



PEEC
Pocono Environmental
Education Center



Spring Equinox 2020

Seasons

A Quarterly Publication to Advance Environmental Literacy

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Education Center**

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Telling Time with Turtles

By Sheri Bone

In 2011, the year I started working at PEEC, I participated in my first “Women on the Water” (WOW) River Trip. It was a fairly new program, started just the year prior, and was funded by the National Park Foundation (NPF). That particular program has evolved through the years, but when it first began, the emphasis was on learning about the national park in your backyard. In our case, that’s the Delaware Water Gap National Recreation Area.

National Park Service (NPS) staff joined us on the river and shared stories of the park and the history of the area. That was my first exposure to the fascinating stories of the Lenapes. Some of these historic legends were shared by Kathleen Sandt, NPS Ranger, as we sat on the southern shore of Minisink Island, one important island of the Lenape tribes of the Delaware Nation who lived here before the European settlers moved them to different places.

I was particularly interested in the importance of the turtle to these peoples. Their creation story revolved around the turtle. And there were amazing facts about the turtle that I never forgot. One was about how the turtle’s shell was really a lunar calendar. To do this article, I decided to get more facts about turtles.

What I found, when I started to hunt for turtle facts, was that there are way more turtles in this world than I had ever imagined! Many of them are on an endangered list of some sort. People are taking their habitats, running over them with cars, or killing them for sport. What started as a little journey to find out more about their shells became a realization that maybe I need to read books about turtles and start to follow them like I do with Monarch butterflies! So, because I don’t have a ton of time to devote to this right now, I worked diligently to focus only on the turtle

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Message from the Executive Director



Spring 2020

After 11 years at PEEC, I recently took a one month sabbatical to undertake coral reef restoration work in Bonaire--an island municipality of the Netherlands in the Caribbean, off the coast of Venezuela. My goals were to assist in the amazing restoration of staghorn and elkhorn corals on the island's reef and to recharge. My trip was an overwhelming success and the amazing PEEC staff had no problem keeping the place running without me -- for which I am grateful. The trip taught me many lessons, both expected and surprising.

Coral reef restoration work is really just gardening underwater--you take cuttings from existing corals, grow them in nurseries (PVC and fiberglass underwater "trees") and then transplant the more mature coral fragments from the trees onto the reef itself. Most days I was scuba diving twice a day doing coral restoration dives. Basically, I did whatever the Reef Renewal Bonaire staff needed done and they thought I was competent to do. I cleaned coral trees of algae and fire coral (which stings if you touch it), transplanted coral cuttings within the nursery, outplanted coral onto the reef, did some water testing collection, built some new nursery trees and underwater structures on the reef--did I mention I scraped, chiseled and pried off fire coral? The average time underwater was 85 to 100 minutes per dive. Lesson number one, 79°F water is cold after an hour and a half, when you are hovering horizontally in place. Fire coral is tenacious and it would be a lot easier if we were restoring the reef by cultivating fire coral instead of scraping it off our nurseries. The reason we do is so that the staghorn and elkhorn have ideal growing conditions. There is a certain zen to cleaning coral trees. It is repetitive, but never the same. The task is unending, as the algae and fire coral grow back quickly and as soon as the nurseries are clean, you need to start over at the beginning.

The results, however, were undeniable. A staghorn coral outplanting from 5 years ago, at the Jeff Davis dive site, was enormous and flourishing. Not just the coral itself, but the young fish and all the other underwater inhabitants of the marine ecosystem were thriving. The shelter the coral provided anchored everything, much as the forests around PEEC serve the same purpose. While much of the reef around Bonaire is a marine preserve, some of the corals have degraded over the years, through a combination of natural and human causes. Storm surge, coral disease, the lack of sea urchins to eat the algae, human development and overall global climate change have all contributed to this biodiversity loss. But what became clear is that with some thoughtful and dedicated restoration work we can bring back some of what has been lost. Divers can't replant the entire reef in Bonaire, let alone reefs throughout the world, as the task is too vast. However, if we can create pockets of healthy coral (think underwater National Parks with reforestation programs), the hope is that the coral is capable of restoring itself with its annual spawning. The restoration work uses genetic tracking and controlled trial and error to help replant the genotypes of coral that are most hardy in specific conditions and locations.

The most important lesson from my month volunteering is that each of us can make a difference and improve and preserve the planet for the next generation. You don't have to spend hours underwater or fight with fire coral (unless you like that sort of thing), but you can't just talk about taking action or complain that governments or others don't do things. Each of us needs to get out and take concrete action, whether that is preserving the precious resources we have or restoring some of the ecosystems we have lost. Preaching environmentalism and sustainability from a keyboard is not a substitute for getting your hands dirty and doing the work. That is why Reef Renewal Bonaire and PEEC are two of those amazing places where hands-on interaction with nature actually produces results. My message is one of hope, but the work is hard, it can be repetitive, it is not always fun and sometimes it stings--but that is where change is made and where the lessons are learned. If you are interested in more on my reef restoration sabbatical take a look at this storymap:

<https://uploads.knightlab.com/storymapjs/99e0fb9049c6285bc31fdf04e8961729/bonaire-reef-renewal-sabbatical-1/index.html>

To support the reef renewal effort in Bonaire, visit <https://reefrenwalbonaire.org/>



Surviving Until Spring

By Emma Roth

As the days get longer and warmer, more and more animals will begin to make an appearance. These animals emerge after months of being unseen, but that doesn't mean they aren't here. Cold temperatures, little access to liquid water, and short days make surviving winter a challenge. While some animals migrate to warmer regions, others may tough it out, remaining active through the winter months. The winter is particularly harsh towards those animals that cannot produce their own heat such as amphibians and reptiles. While most of these animals bury down and find dens that will keep them at survivable temperatures, some animals take much more extreme measures in their survival.

Instead of trying to escape the frozen temperatures, wood frogs let themselves freeze. Up to 65% of the blood and liquid in a Wood Frog can freeze solid while still allowing the animal to survive. During this time, the frog will stop breathing and its heart will stop beating. To prepare for this freeze, the wood frog will produce a large amount of glucose sugar as winter approaches. This sugar acts like antifreeze, and is carried through the bloodstream into the frog's cells, keeping these cells from completely freezing, so while the blood and liquid in the tissues can freeze, the cells themselves are safe.

Turtles enter hibernation as winter sets in. They will bury into the mud at the bottom of their pond or lake, trapping themselves as ice forms on the surface. Like the wood frog, they stop breathing during the winter, however they do still need some form of oxygen. Although their metabolism is slowed drastically by the cold, their internal functions continue. So how do they get oxygen without being able to breath at the surface of the water? Turtles are able to get a small amount of oxygen, enough to support the slow winter processes, into their blood stream through contact with water and regions of their skin that have lots of blood vessels. The best place on the turtle for this exchange, where they have the highest concentration of blood vessels, is their butts. This "butt breathing" allows the turtle to get enough oxygen to survive the winter under water.

Snakes, too, enter a phase of low metabolic rate and lethargy called brumation. During this time, the snake is still awake, but its movements are slowed and it does not leave its den. Finding a good den can be a challenge for snakes, but luckily they are rarely alone. It is common for many snakes, up to 100 of different species, to all brumate together. In this part of the country, it is common for black rat snakes, timber rattlesnakes, and copperheads to all come together in the winter to share a den, or "hibernaculum".

When you are out hiking through the snow, think of those critters buried underground or underwater, waiting for the warmer weather and longer days of spring.

PEEC is accepting donations of working bird feeders, along with bird seed, suet cakes, and other bird food.

Call 570-828-2319 for more information.





PEEC
Pocono Environmental
Education Center

**SUMMER
NATURE CAMP** 2020

8 SESSIONS • JUNE 29 - AUGUST 21




PEEC.ORG

Town Meeting! Do You Love the Lehigh?

By Stephanie Sherman

During the school year, we teach Town Meeting as a way for students to learn how to critically think about real life environmental issues. Most of the time, we bring students together to debate the Tocks Island Dam project that was once slated to flood most of the Delaware Water Gap National Recreation Area. It's a project that defined our National Park, as well as helped create PEEC, but it can be difficult to get kids invested in an event that began over 50 years ago. As of January 9, 2020, PEEC has some new inspiration. That night, Northeastern PA had the first of several important public meetings on its newest water concern: the re-evaluation study of the F.E. Walter Dam on the Lehigh River. Why is this such an up-and-coming hot topic? Not only does the Lehigh contribute to the lifestyle of all in the Valley, but the entire Delaware River's flow management will be called into question during this study because of New York City's connections in the headwaters of the Delaware River.

Let's set the stage first. Built in 1961, the F.E. Walter Dam is located on the Lehigh River in Carbon and Luzerne county and 77 miles upstream from the Delaware River. The dam has helped control \$233 million dollars of the flood damage under the operation of the U.S. Army Corps of Engineers' Philadelphia District and in 1988 became congressionally authorized for recreation. Currently, the flow management plan releases water from the dam to support fisheries and whitewater paddling, as well as mitigate floods. This has created a huge economic boom for the river. In particular, whitewater companies are very invested in continuing to ensure enough water releases to maintain the tourism industry that has revived areas like Jim Thorpe.

The Army Corps of Engineers in Philadelphia is interested in making sure the dam is running efficiently and seeing if it should be structurally improved. They have two partners in this re-evaluation study: the Delaware River Basin Commission (DRBC) and New York City Department of Environmental Protection (NYC DEP). The DRBC was founded in 1961 as a compact between Pennsylvania, New York, New Jersey, Delaware and the Federal Government to plan, develop and regulate water usage between all five entities for the common good. They oversee and represent the interests of all the river users along the Delaware River. This makes sense. So what interest does New York City have in a Pennsylvania dam? No, New York City does not want drinking water from the Lehigh River. NYC DEP's involvement comes from the management of three reservoirs in the headwaters of the Delaware River that help to supply water downstream to Philadelphia, as well as sending water to NYC.

Let's talk more about how these reservoirs relate to the Lehigh River. 50% of NYC water is the Delaware River, water that would otherwise go downstream to Philadelphia. According to the DRBC, about 800 million gallons daily are taken from these three reservoirs in Delaware headwaters: Cannonsville, Pepacton, and Neversink. Along the way, up to 35 million gallons are lost daily through aqueduct leaking. The in-city losses are even more difficult to calculate due to residential, commercial and public infrastructure. In 2019, 208 billion gallons of



Image by Daina Kruminis from Pixabay



water went from these three reservoirs to NYC while 293 billion gallons went downstream. Right now, these NYC reservoirs are responsible for releasing water downstream to fight saltwater intrusion up the Delaware River. There are minimum flow rates in Montague and Trenton, NJ that must be met to ensure enough water is flowing to Philadelphia to keep the saltwater from creeping upriver. NYC DEP is seeking ways that PA reservoirs can assist with meeting flow during times of drought through the Army Corps of Engineers. In other words, NYC DEP wants to know if other PA reservoirs can also add water to the Delaware instead of just the NYC reservoirs letting their water go down the river.

This all brings us to January 9, 2020 at the Mountain Laurel Resort where the first public meeting brought out anywhere from 600 to 800 people. Cars parked on the roadway into the resort and people were turned away at the door by the Fire Marshall for safety. A "Save our Lehigh" band was playing in the front parking lot, greeting all who made the trek out that night. After introductions to the study including representatives from DCBR, NYC DEP, and the Army Corps of Engineers, Philadelphia District, it was time for organization and public

continued

comments. Everyone in attendance shared a common statement: “We Love the Lehigh.”

Some saw the potential for betterment in the re-evaluation of the dam, such as the PA Fish and Boat Commission, who were excited about the potential for increasing cold water fisheries in the area. Many were genuinely concerned over the changes to water flow. The whitewater rafting community in particular came out in force to show their concern over not wanting to impact the flow and economy of the Lehigh. Our local legislators, including Senator Lisa Baker for Pike and Wayne Counties, came out to voice their concerns that this study has repercussions for the entire Upper Delaware River, which must be taken into account with a comprehensive community impact study. In other words, if NYC DEP withholds more water upstream because the Lehigh is letting out water for Philadelphia, what will the Upper Delaware and Middle Delaware River do when less water comes to us? Will this set a precedent that the Army Corps of Engineers should evaluate our other

PA reservoirs in relation to New York City’s need for water and the salt water encroachment of Philadelphia? The concern in the room was real.

At this time, PEEC is one of twenty-three environmental education centers within Delaware River watershed. Our mission brings thousands of students from Philadelphia and New York City to our doorstep to learn about their connections to nature beyond the city sidewalks. While I speak about the importance of Tocks Island Dam in our town meetings, remembering our lessons from it becomes all the more important; if we do not learn from our past, we are doomed to repeat it. Here we have a new example of how water is so valuable and without our awareness and involvement, we may lose the way of life we’ve come to love. If you are interested in learning more about the F.E. Walter Dam Re-evaluation Study, you can find official reports online through the Army Corps of Engineers website and follow Friends of the Lehigh River on Facebook for more information.

PEEC Plant Sale

By Derek Scott

Spring is right around the corner and with the warmer weather, many of us find ourselves excited to begin spending more time outdoors. For some of us, this involves the joyous (and sometimes daunting) task of planting in our flowerbeds and gardens. Finding a balance between the things we want to grow, what will grow, and what the deer won’t eat can be difficult. Luckily, PEEC is here to help! In celebration of spring, PEEC is hosting our annual Plant Sale this year on May 9 and 10 from 9:00am to 4:00pm. We offer a wide selection of plants hand-selected to be suitable for growth in our climate region here in the Tristate area. You’ll be able to select from a variety of native and deer resistant flowers and grasses to beautify your yard. We also take strides to ensure that we have a wide variety of sun and shade loving plants available. Whether you’re a veteran planter or a novice looking to brighten up your yard, we’re bound to have something ideal for everyone.

If you’re as excited as we are for the annual plant sale, give us a call in advance and let us know what you’d like to see. With requests 4 or more weeks in advance, we may be able to ensure we have exactly what you’re looking for! Finally, plant those natives you’ve been hoping to grow to attract pollinators to your yard or purchase a Mother’s Day gift that will grow back year after year.



Back Pocket Games

Featuring Trail Teasers

By Jessica Brumbaugh

Keeping kids interested on the trail can be difficult at times. Beyond providing scientific interpretation, having games and other activities in our back pocket is one way we can keep kids entertained. Below are some of my favorite games to play on the trail.

Bob

By mimicking predator behavior, students play a version of hide and seek. At any point while hiking, the leaders will call out either “Bob” or “Owl” and each will elicit a different reaction from the students. Similar to how bobcats stalk their prey by hiding in low brush or forested areas, when “Bob” is called out the students will attempt to run to the nearest hiding spot.

While the students are attempting to hide, the leaders will close their eyes and count to ten aloud. When they finish counting, the leaders will open their eyes and attempt to spot as many students from where they are standing as possible. The better the students hide, the fewer that are spotted.

If “Owl” is called out, the students must freeze and remain completely still. The leader does not count but instead looks to see if anyone moves. Though this game is plenty of fun for the trail, it is the leader’s discretion to decide where it is safest to call out different instructions. Modifications to this game can be made to include more native predatory or even prey behavior actions and teach about camouflage and concealment strategies.

Who Am I

Prior to the beginning of the hike, the leader makes a few clothespins labelled with types of animals or things. These clothespins are then attached to the back of a student’s jacket or backpack and the student is challenged to figure out what it says by asking yes or no questions. Once students successfully identify what is on their clothespin, they can receive a new one. This activity is a great opportunity for students to learn how to ask critical questions and use their knowledge to solve a puzzle.

Color Coordinate

Some preparation is needed for this activity. Each student is given a paint sample (the ones found at the hardware store) and they are challenged to find something along the hike that matches that color and share it with the group. This often encourages students to be aware of their surroundings and excited about the diversity in the environment along their hike.

Trail Teasers

When keeping moving on the trail is a priority, having things like brain teasers to share with students is one of the best ways to keep them entertained but also focused.

- ***Green Glass Door*** - Any word with consecutive double letters within it can go through the glass door. For example, kittens can go through the green glass door but cats can’t. People who know the rule begin by saying what can and cannot go through the green glass door. Keep giving examples until people catch on.
- ***Cosmic Numbers*** - Start with participants calling out a number. Then someone who knows the trick to the game responds with a series of numbers. The trick is that the next number is the number of letters in the written form of the previous number. For example, if someone calls out twelve, twelve has 6 letters, and six has 3 letters, and so on. So the leader would respond with “twelve is six, six is three, three is five, five is four, and four is the cosmic number.” Four is always the cosmic number because four has 4 letters, so it can’t go any further. There are no other numbers for which this is true.
- ***How Many Beavers?*** - The teaser begins with a leader making up a short situation about beavers. For example, “5 beavers are in Front Pond, 100 beavers are hiking Tumbling Waters, and 1 beaver is in the Aquaponic System. How many beavers are at the Camp Fire?” The entire situation or numbers of beavers does not matter. The answer is the number of words in the last sentence that starts with “How many beavers...” (So the answer to the above example would be 8). The sentences and numbers are there to confuse everyone.

Hopefully next time you’re on the trail with your family & friends, these activities can provide entertainment and fun for your hike.

Animal Myths: Baby Birds

By George Johnson

Finally, it's time for spring and the season of newborns. The weather warms up, the insects come back, the days are longer, and cute little baby animals start popping up everywhere. Spring is the time of the year that most animals give birth, giving the youngsters the most amount of time available to grow and develop before the harsh winter returns. Aside from certain insects, I can't think of a single other animal that doesn't either give birth or lay eggs during Spring. They're also all born at different points in the Spring so every week can bring someone new into existence.

Baby mammals, for the most part, almost always have mom watching over them. For our baby birds though, it is sometimes both mom and dad that care for and protect the little ones. However, there are times when the little baby birds are left to themselves in the nest while mom and dad are off gathering food. When that happens, the baby birds can occasionally stir up some trouble and can end up falling out of the nest.

Younger birds usually fall out of the nest for two reasons; 1) it was an accident and 2) they are attempting to learn how to fly. The second reason is a pretty easy give-away. If their feathers are pretty well formed and they appear to be fluttering around and not looking injured, then they are likely just trying to learn. In those cases, the best thing you can do is just give it plenty of room to flutter about. Mom and Dad are probably up top in a nearby tree watching



over them to make sure they don't get into trouble.

The first reason though, being an accident, can be a little bit more serious and often requires human intervention. If a baby bird happens to fall out of the nest before it's ready, then it is perfectly ok for humans to gently place it back inside the nest, assuming you can do so without risking bodily harm to yourself. The myth that parent birds won't reaccept babies that have been handled by humans and smells like a human is, in fact, false. With the exception of vultures, birds actually have a very poor sense of smell. Please don't try this out, but you could handle a baby bird all day and the parents will likely still take it back in as long as it doesn't look or sound any different from before.

Through my research, I came across two different origins for this myth; it could even be a combination of the two. Firstly, there are animals that will reject their young if they've

been handled by humans, mainly rabbits, mice, rats, and other rodents. That's mainly because they are mammals and mammals rely very heavily on their sense of smell. They can very easily tell if you've handled their little one. Secondly, sometimes a parent bird will purposely kick out a sick or injured baby bird from the nest. It certainly doesn't seem very nice, but the parents will sometimes have to prioritize feeding and caring for their stronger siblings. This is especially true during years with less food sources available. The parents will give more attention to one of the nestlings in the hopes that at least one will survive the season. The others who get less attention, unfortunately, don't usually make it.

It certainly is a harsh world outside in nature. If you happen to see a baby bird on the ground though, then feel free to try and place it back inside the nest. The birdie may have been forced out, or it could have been an accident. You may not know the exact reason it fell out, but you can still at least attempt to give it a hand!



Run • Hike • Crawl

PEEC 5k Trail Race

**SATURDAY
MAY 2, 2020**

Take a journey through the woods of the Delaware Water Gap National Recreation Area. Our 5k runs through our main campus and a variety of different woodland habitats on two of our gorgeous trail loops. Course has a variety of different surfaces, including pavement, dirt, rock and gravel.



PEEC
Pocono Environmental
Education Center

**ANNUAL
EARTH
DAY
FESTIVAL**

SATURDAY, APRIL 25 • 11AM-4PM



Telling Time with Turtles

Continued from Page 1

shell information and will delve into other details at a later time. If turtles interest you, though, I recommend doing more research on these fascinating animals!

If you have ever watched cartoons and seen turtles climbing out of their shells to bathe or sit in the sun, keep in mind that you were watching LOONEY TUNES and those were not true pieces of information! Turtle shells are part of the turtle's skeleton. They are firmly and securely attached to the turtle, growing with it. Turtles do not shed their shells like snakes shed their skins. Those shells grow right with them from before they hatch until they die. The shells are composed of bony parts and keratinous material (which is like our fingernails and toenails.) They protect the innards of this lowly (but mighty in my eyes!) reptile.

The upper shell is called the carapace, and the lower shell is the plastron. Did you know that not all turtles can pull their heads inside their shells? And only a few of them have hinged plastrons so the closed shell resembles a box. (Hence the box turtle!) It is the carapace that I will report about today and share some interesting facts.

The keratinous material that protects the bony parts of the shell grows in large scales called scutes. In every turtle that has scutes (there are softshell turtles and the leatherback ones that no longer have scutes), it should be noted that there are thirteen large ones covering most of the upper shell and over twenty smaller ones around the outside edge of the shell. As the turtle grows, more little ones are added while the thirteen on the back just grow larger. The number of small ones increases to twenty eight.

Think about these numbers. Thirteen and twenty eight. This represents the lunar calendar, the calendar represented by the phases of the moon. Thirteen lunar months and 28 days in each month! Exciting, isn't it?!! You can actually keep track of the months of a year using a turtle! But don't really. Just know that this fact exists.

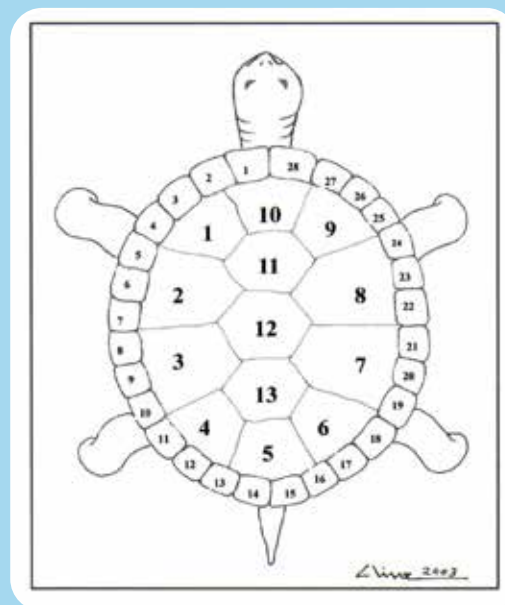
The Native Americans had some traditions related to the turtle calendar. Each tribe from Native nations across the country used the turtle calendar. Individual nations had stories related to each large scute which corresponded to the time/seasons of the year. I have heard that after all of the days were counted for one year (364) that the next day, the extra day (except for Leap Year, we have 365 days) was used as a day of forgiveness and peace. Then all went back to normal for the next 364 days!

The next time you see a turtle, make sure to count the scutes on its back, and you will see there are 13 large ones. If there aren't 28 smaller ones, then you know this turtle is still growing and can't tell time yet!!

References:

https://en.wikipedia.org/wiki/Turtle_shell

<https://nanticokelenapemuseum.org/news/1380/creation-stories/>



<http://sites.rootsweb.com/~mosmd/turtle.htm>
Thirteen Moons on Turtle's Back: A Native American Year of Moons by Joseph Bruchac (Author), Jonathan London (Author), Thomas Locker (Illustrator).



PEEC
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Education Center

WOODCOCK WALK

SATURDAY, MARCH 21 • 6:30PM – 8:00PM

2020 SPRING PROGRAMS AND GETAWAYS

PRE-REGISTRATION REQUIRED Unless otherwise indicated.

TO REGISTER:

Call PEEC at 570-828-2319

APRIL

Girl Scout Badge Festival

Saturday, April 4th \$25

Full Day 9:30am-4pm

Brownies will work on their Senses Art badges. Junior... more information! Pre-... required at registration. Space is limited - call early! Overnight accommodations with meals are available for \$43/person.



Bridge the Gap: Bike the McDade

Sunday, April 5th Free 1pm-4pm

Join us for a bike ride... and snacks available. Support is provided by the William Penn Foundation.* Call for details.



Bridge the Gap: Spring Peeper Search

Sunday, April 5th Free 7:30pm-9pm

These tiny tree frogs have thawed out and are active again in our forest. Lead support is provided by the William Penn Foundation.*



Salamanders, Frogs, and More!

Saturday, April 18th \$5 10am-12pm

Amphibians are stirring in the woods! Join us as we explore nearby breeding pools for salamanders, frogs, and egg masses. We'll provide nets and collection jars for gentle, up-close study. Wear boots and clothes that can get muddy or wet.



Ecozone Discovery Room!

Saturday, April 18th

\$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.

Pocono Knitting Retreat

April 23rd-26th - \$280 Full Workshop

Call us for day rates

In this workshop, led by Patti Shreiner, enjoy a nice relaxing weekend with your fellow knitters. Come prepared to start some new projects guided by our leader. Includes lodging and meals!

Earth Day Festival

Saturday, April 25th

\$5 per car 11am-4pm

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

MAY

Birds and Brews

May 1st-3rd

\$215 / Call for commuter & day rates

Spring migration has begun! Join us for a wonderful weekend of bird watching and beer tasting. Enjoy guided hikes that teach how to identify birds by sight, sound and habitat. Program is geared towards beginners and experts alike. Saturday night we'll provide transportation to one of our local breweries and the 1st round is on us! Includes two nights of lodging and meals from Friday dinner through Sunday lunch.

Run, Hike, Crawl: PEEC 5k

Saturday, May 2nd

\$25 Early Bird/\$30/\$35 Race Day

Registration starts at 8am / Race starts at 10am

Take a journey through the woods of the Delaware Water Gap National Recreation Area. Our 5k runs through our main campus and a variety of different woodland habitats on two of our gorgeous trail loops. Top 3 participants for male and female in each age group receive awards. Early Bird Registration by April 2nd guarantees participants a t-shirt. Call for more details - Maximum of 100 spaces!

Ecozone Discovery Room!

Saturday, May 2nd

\$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.



Plant Sale!

May 9th & 10th

Free admission 9am-4pm

Choose from a variety of native and deer resistant flowers and grasses to beautify your yard at our annual plant sale! Sun loving and shade loving plants will be available. Remaining plants will be sold through the following week so stop by to check them out! PEEC Members will be able to join us for a pre-sale on May 8th from 5 - 7pm.

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2020 SPRING PROGRAMS AND GETAWAYS

Continued from Page 9

MAY

Edible & Medicinal Plant Walk

Saturday, May 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.

Memorial Day Family Camp Weekend

Memorial Day Weekend: May 22nd-25th

Adults \$225 / Child, Commuter, & Day Rates

Available

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

Bridge the Gap: Pond Paddle

Saturday, May 30th

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.*

Ecozone Discovery Room!

Saturday, May 30th

\$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.

JUNE

Edible & Medicinal Plant Walk

Saturday, June 6th - \$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.



Frog Frolic

Saturday, June 13th

\$5 10am-12pm

Spend the afternoon 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.

Bridge the Gap: Pond Paddle

Saturday, June 13th

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

Sunday, June 14th

\$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 May 14th. *Lead support is provided by the William Penn Foundation.*

Bug Exploration

Saturday, June 20th

\$5 10am-12pm

Bugs are everywhere! Come join us as we go discover some insects on our trails and learn about what makes them so unique. Don't worry; they're not as scary as they look!

Geology Hike

Saturday, June 20th

Free for PEEC Members / \$5 for Non-PEEC members 1pm-3pm

Take a hike on the Fossil Trail with Paul Kovalski, aka Dr. Dinosaur, as we discuss the geology of our area and what makes our park unique.

Guided Interpretive Hike

Saturday, June 27th

Free for PEEC Members / \$5 for Non-PEEC Members 1pm-3pm

Take a hike with one of our knowledgeable staff and learn a little bit more about our forests. We never know what exactly we'll find out there, so don't be afraid to ask plenty of questions along the way.

Bridge the Gap: Pond Paddle

Sunday, June 28th

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.*

Frog Frolic

Sunday, June 28th

\$5 1pm-3pm

Spend the afternoon 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.

