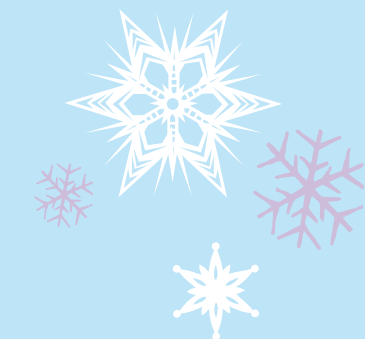


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How to Science 101

By George Johnson

Science is complicated, but it does not always have to be. Without even thinking, people go through the scientific process all the time. Children, in particular, are great at the first couple of steps. While some areas of expertise and knowledge are incredibly complex, the basic process of discovery is pretty simple. There are 6 steps for the scientific process we follow, which I can walk you through. We need something to ask though, "What birdfeed do cardinals prefer to eat?"

1. Ask a question: We're already off to a great start. We have our question already, but questions are based off observations that are made. Young children are great at observing and asking questions. They are so inquisitive about the world and have a thirst for knowledge. Adults are good at this as well, but asking a question is the basis of all science experiments. In our example case, we could have noticed that a lot of cardinals are around our feeder that has a variety mix of different things, sunflower seeds, safflower seeds, and crushed peanuts. Our goal might be to attract even more cardinals, and learning what their preferred food is might help.

2. Do background research: What if someone already had the same question as you? That certainly can happen and might save you a lot of time. With the advent of the internet, the access to knowledge has never been easier. Learning to pick out good sources versus bad ones is the tricky part. The best sources are generally from published articles that are reviewed by other experts in the field. The research helps to shape our base knowledge, which we then will build upon in our next step. With our cardinals, some examples of our research topics would be what their primary diet is, their nutrient requirements, nutrient content of the food ingredients, what sense do cardinals use to find food (smell, sight, etc.).



3. Form a hypothesis: Time to take a guess, but not a wild guess. We'll be using our research to make an educated guess about what we predict will happen. For example, if during our research we find out that cardinals have a high metabolism and need a high fat diet, then our hypothesis might be that cardinals will prefer food that has the highest fat content. The hypothesis does not have to be complex either. You don't have to try to explain every little detail. Additionally, you can be partially wrong or even completely wrong with your hypothesis. It happens all the time when a scientist expects one outcome, but something else happens instead. In my opinion, it's in those moments that you actually learn the most.

4. Experiment: Designing and implementing an experiment is often the most fun part of science. For many ecological studies, it's a lot of observational data that you collect, i.e. counting how many individuals you see/find/capture, measuring tree height or diameter. Moreover, I cannot stress this enough, the experiment does not have to be complicated. For our cardinals, it can be as simple as putting out different

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Message from the Executive Director

By Jeff Rosalsky



I am eagerly anticipating the *next* edition of PEEC Seasons, possibly more than any other in recent history. I will be a reader, like you, instead of a contributor. As many of you know, after 14 years, I am retiring as PEEC's Executive Director at the end of 2022 and passing the reins to my wonderful successor, Kelly Daly.

Looking back, it has been quite a journey-- from the depths of the financial crisis, to Federal Government shutdowns, to Hurricane Sandy, to Winter Storms Quinn and Reilly, to septic and well failures on campus, to the pandemic and probably a hundred other challenges. There have also been

the triumphs-- like the creation of the EcoZone, the Trail for Everyone, and renovation of the main building cabins, the teaching yurts and the log cabins on wheels. The meaningful and lasting accomplishment, however, is the tens of thousands of students whose lives have been impacted by PEEC's amazing instructors throughout the years. The remarkable and dedicated staff, Board of Trustees and generous donors continue to work to enrich our education programs, expand PEEC's reach and improve the campus infrastructure. PEEC has impacted so many and done so much good in the past 50 years and I am gratified to have had the opportunity to steer the organization and empower its future leaders to keep growing and innovating. PEEC is thriving!

I am always delighted when I drive by PEEC on the weekends, when I am not working, and see the parking lot overflowing with program participants and random hikers. I know PEEC can run without me, and there is a perverse sort of joy when it does. Soon I will be the one hiking Tumbling Waters and spending more time in nature. While I don't have any specific plan for the next phase of my life, I am looking forward to more time spent on the trails and in and on the water.

See you outside!

Many thanks to everyone who supported
PEEC's 50th Anniversary Endowment Fund.

THE ORIGINAL \$100,000 GOAL WAS
SURPASSED WITH A CURRENT TOTAL
OF OVER \$135,000

which will help PEEC continue offering
outstanding environmental education
for the next 50 years and beyond!



Thankful for PEEC

By Kate Hausman

Winter is always such an exciting time of the year. While in nature winter may be considered a season of scarcity, for us humans, it is a season of plenty. A time we spend considering all of the things we are thankful for, a time when we share meals and gifts. When I think of gratitude and all that I have to be thankful for, PEEC is near the top of the list.

As a young kid growing up in Milford in the 90's, I spent nearly all of my time playing outdoors. I was a tree climbing, creek crawling, salamander catcher that worshipped Steve Irwin. It seemed only natural that when my mom came across a brochure for summer day camp at PEEC, I would be going. I had no way of knowing then, at nine years old, that those few summers I spent here at PEEC would shape what I would wind up doing with the rest of my life.



The lessons I learned at PEEC, the adventures we had as campers, and the introduction of the concepts of sustainability and stewardship left an imprint that has never left me. The ability to not only observe the natural wonders of our little corner of the planet, but to understand them and to be able to share them with others is a gift that I will always cherish. The greatest part of my job is helping people connect to and enjoy nature, and helping to alleviate people's fears about some of our more misunderstood animal neighbors. The fact that I now get to do this work at PEEC, where my own deep love of nature was fostered, feels like I have come full circle.

2022 marks 50 years of Environmental Education here at PEEC. I am proud to be part of that legacy, both as a youth camper and now as a staff member. I know firsthand how impactful Environmental Education can be, and how important it is for children to have these kinds of experiences. We can't hope to protect and preserve our planet for the next 50 years and beyond without thoughtful and knowledgeable individuals who care about our environment, and who know the inherent value of nature. Our mission at PEEC helps to ensure that our visitors leave here with more knowledge, and hopefully also a deeper appreciation of this beautiful landscape.

I am grateful for PEEC, and grateful to be back here after twenty years. I am grateful that I get to meet and interact with so many people who come to our center to learn, explore, and grow. I am grateful to be part of a multi-generational family of current and former PEEC staff members. During this season of gratitude, I encourage our readers to consider their own experiences at PEEC, and to give thanks for this wonderful place that means so much to so many. We are here because of all of you, and for that I am the most grateful.



PEEC's New Cabins on Wheels

By Amanda Subjin, Director of Development

In mid-September, PEEC proudly received the delivery of three factory-built, 4-season cabins from Lancaster Log Cabins. Each cabin has been custom designed to include 4 bunk beds, 2 bathrooms, a chaperone room, loft, and covered porch. These new "Cabins on Wheels" were added to the footprints of old cabins ("the 40s") which were removed earlier in the year.

PEEC hopes to secure additional funding to add 4 more Cabins on Wheels in the near future. Funding to support this project is generously provided through grants from the PA Local Share Account and the ESSA Bank & Trust Foundation. Additional support comes from a Private Donor, a Family Foundation, and PEEC's General Operating Funds.

The new Cabins on Wheels will be available for reservation early in 2023.



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WINTER BIRDS AT PINE ISLAND

SATURDAY, JANUARY 28

Join us on a trip north in search of migratory species as well as rare wintering birds.

Payment is due at registration

Bring a lunch, camera & warm clothes.

Call to reserve a seat in the van – Maximum of 18 spaces.

CALL PEEC
570.828.2319
\$25
PER PERSON

Call now to make your RESERVATIONS

Help PEEC add Trex furniture Made in USA  to the porches of our new Cabins on Wheels!



\$300 Donation = one Adirondack Chair

\$500 Donation = one 60" Bench

See at PEEC staff member for info on how to donate.

Being a Friend of the Park

By Stephanie Sherman

Creating a partnership is like planting a seed, it starts with a wonderful little nugget full of potential in one moment of planting and then you wait for the magic to start to grow. This December marks 6 years of me working at PEEC. Over that time, I've been planting metaphorical seeds with every new meeting, patiently stretching out roots gaining experience, and now I feel that we have so many partnerships beginning to blossom that I cannot wait to see what 2023 will hold for us. Some of the biggest partnerships this past year have come directly with new National Park Ranger friends and the Friends of the Delaware Water Gap group.

In 2018, PEEC entered into a collaborative effort between National Parks, non-profit partners and local schoolteachers called the Parks for Every Classroom initiative. The goal of the group was to build educational programming between these three entities to bring students of all ages to the Park as well as taking the Park to them. This collaborative effort has allowed PEEC to host 2 summer teacher workshops for East Stroudsburg High School with the assistance of NPS Rangers as topic experts and river guides. With the success of these workshops, we now are looking to offer teacher professional development during the school year, getting into schools for more face-to-face time!

PEEC is not just collaborating for teacher development with the NPS; we are also collaborating for outreaches as well. The PEEC in the Classroom initiative has brought lessons to hundreds of students in districts like East Stroudsburg, Franklin Township and Delaware Valley. Just this November, Rangers began joining PEEC staff in the classroom. Our Ranger friends are taking a few notes from our staff and increasing the awareness of the National Park to our youth. This comes in as part of our Open Outdoors for Kids grant from the National Park Foundation and PEEC is one of the few partner organizations that can support DEWA on this program. All exciting things as we are hitting the road to those schools!

The final partnership that really is blossoming this year is supporting our Friends of the Delaware Water Gap National Recreation Area. The Friends group hosts a variety of educational programs about the history of our National Park throughout the year. PEEC has become a supporting location for presentations on the historic resorts of the area and assisted in transporting guests up to the unique Ramirez Solar House to explore its unique designs. We even hosted their Family Fun Day in August on our lower campus for the public. We are looking to 2023 where we will be formally hosting weekend presentations, like Lenape History, and their next Family Fun Day in August.

Seeds need to be planted and the past few years were pretty dark and challenging for the NPS, PEEC and the Friends as we all were patiently waiting, hoping, and growing. Now we are definitely seeing that hope grow for the future as we begin to reach out our limbs to combine our efforts to support the communities surrounding us. We will certainly face many challenges in the next couple of years, so my hope is that this piece gives you a little inspiration to not only continue to stay involved with PEEC, but connect with the Friends if you have not yet. Our Park is a big place, needing all the helping love it can get. Remember to keep planting seeds my friends.



50 years
1972 - 2022

PEEC
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BRIDGE THE GAP
Come Out & Enjoy The Park!
**DELAWARE WATER GAP
NATIONAL RECREATION AREA**

INTRO TO SNOWSHOEING

SATURDAY, JANUARY 14

**CALL
PEEC**
570.828.2319

FREE

Learn the basics of snowshoeing and enjoy a winter walk through the woods. No experience necessary – we provide the equipment & teach you everything you need to know.

Register early to reserve a pair of snowshoes & guarantee a spot.

Call now to make your
RESERVATIONS

Volunteer Spotlight: The DEWA Trail Stewards

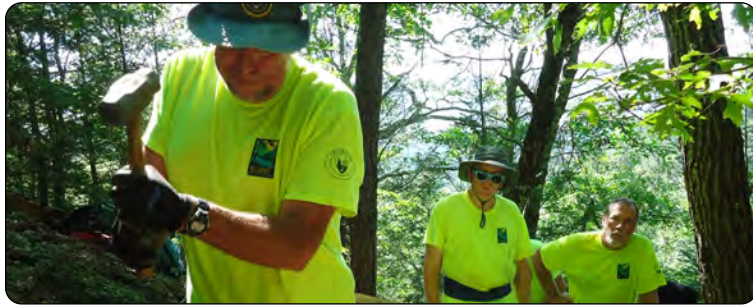
By Derek Scott

Each year, more than 10,000 individuals hike some portion of the nearly 12-mile trail network at PEEC. We constantly receive feedback on how well marked and well maintained the trails are, even from people that have been hiking our trails for years. While much of the public praise about the condition of our trails is directed towards our staff, the Trail Stewards are primarily the ones responsible.

The third weekend of the month from April to November each year, you can find the Trail Stewards hard at work at PEEC. During the day on Saturdays and the morning on Sundays, you can find these volunteers tackling everything from clearing brush to painting blazes and building bridges. It does not matter what issue or challenge needs to be addressed, they find a way to make it happen and the result is always quality work. Without their dedication, PEEC would not be able to keep the trails nearly as well maintained. They have even expanded their work to improving our tent site by building us new raised platforms.

Not only do the Trail Stewards work hard, but they know how to have a good time too. PEEC provides lodging to the stewards each work weekend and on Saturdays after being on the trail, you can find them hosting one of their potluck dinners and sitting around the campfire. Some weekends there are even planned outings to canoe or kayak the Delaware River or another nearby body of water. It is this type of experience that has so many individuals continuing to participate weekend after weekend and year after year.

If you want to get involved, let us know! The Trail Stewards are always looking for new volunteers to join the team.



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BRIDGE THE GAP
Come Out & Enjoy The Park!
DELAWARE WATER GAP
NATIONAL RECREATION AREA

CROSS COUNTRY SKIING
SUNDAY, FEBRUARY 5

Enjoy the winter woods with beginner ski lessons.

Learn the basics of cross country skiing and practice around our campus. You decide how many loops to ski.

Skis, poles & boots provided - register w/shoe size to guarantee a spot.

CALL PEEC
570.828.2319

FREE

Call now to make your **RESERVATIONS**

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5th! Vegan

"GAME" DINNER
SATURDAY, FEBRUARY 25

WHERE'S THE BEETS

5:00PM - Games Begin
6:00PM - Dinner Served

Payment required at registration. Call early to reserve your seats. Limited Spaces!

CALL PEEC
570.828.2319

\$35 PER PERSON
\$25 FOR CHILDREN 10 AND UNDER

Call now to make your **RESERVATIONS**

50 years
1972 - 2022

PEEC IS THANKFUL FOR THE SUPPORT FROM THESE GENEROUS SPONSORS OF OUR 50TH ANNIVERSARY HARVEST FESTIVAL CELEBRATION:

Pine Forest Camp

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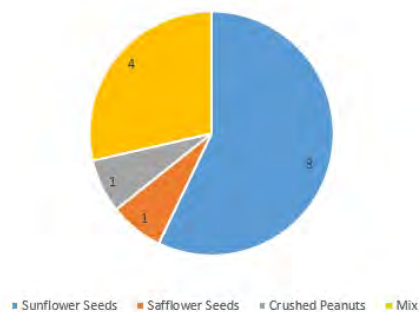
How to Science 101

Continued from Page 1

dishes of their food mix that have the ingredients all separated out. From there, just keep an eye on the dishes and count how many birds come to each station. Make sure you write it down!

5. Look at data: This step is the most difficult for many people. You have a bunch of numbers/data now, but what does it all mean? Graphs can be your best friend. They are a wonderful tool that transforms the data into a visual diagram that makes everything a lot easier to understand and interpret. You then use the data to see if your hypothesis is potentially correct or not. In higher-level studies, you'll often see multiple types of graphs/data and you'll even see mathematical equations that can help determine if you have enough data. So while it is the most difficult part, it is also the most important.

Number of Cardinals



Sample Graph – Not Real Data

6. Share with others: You've done all the work now, and you have your answers. Time to share it with everyone else. Science is more than just expanding one person's knowledge; it's about expanding everyone's knowledge. Proper scientists do not hoard knowledge and information, but rather they share with the world for everyone's benefit. New science continually builds upon previous research.

WINTER PROGRAMS AND GETAWAYS

PRE-REGISTRATION REQUIRED
Unless otherwise indicated.

TO REGISTER:
Call PEEC at 570-828-2319

JANUARY

Bridge the Gap: Intro to Snowshoeing
January 14, 2023

Free * 1pm-3pm

Learn the basics of snowshoeing and enjoy a winter walk through the woods. No experience necessary – we provide the equipment and teach you everything you need to know. **Register early to reserve a pair of snowshoes & guarantee a spot.** Nature Photography will be offered as an alternative program in the event of no snow. **Lead support is provided by the William Penn Foundation.**



Winter Ecology Hike

January 15, 2023

\$5 per person * 10am-12pm

Learn how different plants and animals survive the winter. Join us on a hike and experience PEEC in the wintertime. **All ages welcome. Please call to register.**

Ecozone Discovery Room!

January 15, 2023

\$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.**

Martin Luther King Jr. Volunteer Service Day
January 16, 2023

Free * 9am-12pm

Take part in this National Day of Service by participating in various volunteer projects on PEEC's campus. This is a great opportunity to earn some hours for volunteer service requirements for school or other organizations. Volunteers will be invited to stay for a complimentary lunch in the dining hall. **Pre-registration is required.**

Eagle Watch

January 21, 2023

\$25 per person * 9am-3pm

Join us on a trip north in search of eagles and other rare wintering birds. Visit the Mongaup Reservoir, the Delaware River, & the Lackawaxen River to look for winter residents and nesting pairs. Bring a lunch, camera & warm clothes.

Call to reserve a seat in the van – Maximum of 10 spaces.



Cross Country Skiing

January 22, 2023

\$20 Adult/\$10 Child * 9am-12pm

Enjoy the winter woods with beginner ski lessons. Learn the basics of cross country skiing and practice around our campus. You decide how many loops to ski. **Skis, poles & boots provided - register w/shoe size to guarantee a spot.** A Winter Ecology Hike will be an alternative program in the event of no snow.

Wacky Science Adventures

January 22, 2023

\$5 per person * 1pm-3pm

Put on your lab coats and prepare to conduct some crazy experiments! You'll get to create your very own slime, oobleck, and attempt to launch a rocket into space. **Please call to register.**

Bridge the Gap: Intro to Snowshoeing

January 28, 2023

Free * 10am-12pm

Learn the basics of snowshoeing and enjoy a winter walk through the woods. No experience necessary – we provide the equipment and teach you everything you need to know. **Register early to reserve a pair of snowshoes & guarantee a spot.** Nature Photography will be offered as an alternative program in the event of no snow. **Lead support is provided by the William Penn Foundation.**



Winter Birds at Pine Island January 28, 2023

\$25 per person * 1pm-6pm

Join us on a trip north in search of migratory species as well as rare wintering birds. Visit the hamlet of Pine Island New York to look for winter residents and nesting pairs. Bring a lunch, camera & warm clothes. ***Payment is due at registration* Call to reserve a seat in the van – Maximum of 18 spaces.**

Frozen Waterfall Tour January 29, 2023

\$10 per person * 9am-12pm

The Delaware Water Gap has quite a few waterfalls within the park that all flow into the Delaware River. Join us for an afternoon as we check out some of the larger and well known falls in the park. ***Payment is due at registration* Spaces are limited so call early!**

Bridge the Gap: Bird Bonanza January 29, 2023

\$5 per person * 1pm-3pm

Spend the afternoon watching our feeders and putting together your own unique and custom bird feeder from a variety of recycled materials. We'll provide everything you need, but you are welcome to bring your own supplies. **Please call to register.**

FEBRUARY



Intro to Snowshoeing February 4, 2023

\$10 Adult/ \$5 Child * 10am-12pm

Learn the basics of snowshoeing and enjoy a winter walk through the woods. No experience necessary – we provide the equipment and teach you everything you need to know. **Register early to reserve a pair of snowshoes & guarantee a spot.** Orienteering will be offered as an alternative program in the event of no snow.

Ecozone Discovery Room! February 4, 2023

\$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: Cross Country Skiing February 5, 2023

Free * 9am-12pm

Enjoy the winter woods with beginner ski lessons. Learn the basics of cross country skiing and practice around our campus. You decide how many loops to ski. **Skis, poles & boots provided - register w/shoe size to guarantee a spot.** Orienteering will be an alternative program in the event of no snow. **Lead support is provided by the William Penn Foundation.**

Bridge the Gap: Winter Survival February 5, 2023

Free * 1pm-3pm

Learn the basics of outdoor survival and weather preparedness. Build a shelter, try your hand at starting a fire, and learn other useful skills for wintertime in the outdoors. ***This Program is best suited for individuals aged 12 and up* Please call to register.**

Eagle Watch February 11, 2023

\$25 per person * 9am-3pm

Join us on a trip north in search of eagles and other rare wintering birds. Visit the Mongaup Reservoir, the Delaware River, & the Lackawaxen River to look for winter residents and nesting pairs. Bring a lunch, camera & warm clothes. **Call to reserve a seat in the van – Maximum of 10 spaces.**

Intro to Snowshoeing February 12, 2023

\$10 Adult/ \$5 Child * 10am-12pm

Learn the basics of snowshoeing and enjoy a winter walk through the woods. No experience necessary – we provide the equipment and teach you everything you need to know. **Register early to reserve a pair of snowshoes & guarantee a spot.** Animal Tracking will be an alternative program in the event of no snow.

Wacky Science Adventures February 12, 2023

\$5 per person * 1pm-3pm

Put on your lab coats and prepare to conduct some crazy experiments! You'll get to create your very own slime, oobleck, and attempt to launch a rocket into space. **Please call to register.**

President's Day Family Camp Weekend February 17-20, 2023

Adults \$240 * 10% off ages 11-13

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

Free 3 & under

Bring your friends and family to experience PEEC in the wintertime. Cross country skiing, animal tracking, nature hikes, campfire and more! Price includes three nights of lodging and meals from Friday dinner to Monday lunch. Join us for a wonderful winter weekend! **Commuter and day rates available – call for details.**

Ecozone Discovery Room! February 25, 2023

\$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.**

Vegan Board Game Dinner February 25, 2023

\$35 Adult/ \$25 children 10 and under

5pm Games start, 6pm Dinner served.

PEEC is pleased to announce our 5th annual Vegan Board Game Dinner! Play board games and unleash your competitive spirit as you enjoy a fantastic meal with all plant-based ingredients. Not a vegan? Not a problem! Start the New Year off right with healthy, fresh, scratch-made, mouthwatering deliciousness! Bring the whole family for a fun and exciting evening. **Payment required at registration. Call early to reserve your seats. Limited Spaces!**

Bridge the Gap: Cross Country Skiing February 26, 2023

Free * 9am-12pm

Enjoy the winter woods with beginner ski lessons. Learn the basics of cross country skiing and practice around our campus. You decide how many loops to ski. **Skis, poles & boots provided - register w/shoe size to guarantee a spot.** Orienteering will be an alternative program in the event of no snow. **Lead support is provided by the William Penn Foundation.**

Wacky Science Adventures February 26, 2023

\$5 per person * 1pm-3pm

Put on your lab coats and prepare to conduct some crazy experiments! You'll get to create your very own slime, oobleck, and attempt to launch a rocket into space. **Please call to register.**

