



PEEC
Pocono Environmental
Education Center



Summer Solstice 2023 Seasons

A Quarterly Publication to Advance Environmental Literacy

INSIDE THIS ISSUE

Message from the
Executive Director 2

The 10 Essentials 3

The Sky and its
Stories - Part 2 4

Monarch Watch
Comes to PEEC 5

2023 Tough as Trails
Sponsor Thank you 6

Benefits of Summer
Camp 7

PEEC Calendar
of Events 8-9

**Pocono Environmental
Education Center**

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Why Fossil Trail “Rocks”

By Derek Scott

One of the least hiked trails at PEEC just so happens to be one of the shortest - Fossil Trail. Coming in at a total distance of just over one mile, what this trail lacks in distance it makes up for with interesting geologic features. You won't see scenic views or waterfalls, but below are my rock solid reasons to check out this underrated trail.

All along Fossil Trail, one of the first things you will notice is that, unlike many other trails, which are largely composed of dirt and gravel, there are a number of areas where large, flat sections of bedrock are exposed. Due to the geology of this area, the vast majority of this rock is shale, one of the most common sedimentary rocks. Taking a closer look at the rock face reveals that all of these exposed sections of bedrock share another common feature - grooves in the rock which all point in the same direction. What initially looks like a coincidence is actually the result of glacial movement during the last ice age, approximately 14,000 years ago, called “glacial striations”. When global temperatures were cold enough to prevent snow and ice from melting, the accumulation of precipitation was so high that the weight carved scratches into the rocks. Despite happening thousands of years ago, and all of the wear and tear

continued on page 6



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Message from the Executive Director



Summer 2023 - Outdoor Schools in National Parks
By Kelly Daly

That's PEEC! We are one of just 15 independent non-profit partners within the National Park Service to offer overnight accommodation and lead multi-day/overnight learning adventures. Outdoor Schools rely heavily on philanthropic support to create these opportunities to advance our shared vision. That support is what allows us to provide a transformative experience and inspire the next generation of leaders. The Outdoor Schools guiding principle is that every child, especially marginalized and underrepresented populations, is deserving of

an outdoor learning adventure in our national parks for them to learn, grow, be inspired and develop critical life skills. These experiences are heavily aligned with education standards. We proudly create passion for our National Parks in the stewards of tomorrow.

Outdoor Schools span the country from Denali Education Center in Alaska to Great Smoky Mountain Institute at Tremont in Tennessee. The collective impact of these 15 Outdoor Schools:

350,000 DAYS/OVERNIGHTS OF TIME SPENT
AT OUTDOOR SCHOOL

7,500
CAMPFIRES
With 300,000+ S'mores

150,000
LEARNERS

200,000
MILES HIKED
In National Parks

MILLIONS
OF SMILES & MEMORIES



PEEC
Pocono Environmental
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2023

NATURE ADVENTURE DAY CAMP

7 SESSIONS:
July 3 thru August 18

REGISTER ONLINE TODAY!
peec.org/camp
Or call for Information
570-828-2319



HIKING EVERY WEEK
SNACK PROVIDED DAILY
TRANSPORTATION
FROM MILFORD

The 10 Essentials

By George Johnson

Taking a long hike today? Be prepared and make sure to have these 10 items with you.

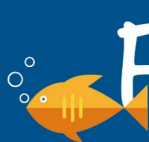
- 1. Extra Water:** Always bring more water than you think you'll ever need. Your water bottle will likely be the heaviest item you are carrying, but it's also the most important. Dehydration can very quickly lead to more serious medical conditions, and making sure that you have enough water is the best way to prevent that. At a minimum, I always make sure to have at least a 32 oz. water bottle with me while I hike.
- 2. Extra Food:** Hiking is hard and uses a lot of energy. Bring some extra food with you to replenish your energy reserves throughout the day. Salty and high protein/fat are good go-to items. Granola bars and PB & Js are my personal favorites.
- 3. Sun Protection:** Even during the winter, the sun can be blinding. Hats and sunglasses will be your best friends during any hiking season. Don't forget to apply sunscreen, too! Sunburn not only is painful, but can lead to more serious medical conditions if left untreated.
- 4. Navigation:** Maps or a GPS system can really save you sometimes. Stop by a visitor center to pick up a local map, or you can find them online and print before arriving. I cannot stress how important it is to have an accurate map before you head out to the trails. PEEC's can be found on our website, on our front porch, or in the lobby right by our main office.



- 5. First Aid Kit:** Band-Aids and antiseptic wipes are usually all you need, but it never hurts to carry extra gauze rolls/pads, medical tape, medical gloves, anti-sting wipes, and a disposable instant ice pack. Small bruises and cuts are the most common trail injuries; however, it never hurts to be prepared in case there is a more serious injury (sprains, larger cuts, scrapes, etc.).
- 6. Extra Layers:** After checking the forecast for the day, pack 1 extra clothing layer in your bag. The weather is always shifting and changing. Having an extra layer of clothing can save you a lot of discomfort during the day. Along with an extra layer, proper rain protection is key. Even a small poncho can keep you dry during a surprise rain shower.
- 7. Fire Starter:** In an emergency situation, a good fire can be a lifesaver. However, they are not as easy to start as people think. Contrary to Hollywood portrayals, you can't just rub two sticks together. It's actually very difficult to get a fire going without a tool to help.
- 8. Illumination:** Humans can see in the dark, but we're not good at it. If you're stuck somewhere overnight, then having a small light can be very helpful. As a note though, I would not advise continuing to hike in the dark. The risk of injury increases tremendously if you're on unfamiliar ground in the dark.
- 9. Repair Kit/Tools:** Things break. Having a tool to help fix or mend a broken item is invaluable. For me, I keep a multi-tool knife in my pocket while I'm hiking. It's small, yet surprisingly effective if I need to craft something quick.
- 10. Emergency Shelter:** You don't need to carry a tent along with you for every hike. Shelters can be made out of many different materials. Ponchos, tarps, and even trash bags can be used in a pinch. All the shelter needs to do is just keep you dry and somewhat warm.



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FISHING FOR BEGINNERS

Sunday, June 25th | 9AM - 12PM

Spend the morning learning some of the basics for fishing with a rod and reel and see how many you can get. Strictly catch and release! Call ahead to reserve your spot. Participants over 16 must have a valid fishing license.

**CALL
PEEC
570.828.2319**

FREE

The Sky and its Stories - Part 2

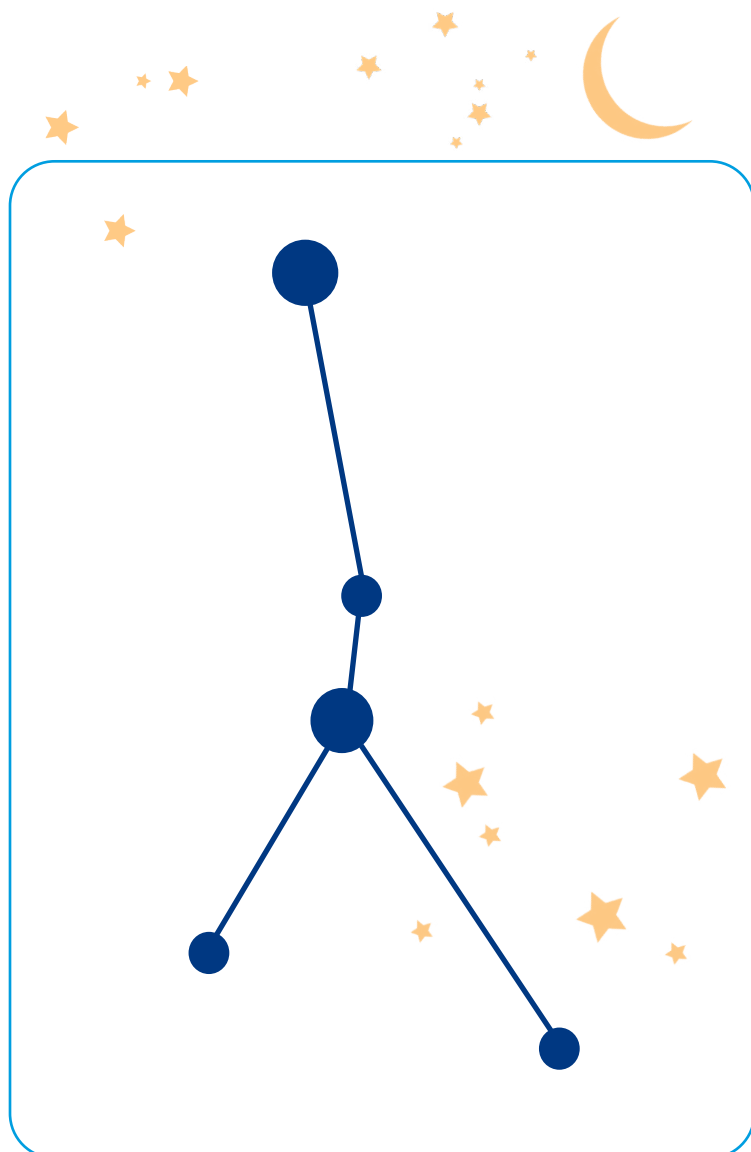
By Sara Neral

A constellation is a group of stars forming a recognizable pattern in the night sky. Throughout history, people have used constellations to tell stories of their beliefs, experiences, creation, or mythology. Our own creativity, combined with stories about local legends and myths, has created a diverse set of constellations. Even though the stars do not change, people have found many different shapes in the same sky. From humans to animals, to objects, and even abstract concepts, I will be covering some of the different stories that make up the stars that we all see in the night skies.

The next sky story I would like to share is that of Cancer. This newsletter publication aligns itself with Cancer's Zodiac Season. The origin of this story comes from the Greek Pantheon. Hercules was sent on a series of 12 labors to earn his status as a deity and the second labor involved going to Lerna to kill the hideous Hydra. Hercules brought his nephew Iolaus (son of his twin brother Iphicles) on this trip as his assistant. The Hydra, a creature of nine heads, lived in a swamp. Its mere breath could kill a person. Hercules shot a fire-arrow into the Hydra's den to lure the monster out, while Iolaus set the nearby shrubs on fire to confuse the creature. Actually killing the Hydra was easier said than done, however; when Hercules chopped off one head, two new heads grew up to replace it.

To aid the Hydra, the goddess Hera, Hercules nemesis, sent a crab (Cancer) to distract him, but as soon as the crab came out of the swamp, Hercules crushed it. This is the reason the constellation of Cancer has a crooked shape. Eventually, Hercules succeed in killing the Hydra, and the crab got a rather dull group of stars for its efforts.

All of these descriptions are brief summarizations of important cultural stories. If you would like to learn more, a great starting place is *Figures in the Sky*, a digital collection of the stars that make up the night.



Leave a Legacy to PEEC

Planned giving can benefit you, your loved ones, and the charitable causes you care about. Please contact us or your financial advisor to learn more about leaving a legacy in support of PEEC.

Amanda Subjin

Director of Development

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Monarch Watch Comes to PEEC

By Stephanie Sherman



The monarch butterfly is iconic. It is often one of the first insects people learn about, whether they realize it or not, thanks to its colorful nature and large size. DIY kits abound for raising these little invertebrates in classrooms and homes. Here at PEEC, we feature the lifecycle of the monarch in a larger-than-life scale on the wall of our EcoZone's "Critter Corner" and support our pollinators through our pollinator canoe garden. Yet, for all their universal charisma, monarch butterflies are currently a candidate for the Endangered Species list because of their extensive migration patterns that put every generation of butterfly at risk. Issues like habitat loss and climate change are slowly causing this endearing species to disappear and PEEC is taking steps to aid this beloved species by becoming a part of Monarch Watch, a monarch butterfly tagging program.

Most monarchs return to Pennsylvania in May to begin laying eggs for the next generation. It takes about 30 days for a tiny egg on the leaf of a milkweed plant to metamorphose into its adult form. After reaching adulthood, most monarchs will live two to five weeks over the summer, reproducing repeatedly to build up the final generation that will emerge in late summer/early fall to begin their epic migration to central Mexico. This final generation will live eight to nine months and return the following spring to begin the cycle all over again.

Migration numbers have been estimated at up to 100 million butterflies, but these fragile creatures are faced with an ever-dwindling landscape to support them. Habitat loss in the form of land development for housing, roadways, and agriculture are stripping away vital pockets of the precious milkweed plants these butterflies depend on. Sometimes considered a weed, milkweed and other native flowers are susceptible to pesticides and ozone in addition to physical removal. In their winter habitats, our eastern butterflies only have eleven to fourteen known roost locations where the oyamel fir trees can protect them from the snow and rain. Oyamel fir trees are a valuable source of income as lumber for the local communities of the Transvolcanic Mountains of Mexico. The cleared land then becomes farm fields for agriculture or cattle. Conservation efforts to create monarch sanctuaries for ecotourism face the grim reality that butterfly tourism is not as lucrative as lumber and agriculture. These hard truths are requiring creative and ongoing solutions from government organizations to maintain the economic security of the area, as well as the precious monarch habitats. The Mariposa Monarca Biosphere Reserve currently protects approximately 216 square miles that hold 4 separate monarch sanctuaries.

So what can we do? Those little DIY kits are a homegrown step that anyone can take and we at PEEC are taking it one-step further by taking part in the Monarch Watch Tagging Program for the summer of 2023. Created in 1992 by Dr. Fred Urquhart at the University of Toronto, this program is a community science project that helps document the migration of monarchs through mark and recapture. Using a lightweight tag similar to a sticker, monarch enthusiasts may mark their butterflies near the base of their lower wing where it will not interfere with flight or cause any harm. Once released, these marked butterflies can be recaptured, recorded and released in their new geographic locations to document the migration patterns.

Starting in June, PEEC will be working to set up a butterfly nursery in our EcoZone to raise monarchs for release as part of the Monarch Tagging Program. Thanks to a permit from the National Park Service, we look forward to adding to our exhibits. Our summer campers will be able to see the process in a hands-on fashion as we investigate milkweed in our gardens for wild caterpillars and supplement with local sourced PA caterpillars to raise and release. Make sure to check out the EcoZone open houses on July and August weekends for this special addition!



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FAMILY NATURE CAMP
6/30-7/02

Cost:

Adults \$204

10% off ages 11-13

25% off ages 7-10

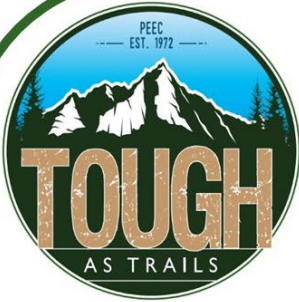
50% off ages 4-6

Free ages 3 & under

Price includes
**2 nights
lodging
& meals from
Friday dinner
through
Monday lunch.**

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Why Fossil Trail "Rocks" By Derek Scott Continued from Page 1

from hikers and the environment, these striations are still present. How can we tell these are not some other kind of scratches or grooves? Looking at a compass indicates the striations all point north to south - the same direction the glaciers would have moved.



Not all of the shale on the trail is exposed in large, flat sections - much of it is also protruding up out of the ground. A closer inspection of these sections of bedrock shows us something much older than the glacial striations - fossils. At first, they may be hard to notice, but once you start seeing them, they become easy to identify and a pattern begins to emerge - all of the fossils are of aquatic organisms. About 300 million years ago, this area of Pennsylvania and New Jersey was part of a shallow sea. Movement of the Earth's tectonic plates buckled the land upward to form mountains, lifting fossilized remains of the sea along with them. As the mountains began to weather and erode over time, older and older sections of rock became exposed. Much of what we see fossilized today are the brachiopods and crinoids, which were common through this area, but a diversity of fossils can be seen by anyone with enough patience to look. Not interested in pouring over rocks to learn more? Check out our interpretive sign at the bottom of the switchbacks to learn more about what can be found and see some actual examples from the trail. Please just leave them for others to see.

Benefits of Summer Camp

By Susie Chamberlain

Summer is quickly approaching, and many parents are wondering how to keep their children engaged and entertained during the long break from school. One option that has proven to be both fun and beneficial is day camp.

Day camps offer a wide range of activities and opportunities for children to learn and grow, all while having a great time. From sports and games to arts and crafts, there is something for everyone at day camp.

But the benefits of day camp go far beyond just having fun. Here are just a few of the many advantages that children can gain from attending day camp:

- 1. Social skills:** Day camp provides children with the opportunity to interact with peers and develop important social skills such as communication, teamwork, and conflict resolution. These skills are essential for success in school and in life.
- 2. Independence:** Day camp is a great way for children to gain independence and learn how to make decisions on their own. They will be able to try new things and take risks in a safe and supportive environment.



- 3. Physical activity:** With so many activities to choose from, day camp is a great way for children to stay active and healthy during the summer. From swimming and hiking to playing sports and games, there is no shortage of ways to get moving at day camp.
- 4. Creative expression:** Many day camps offer arts and crafts activities, which provide children with an opportunity to express themselves creatively and develop their artistic skills.
- 5. Lifelong memories:** Day camp is an experience that children will never forget. They will make new friends, try new things, and create memories that will last a lifetime.

In addition to these benefits, day camp can also be a great option for working parents who need childcare during the summer months. With flexible schedules and a wide range of options to choose from, day camp can provide a convenient and affordable solution for families.

Overall, day camp is a fun and rewarding experience for children of all ages. Whether your child is interested in sports, art, or just having fun with friends, there is a day camp out there that will meet their needs and provide them with a summer to remember.



PEEC
Pocono Environmental
Education Center

WILDERNESS WALKABOUT

SATURDAY, JULY 15 • 1:00 – 3:00PM

CALL NOW TO MAKE YOUR
RESERVATIONS

peec@peec.org • www.peec.org

CALL
PEEC
570.828.2319

\$5
PER PERSON



PEEC
Pocono Environmental
Education Center

EDIBLE & MEDICINAL Plant WALK

SATURDAY, 8/5
\$5 10AM - 12PM

CALL
570.828.2319
TO REGISTER

SUMMER PROGRAMS AND GETAWAYS

PRE-REGISTRATION REQUIRED
Unless otherwise indicated.

TO REGISTER:

Call PEEC at 570-828-2319

JULY

July 4th Family Camp Weekend

June 30th – July 2nd

Adults \$204 / 10% off ages 11-13

25% off ages 7-10 / 50% off ages 4-6

Free ages 3 & under

Bring your friends and family to experience the best of what PEEC has to offer. Nature hikes, animal presentations, swimming, canoeing, a campfire and more! **Price includes two nights lodging and meals from Friday dinner through Sunday lunch.**

Friends of DEWA - Wildlife in the Park

Saturday, July 8th

\$5 for Non-Members * 11am - 12:30pm

Free for Friends of DEWA

Charlie Fineran, a life-time resident of western New Jersey, will be sharing with us his years of experience in finding and photographing wildlife in the DWGNRA and other wild places of our area. Our area is special in so many ways, and the best way to enjoy it is to see it up close and let it speak to you in its own language. Charlie will also be letting us know how to preserve what we have for generations to come. Bring the whole family! There will be something to learn for everyone!

Bridge the Gap: Introduction to Orienteering

Saturday, July 8th

Free * 1pm - 3pm

Come learn how to use a map & compass on our orienteering course. We'll show you the basics before you try to find all the points. Space is limited – call early. **Lead support is provided by the William Penn Foundation.**

Bridge the Gap: Evening Pond Paddle

Saturday, July 8th

Free * 6pm - 8pm

Join us for a paddle around our ponds! Beginners are welcome – we teach you everything you need to know! Dress appropriately – you may get wet. Call in advance to reserve a boat. **Lead support is provided by the William Penn Foundation.**

Frog Frolic

Sunday, July 9th

\$5 * 10am - 12pm

Spend the morning with us at our 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 wet and muddy. Please call to register.**

Ecozone Discovery Room!

Sunday, July 9th

\$2 * 1pm - 4pm

Climb into a bald eagle's nest, crawl into a bat cave, explore a beaver lodge, and dig in a fossil pit! Explore this indoor discovery room and enjoy hands-on exhibits on natural history, sustainability and the local environment. **No registration required.**

Wilderness Walkabout

Saturday, July 15th

\$5 * 1pm - 3pm

Get out and explore PEEC! Join **Paul Kovalski, aka Dr. Dinosaur**, as we hike one of our trails and discuss the natural history of our park. **Please call to register.**

Bridge the Gap: Fishing for Beginners

Sunday, July 16th

Free * 9am - 12pm

There are plenty of fish waiting to be caught in our ponds! Spend the morning learning some of the basics for fishing with a rod and reel and see how many you can get. Strictly catch and release! Call ahead to reserve your spot. Participants over 16 must have a valid fishing license. **Lead support is provided by the William Penn Foundation. Please call to register.**

Bridge the Gap: Pond Paddle

Sunday, July 16th

Free * 1pm - 3pm

Join us for a paddle around our ponds! Beginners are welcome – we teach you everything you need to know! Dress appropriately – you may get wet. Call in advance to reserve a boat. **Lead support is provided by the William Penn Foundation.**

Bridge the Gap: River Paddle

Saturday, July 22nd

\$10 * 9am - 3pm

Join us for a paddle down the Delaware! Bring a lunch, a water bottle, and don't forget to dress for the weather. We will provide extra water and snacks. Choose between a canoe or kayak. Preregistration is required and begins at 8:30am on June 23rd. **Lead support is provided by the William Penn Foundation.**



Frog Frolic

Sunday, July 23rd

\$5 * 10am - 12pm

Spend the morning with us at our 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 wet and muddy. Please call to register.**

Bridge the Gap: Fishing for Beginners

Saturday, July 29th

Free * 9am - 12pm

There are plenty of fish waiting to be caught in our ponds! Spend the morning learning some of the basics for fishing with a rod and reel and see how many you can get. Strictly catch and release! Call ahead to reserve your spot. Participants over 16 must have a valid fishing license. **Lead support is provided by the William Penn Foundation. Please call to register.**

AUGUST

Edible & Medicinal Plant Walk

Saturday, August 5th

\$5 * 10am - 12pm

Nature provides food & natural remedies for us in the form of many plants. Join us on a hike focused on wild edible & medicinal plants. No collecting will be done in the Park. **Please call to register.**

Ecozone Discovery Room!

Saturday, August 5th

\$2 per person * 1pm-4pm

Climb into a bald eagle's nest, crawl into a bat cave, explore a beaver lodge, and dig in a fossil pit! Explore this indoor discovery room and enjoy hands-on exhibits on natural history, sustainability and the local environment. **No registration required.**



SUMMER PROGRAMS AND GETAWAYS

Bridge the Gap: Pond Paddle
Sunday, August 6th
Free * 10am-12pm

Join us for a paddle around our ponds! Beginners are welcome – we teach you everything you need to know! Dress appropriately – you may get wet. Call in advance to reserve a boat. **Lead support is provided by the William Penn Foundation.**

Bug Exploration
Sunday, August 6th
\$5 * 1pm - 3pm

Bugs are everywhere! Come join us as we go exploring to find as many as possible. Don't worry, they won't bite or sting you. **Please call to register.**

Pocono Quilt Camp
August 11th - 18th
\$645 * Full Workshop

Quilters of all skill levels are welcome to a week of fabric fun. This year's activities include: Refining machine quilting skills using the book "WALK" as a text, Reimagining Vintage Textiles, and Faced Machine Applique. Some of the small projects are making a portable ironing tray, placemats, and zipper pouches. Some will be 2 day sessions while others 1 day only so that participants may choose which days they plan to attend.

Wilderness Walkabout
Saturday, August 12th
\$5 * 1pm - 3pm

Get out and explore PEEC! Join **Paul Kovalski**, aka **Dr. Dinosaur**, as we hike one of our trails and discuss the natural history of our park. **Please call to register.**

Friends of DeWA- Friends Family Fun Day
Saturday, August 12th
Free * 11am - 4pm

A time to bring the family together and enjoy the great outdoors! Games, hikes, and picnic fun will be provided as well as picnic food like hot dogs and hamburgers. No grilling is allowed on-site, but food will be provided or you are free to bring your own snacks and specialty items. Meet new friends and bring along old friends for a good family time!!!

Farm to Table Dinner
Saturday, August 19th
\$40/person * 6pm - 8pm

Enjoy summer's bounty with PEEC's 7th Farm to Table Dinner. This dinner features local produce perfect for the season! Bring your friends & family to enjoy this cozy evening. Payment is required at registration. Space is limited - call early!

Bridge the Gap: Overnight Experience
August 19th - 20th
\$25

Overnight river trip. Meals and tent supplies will be provided by PEEC. Registration starts on July 20th at 8:30am. Call in advance to reserve a boat and tent. **Lead support is provided by the William Penn Foundation.**

Bridge the Gap: Fishing for Beginners
Saturday, August 26th
Free * 9am - 12pm

There are plenty of fish waiting to be caught in our ponds! Spend the morning learning some of the basics for fishing with a rod and reel and see how many you can get. Strictly catch and release! Call ahead to reserve your spot. Participants over 16 must have a valid fishing license. **Lead support is provided by the William Penn Foundation. Please call to register.**

Ecozone Discovery Room!
Sunday, August 27th
\$2 per person * 1pm-4pm

Climb into a bald eagle's nest, crawl into a bat cave, explore a beaver lodge, and dig in a fossil pit! Explore this indoor discovery room and enjoy hands-on exhibits on natural history, sustainability & the local environment. **No registration required.**

SEPTEMBER

Labor Day Family Camp Weekend
September 1st - 4th
Adults \$240 / 10% off ages 11-13
25% off ages 7-10 / 50% off ages 4-6
Free ages 3 & under

Bring your friends & family to experience the best of what PEEC has to offer. Interpretive hikes, animal presentations, canoeing, campfire and more! **Includes three nights lodging & meals from Friday dinner - Monday lunch.**

Edible & Medicinal Plant Walk
Saturday, September 9th
\$5 * 10am - 12pm

Nature provides food & natural remedies for us in the form of many plants. Join us on a hike focused on wild edible & medicinal plants. No collecting will be done in the Park. **Please call to register.**

Bridge the Gap: Fishing for Beginners
Saturday, September 9th
Free * 9am - 12pm

There are plenty of fish waiting to be caught in our ponds! Spend the morning learning some of the basics for fishing with a rod and reel and see how many you can get. Strictly catch and release! Call ahead to reserve your spot. Participants over 16 must have a valid fishing license. **Lead support is provided by the William Penn Foundation. Please call to register.**

Ecozone Discovery Room!
Saturday, September 9th
\$2 per person * 1pm - 4pm

Climb into a bald eagle's nest, crawl into a bat cave, explore a beaver lodge, and dig in a fossil pit! Explore this indoor discovery room and enjoy hands-on exhibits on natural history, sustainability and the local environment. **No registration required.**

Bridge the Gap: Introduction to Orienteering
Saturday, September 10th
Free * 10am - 12pm

Come learn how to use a map & compass on our orienteering course. We'll show you the basics before you try to find all the points. Space is limited – call early. **Lead support is provided by the William Penn Foundation. Please call to register.**

Volunteer Day
Sunday, September 10th
Free * 1pm - 4pm

Lend a hand and help us out with some seasonal projects. This is the perfect day to become involved with our volunteer program! **Preregistration required.**

Nature at Night
Saturday, September 16th
\$5 * 7pm - 8:30pm

A pleasant Fall 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. Enjoy fun activities that test your night vision. **We recommend you bring a flashlight! Please call to register.**

