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**Pocono Environmental
Education Center**

538 Emery Road
Dingmans Ferry, PA
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peec@peec.org
www.peec.org



Saving the Bees & Ways to Take Care of Them

By Justin Murray

With the arrival of summer slowly catching up after this rainy and cold spring, it is important to do what we can to take care of the bees. They provide one of the most important benefits any species can provide, which is being a pollinator. It benefits not only the flora and fauna of the world, but it directly and indirectly benefits us as well. Therefore, while the bees are out doing their job for us, we should be doing our job for them.

First thing's first, hold off on that spring/summer cleaning of your yards. Aside from honeybees, most other bees are solitary, meaning they live and work alone. For most bees (up to 30% of all bees), the hollow stems of plants and hollowed trees are their habitats for the winter and most of spring. The stems and hollows provide shelter from the cold, and insulation as they take refuge until the weather is safe enough to be active. Many bees also take shelter underground (a whopping 70% of solitary bees), including everyone's favorite species the bumblebees, so hold off on doing any big digging projects or new garden plans for just a little longer.

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Message from the Executive Director



Summer 2022

I have found that habits, good or bad, are acquired very slowly, often without realizing the cumulative value of a small change. One of my children recently started a new job that required one of our family cars for commuting, so I decided to start walking to work at PEEC. I live about a mile away, so it is no big deal, but also I usually go home for lunch, so I am walking back and forth twice a day. After a week, I looked at my fitness app and realized I was consistently walking 10,000 steps a day with no major effort on my part. The first few days, I started picking up the roadside trash on my walks. Now I listen to podcasts, look for wildlife or just ponder the stone walls and the nature of the universe. My walks are an amazing way to focus the beginning of my day, or unwind at the end of the day, and occasionally say hello to my neighbors as they drive by. After the first week, they no longer stop to see if I need help and just give a wave as they pass by. The walking is good for my physical, mental and social health, and good for the environment. The only downside is I have to leave home 15 minutes earlier in the morning and probably replace my hiking boots a tiny bit more often. Imagine how many miles I would have logged if I started this 14 years ago - about 13,000 miles by my calculation. Think about how much wear and tear on my car and gas I could have saved, not to mention my legs would have been as big as tree trunks - staggering right? I wonder what other small changes I can turn into good habits that would have a big cumulative effect- either for me or the environment or, ideally, both. Well, I guess I can ponder that on my walk home today.

50

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1972 - 2022

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From Weeds to Feeds

By Kate Hausman

Dandelions are often maligned as stubborn weeds, unappreciated and overlooked, targeted with poisons and pesticides. They are, however, a vital part of our ecosystem. With a deep taproot capable of reaching depths of several feet, as well as spreading root tendrils, dandelions also help to break up tightly compacted soil, aerating the ground around them and helping to prevent erosion.

Their flowers provide nutrients for some of the earliest pollinators that emerge in the spring, and they can feed us as well. Full of important vitamins, minerals, and fiber, adding dandelion to your diet may just change the way you feel about this perennial wild herb.

The flowers are lightly sweet, while the greens are earthy and a bit bitter, though less so when harvested early in the growing season. Dandelion is a versatile and pleasant plant, and there are countless recipes available online. From simple salads to dandelion root coffee and baked goods, there are so many ways to turn dandelions into delicious treats instead of garden pests. Included below is a simple recipe for pesto with dandelion greens instead of pesto!

It is important to note that if you plant to harvest any wild edibles that you do so from a location that you are certain is not treated with any sprays or pesticides and that you consult a field guide or expert to avoid confusion with similar looking plants.



Photo Credit: Wikimedia Free Use Commons

Ingredients

- 1/2 cup pine nuts
- 3 garlic cloves minced
- 2 cups chopped fresh dandelion leaves loosely packed
- 1 Tbsp lemon juice
- 1 Tbsp lemon zest
- 1/2 cup extra virgin olive oil
- 1/2 tsp salt
- 1 tsp turmeric powder
- 1/2 tsp freshly ground black pepper
- 1/4 cup freshly grated Parmesan cheese

Instructions

- 1) Place all ingredients except the Parmesan into a blender or food processor. Process until smooth. If it's too thick, slowly add a bit more olive oil.
- 2) Add the Parmesan and continue to blend until the mixture has a smooth consistency.
- 3) Refrigerate, and eat within 3 days.

This recipe for dandelion pesto is from the Alchemy of Herbs book by Rosalee de la Forêt.



50 PEEC
 Pocono Environmental
 Education Center
1972 - 2022

**WILDERNESS
WALKABOUT**
 SUNDAY, JULY 17 • 1:00 – 3:00PM

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\$5 FOR NON-MEMBERS

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1972 - 2022

**FARM
TO TABLE DINNER**

SATURDAY, AUGUST 13
6:00 PM - 8:00 PM

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\$30 PER PERSON

The Next Generation of Environmental Educators

By Stephanie Sherman

Throughout my 5 years of being at PEEC, I've come to meet many people that have a story or memory about PEEC. 50 years is a long time to be connecting people with nature, whether it's as simple as a guided hike or as lasting as an overnight school field trip. The one thing I'm also beginning to realize is that PEEC is not just a place to foster a love of the outdoors and good memories, but also a place where the next generation of environmental educators come to begin or continue their quest to save our planet.

I've had the honor of expanding the PEEC staff family over the past five years as the Director of Education, hiring more than a dozen young and ambitious instructors each year to lead our many classes, programs and summer camps. To call myself "camp mom" has been a badge of pride that I earned my first year from a young intern; someone who I still hear from now and then even after she has moved into another career. For my other staff that have departed, a number of them now tote the coveted title of "Interpretive Ranger" for various National Parks across the country. Others have moved on to be teachers in schools or educators at other nonprofit environmental centers. Each time I see a photo on Facebook of their new adventure or receive a reference check call, it's good to know that PEEC and myself have helped them continue pursuing their dreams and happiness.

The gravity of PEEC's impact really set in when I was hosting the Northeast Regional meet-up for Pennsylvania's Association of Environmental Educators (PAEE). I met so many seasoned environmentalists, many of whom either had been to PEEC in some fashion or knew of someone who had been here or worked here at some time. "PEEC is the feeder for all Northeast PA's nature centers," was a saying that was uttered in the room. It's a comment that makes me really reflect as I am out helping my instructors learn how to manage their classes and learn important content ecology, natural history and outdoor recreation.

There was once another comment that a "trained monkey" could do our jobs. Well, I would have to say that is a pretty well-informed monkey indeed as they would need to know how to answer or tackle almost any nature inquiry on the fly. That monkey would also need to know all the emergency and safety protocols on how to respond to an injury of any kind that could happen while out hiking, from tick bites to bleeding gashes. It took me quite a while to realize that even if it looks like I'm just out on a hike having a good time with kids, the background took hours of studying, preparation, and scouting to prepare a well-honed hike that looks so casual to the passerby. For every hour of programming there is easily 3 to 5 hours of preparation in addition to college studies in Biology, Environmental Sciences and Recreation Management.

We know our children need to be outside in the fresh air and sunlight. Schools, health providers and parents have all been working to peel their children away from video games and TV screens. My hope is that those kids know they can have a career in this field that is successful. My hope is also that others realize the value of environmental educators and our profession. Not all of us speak for the trees, but someone needs to in order to introduce the next generation to the wilds that still remain.

I'll end with a small anecdote that may sum up the need for environmental educators. I was asked by a reporter if I could present a segment on "investing in our Earth" for Earth Day. It made me think, because we don't teach people to go out and buy fancy products or invest in large companies. Instead what we teach is how to go out and enjoy nature for yourself. I said we invest our time for the Earth each day, which makes every day Earth Day. Learning about nature means you care and can help protect it when you know the signs of what is a sick environment, whether it's pollution, invasive species or changes in the weather. When I presented that to my reporter, she loved it, but needed approval from her editor. Unfortunately, that feel good kind of story did not "sell." I'm not sure if it wasn't flashy enough or the editor had something else in mind for "investing," but time is probably the most important and valuable thing we have to give these days.

I'm happy to devote my time to the future generation of environmental educators. I've spent so much time being outdoors as a child, earned 2 degrees in conservation and environmental studies and 16 years of hard work to say that I'm working my dream job. I just keep hoping to find and connect with others who share that dream and help make theirs come true as well. Because if we don't speak for the trees, who will? Here's to another 50 years of not just providing environmental education, but creating the environmental educators that are helping to save the planet one hike at a time.



Trail Running

By George Johnson



“Ok... just a little bit more to go” is usually what I keep telling myself as I attempt to run our Scenic Gorge trail. Sometimes I say it as I come up that last hill, and other times it's when I'm 50 ft. in. I use it as a way to try and distract myself from the fact that my lungs feel like they're on fire and my legs are like lead. Despite the agonizing pain I put myself through, before, during, and after the activity, running is perhaps my favorite method of exercising. Trail running in particular being the most enjoyable.

In high school and half of college, I was on the track and field team as a sprinter. All of my races then lasted less than minute and was at most ¼ mile. Practice and training consisted of repeated, short burst of speeds that when totaled likely ended being shorter than 1 mile. Suffice it to say, long distance was not my thing. That had to change, though, as I ended my time on the team and graduated college. My first job once I graduated was at the NJ School of Conservation. I lived and worked there full time. Unfortunately, there was no track to continue my normal sprinting style of workouts. Instead, I switched to longer runs out on the trails, and I haven't really looked back since.

Trail running is very different from running around the block. When you run around the block, you can put headphones in, pump up the music, and sort of put your body on autopilot. With trail running, you can't really do any of those. You need to be more aware of your surroundings and focus much more on your foot placement. When I'm out on the trails, I keep my ears open for other hikers, animals (mostly listening to the birds), and other potential hazards like the wind and trees/branches. The terrain is much more difficult as well. You really can't afford to shuffle your feet

on the trail. Otherwise, you're going to end up tripping and falling. I had to keep looking down when I started before I could really trust myself to look up while running in the forest.

Something unexpected I had difficulty understanding was that you need to temper your expectations if you plan on timing yourself. I was so used to timing myself previously that I kept doing so when I picked up trail running. What I quickly discovered is that your times trail running will be slower than if you are on a track or sidewalk. It sounds so obvious in hindsight, but I did not put that together when I started. Tracks/sidewalks are perfect for being able to really push yourself, no roots or rocks to dodge, gradual (if any) hills, no sharp turns, etc. While you can push yourself just as much on a trail, I really wouldn't recommend it. It took some time to start lowering my expectations and understand that I wouldn't be able to match those times, especially as I age and don't have as much time to devote to staying in shape.

The entire Delaware Water Gap has tons of different trails to check out, but not all of them are good for trail running. Especially if you are new to exercising, I'd pick some of the shorter



and easier trails to try first. The McDade trails and Tom's Creek would be perfect to start out on. At PEEC, Two Ponds would be a step up from those two, followed by Scenic Gorge and Fossil individually (Fossil, while shorter, is definitely tricky at the end). If you're feeling really adventurous, then you could try Tumbling Waters or the Scenic Gorge-Fossil combo (our old 5k course).

Trail running is not an activity for everyone, and that's totally fine. It is something I do enjoy though, but here are some general tips to keep in mind. Always start slower than necessary when you begin. Because the terrain is more difficult, you'll tire yourself out quicker than usual so make sure to start with a slower pace. Tell people where you're heading before you leave. This is a good rule of thumb anyway, but there's a higher risk of an accident happening while trail running. Have water on hand and take a break/rest if you need it. There's no harm in stopping for a quick breather to catch your breath. If this is just for fun or for your own experience, then there's no need to overdo it. Like I mentioned before, pacing is key and you have to listen to your body when it tells you to slow down. Finally, have good footwear and watch out for other hikers. You'll want footwear that provides good traction and joint support if you plan on doing this long term (wet rocks are slippery).

Let us know if there's a trail you like running on (I'm always looking for new places), and don't be afraid to give us a shout out on social media!

Grants and Development Update

By Joel Penkala

The smell of Autumn Olive and Honeysuckle permeated the air this morning and the purple iris' in the front garden here at PEEC are in full bloom. Spring has sprung and the warmer days of summer are on our doorstep. This year is quite a special one for PEEC as it marks our 50th Anniversary. And, as we move through 2022, our focus is on celebrating 50 years of environmental and sustainability education. It is also a time to celebrate our supporters and sponsors for helping us achieve this milestone.

PEEC received a 3 Year continuation of funding from The William Penn Foundation in support of our watershed programming beginning in 2022. These dollars directly support Watchers of Water, WATER! and Bridge the Gap Programming, focusing on the connection between people and water.

PEEC was fortunate to receive a Get Outdoors PA Grant which will help to replace worn equipment for our weekend public programming. This grant will also expand our wildlife photography offerings as well. Thor Labs of Newton, New Jersey, First Energy Foundation, and TC Energy have pledged to support Sci-Q again this year. Their support of this high-school-age STEM learning programming is vital. Sci-Q is an application-based program that brings local teens to PEEC for a week of immersive STEM learning. PEEC is also supported by The Greater Pike Community Foundation, whose knowledge and funding is an invaluable resource.

Though we are very fortunate in our broad support, PEEC continues to look forward to the next 50 years of environmental education in the Poconos. This proactive attitude has led us to establish an endowment fund to support our work. This endowment will ensure that PEEC can continue to provide top-notch environmental and sustainability education for years to come. Please reach out to peec@peec.org for details on how you too can make a difference in ensuring the future of environmental education at Pocono Environmental Education Center.

And as always, thank you for your generous support.

Contact PEEC for information: peec@peec.org; 570-828-2319

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BRIDGE THE GAP
DELAWARE WATER GAP
NATIONAL RECREATION AREA

**EVENING
POND PADDLE**

**Friday,
July 8th
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!

Lead support is provided by the William Penn Foundation.

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Saving the Bees & Ways to Take Care of Them *By Justin Murray*

Continued from Page 1

So what are some things we can do to take care of them once they are buzzing around again? We can:

1) Plant a bee garden.

Once the bees are out, get that garden growing. Bees pollinate both flowers and crops, so planting flowers rich with pollen and nectar in combination with crops is a great way to support the bees as well as yourself. You get the crops, and the bees love the nectar.

Plant some trees too. When trees bloom, they can provide up to thousands of blossoms as a food source for the bees. Trees also provide shelter and materials for nest building for the bees.

2) Create a bee bath

It is like a birdbath, but smaller and for the bees!

A shallow bowl for water, and plenty of rocks that break the surface of the water. This allows the bees to take a break during their long workdays, and to rest on the warm rocks and get a drink.



3) Build or buy homes for them.

Most homes are cheap to buy, and serve their purpose well. Secondly, making homes with “holes” or “tubes” in them are great as starting homes for bees, especially mason bees.

4) No chemicals

Any kinds of pesticides, fertilizers, and other chemicals that are synthetic (man-made) are dangerous to the bees. Switch over to organic products and natural remedies, like compost for the soil.

You can even add beneficial bugs to your garden, such as ladybugs or praying mantises.

5) Support local bee oriented businesses.

They are busy taking care of their bees and the wild bees as well, so show them support and purchase their products such as honey, beeswax paper, and even soap.

Why not give these a shot? Start with one or two of them. If you are feeling adventurous, and really want to help the bees, do as many of these as you can. The bees will greatly appreciate it, and so will you. Once again, helping the bees will help you!

Source: <https://thebeeconservancy.org/10-ways-to-save-the-bees/>

Mental Health and the Outdoors

By Derek Scott

It is no secret that time spent in green spaces is beneficial to our health and well-being. While the focus tends to be on physical well-being, it is really the mental benefits that make it so important to ensure you are getting outdoors as much as possible. But why exactly does being outside have such a positive impact on our mental health?

Every day we ask ourselves the same question repeatedly whether we realize it or not – “Why am I doing this?” So much of our lives revolves around the idea of what is worth doing; it is a constant cycle of means to an end. We base our worth as individuals on what we “do.” You put effort into your work every day for the financial reward and status it brings. You work out with the intent of being stronger or study with the intent of being smarter. While there is nothing

wrong with trying to be the best versions of ourselves, the busy cycle of constantly doing often leads to us feeling drained.

In comparison to the lives we have created for ourselves, nature moves at a much slower pace. It is deliberate, steady and unhurried. When we spend time outdoors away from the overstimulation we experience every day, we too are able to slow down. As a result, we become more aware of “being” rather than doing. The mental shift that occurs when we focus more on the present than what has happened or may happen is what makes spending time outside so relaxing.

According to various research on the outdoors and mental well-being, about two hours a week is all it takes to experience a more



positive mood. Not every outing needs to be several hours long or a significant undertaking. Taking short walks throughout the week can be a fantastic way to help clear your mind and improve your mood and ability to focus. We all live busy lives, but there is no excuse not to spend more time outdoors – you will thank yourself for it later.

SUMMER PROGRAMS AND GETAWAYS

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

TO REGISTER:

Call PEEC at 570-828-2319

JULY

July 4th Family Camp Weekend

July 1st– 3rd

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.

Bridge the Gap: Evening Pond Paddle

Friday, July 8th

Free * 6pm-8pm

Come join us for a free paddle on our ponds!

Beginners are welcome—we will teach you everything you need to know! Dress appropriately—you may get wet. Spaces are limited; call to reserve a canoe or kayak! *Lead support is provided by the William Penn Foundation.*

Ecozone Discovery Room!

Saturday, July 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.

Bug Exploration

Sunday, July 10th

\$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!

Frog Frolic

Sunday, July 10th

\$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.

Wilderness Walkabout

Sunday, July 17th

Free for PEEC Members/ \$5 for Non-PEEC

Members * 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.

Bridge the Gap: Pond Paddle

Saturday, July 23rd

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, July 24th

\$10 * 9am-3pm

Join us for this paddle down the Delaware! Bring a lunch, 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 24th. *Lead support is provided by the William Penn Foundation.*

Frog Frolic

Saturday, July 30th

\$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.

Introduction to Orienteering

Saturday, July 30th

\$5 * 1pm-3pm

Come learn how to use a map & compass on our orienteering course. We'll show you the basics before you set out to try and find all the points. Space is limited – call early!

AUGUST

Ecozone Discovery Room!

Saturday, August 6th

\$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: Pond Paddle

Sunday, August 7th

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 7th

\$5 * 1pm-3pm

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!

Pocono Quilt Camp

August 12th-19th

\$630 Full Workshop

Quilters of all skill levels are welcome to a week of fabric fun. This year's quilt pattern is the Jar Quilt. Think of anything you might put in a jar from fruit to coins to fireflies. Make one block, a table runner, pocket for a tote bag or a whole quilt worth of fun blocks arranged on "shelves".

Edible & Medicinal Plant Walk

Saturday, August 13th

\$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 or consumption will be done during the program.

Wilderness Walkabout

Saturday, August 13th

Free for PEEC Members/ \$5 for Non-PEEC

Members * 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.



SUMMER PROGRAMS AND GETAWAYS

Farm to Table Dinner

Saturday, August 13th

\$30/person * 6pm-8pm

Enjoy the summer season with PEEC's 6th Farm to Table Dinner. This dinner features local produce perfect for the season! Bring your friends & family to enjoy this refreshing evening. Payment is required at registration. Sold out last 3 years - call early to reserve your seat!

Bridge the Gap: Overnight Experience

Saturday, August 20th - Sunday, August 21st

\$10 * 1pm Sat. arrival at PEEC

Spend the afternoon canoeing/kayaking on our pond and then camp overnight in one of our tent sites. Make sure to bring your own water bottle and sun screen. Meals and tent supplies will be provided by us. 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 27th

Free * 1pm-4pm

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. All equipment will be provided. 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.*

Nature at Night

Saturday, August 27th

\$5 * 8pm-9:30pm

A pleasant summer evening is the perfect time to head outside. Take a walk in the woods to listen for owls, look at stars, and enjoy the music of the night. Enjoy fun activities that test your night vision. We recommend bringing a flashlight!

Bridge the Gap: Pond Paddle

Sunday, August 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.*

Ecozone Discovery Room!

Sunday, August 28th

\$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.



SEPTEMBER

Labor Day Family Camp Weekend

September 2nd - 5th

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 through Monday lunch.

Edible & Medicinal Plant Walk

Saturday, September 10th

\$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 or consumption will be done during the program.

Volunteer Day

Saturday, 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.

Bridge the Gap: Introduction to Orienteering

Sunday, September 11th

\$10 * 10am-12pm

Come learn how to use a map & compass on our orienteering course. We'll show you the basics before you set out to try and find all the points. Space is limited - call early!

Ecozone Discovery Room!

Sunday, September 11th

\$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.

Geology Hike

Saturday, September 17th

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.

Nature at Night

Saturday, September 17th

\$5 * 8pm-9:30pm

A pleasant summer evening is the perfect time to head outside. Take a walk in the woods to listen for owls, look at stars, and enjoy the music of the night. Enjoy fun activities that test your night vision. We recommend bringing a flashlight!

Bridge the Gap: River Paddle

Sunday, September 18th

\$10 * 9am-3pm

Join us for a paddle down the Delaware! Bring a lunch and a water bottle and 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 August 18th. *Lead support is provided by the William Penn Foundation.*

Fall Flights: Birds & Brews

September 23rd - 25th

\$215: Call for commuter & day rates

Come out 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 beverages from local breweries while you relax around our campfire! Includes two nights of lodging and meals from Friday dinner through Sunday lunch.

