens (once an in-ground swimming pool) by utilizing 6 "recycled" canoes in which to plant our herbs and vegetables. The garden design was wildly successful (First Bloom 2010 – Page 5). We are looking forward to expanding it into a form of "Natural Outdoor Classroom" where activities and classes in the natural world will be conducted.

The 2011 First Bloom garden will expand on this notion by being a place where PEEC can educate the public about Pennsylvania's native wetlands. With help from the National Park Service, each group involved in First Bloom 2011 will get a wetland tour of the park and a class on basic GIS Mapping. The groups will map two areas (the storm-water runoff catchment area in front of the First Bloom 2010 garden and the current rain garden in front of the Visitor Activity Center) where we will eventually plant native Pennsylvania wetland plant species as a part of the program. These maps will then be used to help other groups involved in the First Bloom program finish planning the gardens.

During our Earth Day festival weekend in April, the Bronx Little Charter Schools 3rd graders will come to PEEC and work with the other program participants to make this a truly diverse experience for all. The two schools, working with our local Boy Scout troop and a group of youth from Easter Seals of Northeast PA, will be a sight to see working on the garden for the day! Make sure you plan ahead and to come see it.

This program will be engaging and memorable for all involved in the planning and execution and will live on in the lives of those taught in the new garden spaces for years to come.



# 2010 Annual Appeal



Dear Friend of PEEC,

Please give generously to PEEC's year-end annual appeal. Your donation supports programs for the thousands of children who visit PEEC for environmental education each year. Here's what they are saying:

*"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."*

We hope to see you at PEEC in 2011. Thank you for your donation.

**Jeff Rosalsky**  
PEEC Executive Director

