8050 Running Valley Road Stroudsburg, PA 18360

Admin/Technical: 570-629-3060 Env. Education: 570-629-3061 www.mcconservation.org



MONROE COUNTY CONSERVATION DISTRICT

Fall 2023 Newsletter

Volume 46 No. 3

ENTAL EDUCA



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Summer has been busy here at Kettle Creek! We hosted several weeks of daycamp throughout the summer for children ages 7-13. "*Get in Touch with Nature" Camp* focused on using all of our senses to explore the habitats and resources of Kettle Creek Wildlife Sanctuary, while children ages 11-13 enjoyed several recreational outings around the Poconos as part of *Adventure Camp*, including the use of our new kayaks to paddle and snorkel the Delaware River! We hope these campers continue to explore and enjoy our local resources and become future stewards to help protect the environment we all share.





Monroe County Conservation District Board of Directors

Robert Armstrong, *Chairperson* Brian Winot, *Vice-Chairperson* Roger McFadden, *Treasurer* Craig Todd, *Secretary* Sharon Laverdure, *Commissioner* Donna Foulk Jason Smith

District Staff

Kristina Heaney District Manager

Lori Kerrigan Head Resource Conservationist

> Drew K. Wagner, P.E., Michael J. Wilk, P.E. Hydraulic Engineers

OC Hearthstone, David Hooker, David Lucykanish, John Motz Resource Conservation Specialists

Roger Spotts Environmental Education Coordinator

Brittney Coleman, Barrett Donna, Derek Lederer, Colleen Lidon, Environmental Educators

> Barbara Bistrais Finance Manager

Diana Flint, Iwona O'Connor Office Assistant Seniors

> Anthony (Tony) Herda Groundskeeper

The Board of Directors' monthly meeting is held at 10am on the third Thursday of each month at the District office. Work sessions are at 9am preceding the board meeting.

Kettle Creek Environmental Fund Update

The Kettle Creek Environmental Fund (KCEF) Annual Fundraising Dinner will be held at Trout Lake on Thursday, September 21st. To date our dinner sponsorships, dinner tickets, and donations have surpassed our fundraising dinner last year which was approximately \$20,000. All of the funds raised for the Kettle Creek Fund are used to help provide environmental education programs for school children, college students, families, and community groups in



Dr. Elaine Rogers, *President* Leslie J. Berger, *Vice-President* Joseph Bedrick, *Secretary* Ed Cramer, *Treasurer* Patrick Calpin Dr. Ian Foster Kara Klaus-Major Jim Lambert Brianna Strunk Christine Wilkins John Woodling

Monroe County and beyond. Since the fund's inception 32 years ago, more than \$1 million has been raised for this purpose. At the upcoming dinner you will learn more about the programs and events that the fund has helped make possible, i.e. that YOU have helped to make possible!

Please remember that KCEF 501(c)3 is a year-round fundraising organization. We welcome your donations at any time during the year. Additionally, if you are reviewing your estate planning, please consider a bequest to KCEF. We would be glad to discuss our endowment fund with you.

See you at the dinner at Trout Lake!

-Dr. Elaine Rogers, KCEF President





The camps are finished, the weather is changing and even the birds are thinking about preparing for migration, yes Fall is here. Kettle Creek trails were busy this summer as numerous hikers trekked through the woods and along the pond enjoying the scenery at Kettle Creek. Our staff made some trail improvements and maintained over 2 ½ miles of trails here at Kettle Creek and they are in great shape for all the fall school field trips and visitors.

Our summer day camps were busy with kids who participated in a wide range of activities and got their feet muddy in the pond, spent some quiet times at their "magic spots," built shelters, played in the discovery area and kayaked the Delaware River. We are pleased with the response to these camps and we look forward to next year's offerings.

Fall at Kettle Creek brings school children back to the trails as well as our annual bird seed sale. Prices for the seed have come down slightly and we are hopeful you support our educational efforts by purchasing the high-quality bird seed we are offering.

Finally, Kettle Creek would like to thank *Alesia Gallo*, our long time staff member who provided many wonderful EE programs and also did a fantastic job with our newsletter, website and social media over the last 8+ years. Alesia and her husband Anthony welcomed a beautiful little girl, Aria, to their family in early June. We are looking forward to seeing Aria at programs in a few years.

We hope to see everyone at some of our upcoming fall programs and hikes.

-Roger Spotts, Environmental Education Coordinator





During the week of July 15-22, 21 young, enthusiastic, energetic teenagers spent the week at our annual Conservation Camp held at East Stroudsburg University's Stony Acres. These young adults followed a busy schedule as they learned about their environment, its natural inhabitants, and themselves through a wide range of programs conducted by professionals in several different environmental fields. At the end of the week they commented on their experience and hopefully came away with a better understanding of the environment in general. This camp is made possible by the many generous donations and scholarships we receive from area businesses and clubs plus the countless volunteers who provide programming.

Each year at the end of camp we ask the campers to reflect on the past week and a few are highlighted below. Next year's camp will be held July 21-28, 2024 and it is open for teenagers age 14 through 2024 high school graduates. More information on the camp and applications will be available on our website in January.

CAMPER QUOTES

"I loved this week at camp, and am glad to leave but now I know so much more about conservation and can share that with other people."

"This past week at camp was fun and eventful. I would do anything to do it all over again."

"The Sun Ceremony shows the potential we have to change whatever we are passionate about."

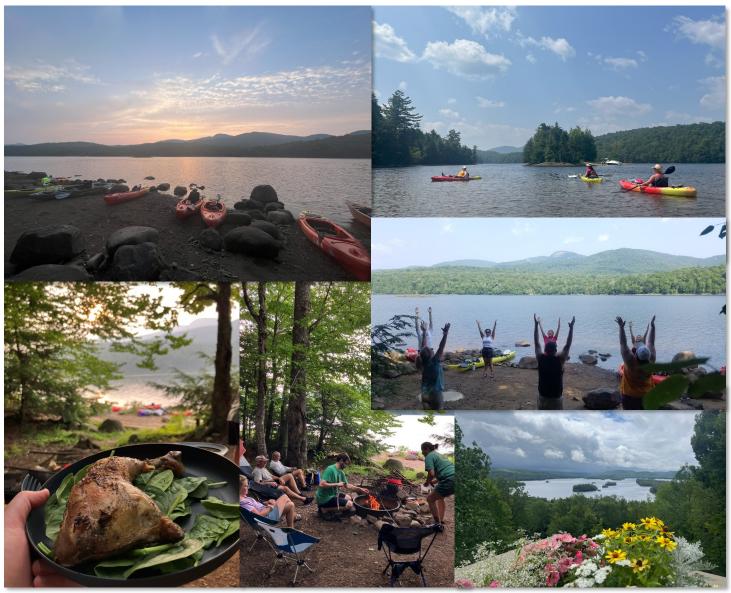


Kettle Creek's Maiden Voyage to the ADKs!

From July 25th-27th, 9 participants and 3 staff enjoyed a fantastic outdoor adventure traveling up to New York's Adirondack Mountains for our very first kayak camping trip! We paddled our gear several miles to our reserved island campsites for a two-night stay among the breathtaking mountain scenery. We also got the opportunity to snorkel, do some yoga, and hike to a wilderness pond. The bus trip culminated with a visit to the Adirondack Experience Museum and a delicious meal featuring award-winning locallymade cheeses. Although we dealt with some hazy skies (from Canadian wildfire smoke) and some rain



on the last day, overall the trip was amazing—mostly because of the wonderful company! Thank you to all the participants who braved the voyage with us for a new kind of Kettle Creek bus trip. Due to the demand and the incredible feedback we received, we are looking forward to hosting this trip again next year! Look out next spring for an announcement. Shout out to the O'Connor Foundation for providing the kayaks, paddles, and the kayak trailer so we can make these trips possible. And thanks to our trip participants for sharing these wonderful photos!





Project FeederWatch Embrace the winter. Count feeder birds for science!

> KETTLE CREEK EE CENTER 8050 RUNNING VALLEY RD.

STROUDSBURG, PA 18360

SEPTEMBER 22, 2023 6 P.M

EOUINOX

"YOGA IS A LIGHT, WHICH ONCE LIT WILL NEVER DIM. THE BETTER YOUR PRACTICE, THE BRIGHTER YOUR FLAME." — B.K.S. IYENGAR

> PRE-REGISTRATION NOW AVAILABLE ONLINE CCONSERVATION.ORG/YOGA-SESSIONS-AT-K \$5 CASH OR CHECK AT THE DOOR FOR MORE INFORMATION CALL 570-529-306 OR EMAIL LKMCCD@PTD.NET

> > MONROE COUNTY CONSERVATION DISTRICT

Calling All Birders!

Do you have a passion for bird watching or an interest in participating in a citizen's science project? Kettle Creek Environmental Education Center is currently seeking volunteers to participate in **Project Feeder Watch** for the 2023-2024 season! Count dates will be Tuesdays & Wednesdays every other week beginning in November and ending in mid-April. Volunteers will receive detailed instructions on how to conduct bird counts right here inside our building as we watch the feathery friends that visit our outdoor feeders. This is also a great opportunity for novice birders to work with seasoned bird watchers to learn bird identification. Data collected at our center will be submitted to the Cornell Lab of Ornithology to provide scientists with important information about bird distribution and abundance. For more information or to sign up as a volunteer, contact Environmental Educator Colleen Lidon by emailing <u>clmccd@ptd.net</u> or calling 570-629-3061.

KCEEC Welcomes Derek Lederer

I am from Old Forge, PA, and my journey as an Environmental Educator has taken me to beautiful places on the east coast of United States. I hold a degree in Outdoor Recreation and Park Management from East Stroudsburg University. I love to hike, birdwatch, twirl my baton, and I

recently got into herping (searching for amphibians & reptiles). I am eagerly looking forward to sharing my enthusiasm for wildlife with people of all ages here at Kettle Creek!



Project Owlnet is Back!

Join us on select Friday nights for your chance to see an owl up close! Kettle Creek along with Pocono Avian Research Center will host the fifth season of Project Owlnet, a banding project to determine the timing, intensity, and pace of migration of the Northern Saw-whet Owl. The station will be open to the public October 20th and 27th and November 3rd from 8-10pm. *For more information please see calendar listing*.









Program Guidelines

Pre-registration is required for all programs offered (unless noted otherwise) by calling 570-629-3061.

Cash or checks made payable to MCCD only.

Refunds will be given only if notification is made at least one week prior to the trip/program.

Kettle Creek Environmental Education Center 8050 Running Valley Road Stroudsburg, PA 18360 (570)629-3061 www.mcconservation.org

2023 Fall Programming

Wednesday Bog Walk Wednesday, September 13th - 10am

Join us at 10am at the Bog parking lot and take a 2 ½ hour guided journey into the unique Tannersville Cranberry Bog. Along the way, our environmental educators will explain the Bog's formation, its interesting plant and animal life, and the role the local Preserve Committee and the Nature Conservancy play in its continued protection. Please wear appropriate footwear. **Pre-registration is required**. **Meet at the Tannersville Bog parking lot**.

Cost: \$6 per person

Wednesday Bog Walk Wednesday, September 20th - 1pm

Join us at 1pm at the Bog parking lot and take a 2 ½ hour guided journey into the unique Tannersville Cranberry Bog. Along the way, our environmental educators will explain the Bog's formation, its interesting plant and animal life, and the role the local Preserve Committee and the Nature Conservancy play in its continued protection. Please wear appropriate footwear. **Pre-registration is** required. Meet at the Tannersville Bog parking lot.

Cost: \$6 per person

KCEF Annual Fundraising Dinner Thursday, September 21st - 5:30pm

The dinner event, hosted by the Kettle Creek Environmental Fund and Kettle Creek EE Center, will feature games, raffles, and excellent prizes all in an effort to raise funds for the EE Center! Located at the beautiful Trout Lake Retreat near Stroudsburg. The Rose Schoch Award will also be presented to an individual who has made outstanding contributions to environmental education. Advance tickets required. Call 570-629-3061 for details.

Autumnal Equinox Yoga Class Friday, September 22nd - 6pm



Join us in a Yoga Salutation as we welcome Fall, a time to give gratitude for our harvested efforts and intentions set earlier in the year, as we commune in nature. The class will be led by Lori Kerrigan, *LUNA MOTH*, a Certified Professional Level yoga instructor with almost 25 years experience. This All-Level Adult Yoga class will be held under the Mattioli Pavilion at Kettle Creek. (In the event of inclement weather, class will be moved inside the gallery.) Bring your mat or towel to lie on and an open mind. Optionally, bring blocks or straps as you wish to support your practice. Cost: \$5 per person

> Wednesday Bog Walk Wednesday, September 27th - 1pm See September 20th listing for details.



Full Moon Bog Walk Friday, September 29th - 6:30pm

Explore the bog under the light of a full moon. The walk begins around 6:30pm and participants should bring a headlamp/flashlight. Exact cash or check preferred (no credit cards). Please wear appropriate footwear.
Pre-registration is required and limited. Meet at the Tannersville Bog parking lot.

Cost: \$6 per person



Red Cross Blood Drive Saturday, September 30th - 9am-2pm

We are proud to be hosting another blood drive from 9am-2pm. Call Barbara at MCCD at 570-629-3060 for more information. To register or learn more about American Red Cross blood drives, visit redcrossblood.org or call 1-**800-RED CROSS**

Wednesday Bog Walk

Wednesday, October 4th - 1pm See September 20th listing for details.

Saturday, October 7th—Building Closed

Monday, October 9th—Building Closed—Holiday

Wednesday Bog Walk Wednesday, October 11th - 1pm See September 20th listing for details.



Meet the Artists: Claudia Hill and Joan Lech

Saturday, October 14th - 11am-1pm

Claudia will have a display of historical uses of gourds and Joan will have tools on display that she uses for carving and turning her woodwork. Their work will be on display for the month of October. (No sign-up needed, free event)

Saturday Bog Walk

Saturday, October 14th - 2pm

Join us at 2pm at the Bog parking lot and take a 2 ½ hour guided journey into the unique Tannersville Cranberry Bog. Along the way, our environmental educators will explain the Bog's formation, its interesting plant and animal life, and the role the local Preserve Committee and the Nature Conservancy play in its continued protection. Please wear appropriate footwear. **Pre-registration is required**. Meet at the Tannersville Bog parking lot. Cost: \$6 per person



Wednesday Bog Walk Wednesday, October 18th - 1pm See September 20th listing for details.

Project Owlnet: Saw-whet Owl Banding

Friday, October 20th - 8-10pm

Kettle Creek along with Pocono Avian Research Center will host the fifth season of Project Owlnet. The station will be open to the public October 20th, 27th, and November 3rd. Participants will learn more about the Northern Saw-whet Owl, Project Ow; net, and may have the unique opportunity to see one of the most secretive birds in the eastern US. Pre-registration is required and limited.

Donations welcome.

Bog Day Sunday, October 22nd - 10am

The Tannersville bog stewardship committee along with The Nature Conservancy is sponsoring their annual Bog Day on Sunday, October 22nd. This day features a guided walk on the boardwalk as well as information on the bog and light refreshments. It also gives participants the opportunity to meet some of the volunteers who help to maintain and protect this unique natural area. The FREE walk will be held at 10am and registration is required.

Wednesday Bog Walk

Wednesday, October 25th - 1pm See September 20th listing for details.

Project Owlnet: Saw-whet Owl Banding Friday, October 27th - 8-10pm See October 20th listing for details.







Program Guidelines

Pre-registration is required for all programs offered (unless noted otherwise) by calling 570-629-3061.

Cash or checks made payable to MCCD only.

Refunds will be given only if notification is made at least one week prior to the trip/program.

Kettle Creek Environmental Education Center 8050 Running Valley Road Stroudsburg, PA 18360 (570)629-3061 www.mcconservation.org

Annual Bird Seed Sale Saturday, October 28th - 9am-1pm



It's time to feed our feathered friends and we are pleased to once again offer some of the best quality bird seed on the market: Aspen Song Wild Bird Seed. We are offering a wide variety of seed mixes and specialties, as well as bulk black oil sunflower seed from 9am to 1pm at the EE Center. We will have extra seed and many new varieties of feeders to meet all your bird feeding needs available on the day of the sale and throughout the bird feeding season.

To get an order form, visit mcconservation.org

Wednesday Bog Walk Wednesday, November 1st - 1pm See September 20th listing for details.

Project Owlnet: Saw-whet Owl Banding Friday, November 3rd - **8-10pm** See October 20th listing for details.

Meet the Artist: Andrea Henley Saturday, November 4th- 11am-1pm Andrea's photography exhibit "Captured Moments in Nature" will be on display in the gallery for the month of November.

> LAST Wednesday Bog Walk Wednesday, November 8th - 1pm See September 20th listing for details.

Friday, November 10th—Building Closed—Holiday Saturday, November 18th – Building Open—9am -1pm Thursday, November 23rd—Building Closed—Holiday Friday, November 24th—Building Closed

Photo Contest Art Opening Saturday, December 2nd - 11am -1pm

Enjoy the entrants in our Monroe County Natural Resources Photo Contest. Winners will be revealed and the top 12 photos will be available on a 2024 calendar. Proceeds from calendar sales will benefit environmental education programs at Kettle Creek. Exhibit runs through January 31st, 2024.

Winter Solstice Yoga Class Thursday, December 21st - 6pm



Winter Solstice is thought of as a time of death and rebirth when Nature's powers and our own souls are renewed, framing the longest night of the year. This All-Level Adult Yoga class will be held in the Gallery at Kettle Creek. Bring your mat or towel to lie on and an open mind. Optionally, bring blocks or straps you may wish to support your practice. Cost: \$5 per person

Friday, December 22nd—Building Closes at Noon Monday, December 25th—Building Closed—Holiday Friday, December 29th—Building Closes at Noon

KETTLE CREEK ENVIRONMENTAL EDUCATION CENTER			For Office Use Only
Bird Seed Savi	ANNUAL BIRD SEED SALE DAY, OC	t. 28, 2023	
NAME		_	
ADDRESS		_	
CITY/STATE/ZIP			ALL PROCEEDS BENEFIT
PHONE NUMBER			ORDER DEADLINE** iday, October 20, 2023
QUANTITY ORDERED	DESCRIPTION OF WILD BIRD SEED	DAY OF SALE PRICE	TOTAL
	* 25 lb. Bag Black Oil Sunflower Seed	\$20.95	
	*50 lb. Bag Black Oil Sunflower Seed	\$37.85	
	* 30 lb. Bag Value Blend	\$21.80	
	* 20 lb. Bag Choice Blend	\$25.70	
	* 40 lb. Bag Choice Blend	\$48.50	
	* 20 lb. Bag Premium Blend	\$31.20	
	* 40 lb. Bag Premium Blend	\$56.50	
	* 5 lb. Bag Sunflower Kernels	\$10.05	

MAIL COMPLETED ORDER FORM AND CHECK TO:

* 5 lb. Bag Safflower Seed

* 4 lb. Bag Finch Blend

* 12 oz. Hi-Energy Suet

* 12– 12oz. Hi-Energy Suet

* 10 lb. Bag Nyjer (Thistle) Seed

* 4 lb. Bag Fruit & Nut Woodpecker Blend

Monroe County Conservation District 8050 Running Valley Road Stroudsburg, PA 18360

PLEASE MAKE CHECKS PAYABLE TO: (MCCD) Monroe County Conservation District SUB-TOTAL DUE:

*PLUS 6% SALES TAX: _____

Donation to Help Fund EE Programs

\$9.65

\$14.25

\$12.00

\$22.35

\$1.45

\$15.50

TOTAL ENCLOSED:



Grants Available for Monroe County Farmers!

The Agriculture Conservation Assistance Program



What Is the Agriculture Conservation Assistance Program?

The Agriculture Conservation Assistance Program (ACAP) was created through the Clean Streams Fund and was incorporated in the FY2022-23 General Funds State Budget. The purpose of the \$154 million program is to assist farmers in the design and installation of agricultural "**best management practices**" (BMP's) that will improve the long-term viability of their farm's natural resources. Many of these "BMP's" also help farmers cut costs on inputs and labor, improving food security by reducing some of the burden on agricultural businesses.

ACAP is administered by the State Conservation Commission (SCC) and delegated to participating Conservation Districts for local implementation of the program. Monroe County Conservation District has received \$300,000 in funds to implement the program in our county over the next three years.

On **August 7th**, **2023** we opened the application process for our county's ACAP program. Monroe County farmers can apply for grants of up to **\$30,000** to fund projects on their farm. Farmers are required to supply a 10% match for the total cost of their project. That match can consist of a cash match financed by the farmer or another agency, or labor provided by the farmer to complete the project (ex: installing your own fence, excavating for a water line, etc.). Labor and equipment supplied by the applicant is only eligible to be used as match.

Who Is Eligible for an ACAP Grant?

An individual who is actively engaged in the production of an "**agricultural commodity**" as a part of a "normal farming operation", as defined by the Pennsylvania Right to Farm Act (3 PA. Stat. Subsection 952).

Agricultural Commodity = Any of the following that are transported or intended to be transported in commerce:

- Agricultural, aquacultural, horticultural, floricultural, viticultural or dairy products.

- Ranch-raised fur bearing animals and the products of ranch-raised fur bearing animals.
- The products of poultry or bee raising.

- Livestock and the products of livestock.

- Forestry and forestry products.
- Any products raised or produced on farms intended for human consumption and the processed or manufactured products of such products intended for human consumption.

Applicants must have one or a combination of the following plans, if applicable, before receiving a grant:

- NRCS Conservation Plan <u>or</u> Agricultural Erosion and Sediment Control Plan
- Manure Management Plan* <u>or</u> Nutrient Management Plan *For livestock operations only

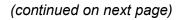
If you don't have a current plan(s), we will assist with developing and/or funding the development of any plans needed.

What Costs Are Eligible for ACAP Grants?

A list of approved practices (Ex: terraces, waterways, manure storage, livestock fencing, watering systems) can be found on the District website (www.mcconservation.org) or the ACAP homepage which can be found by searching "ACAP State Conservation Commission" online.

Any of the following costs can be included in the application. Private sector technical assistance (engineering, as-builts, etc.) can be reimbursed by up to 10% of the total construction cost.

- Project design, engineering and associated planning
- Project construction or installation
- Construction materials (equipment purchases are not eligible; equipment rentals are eligible with prior approval)
- Post construction inspections









Cattle Crossing to protect stream beds and stream banks



Watering System in a pasture, with reinforced gravel pad

Applying for ACAP Grants (cont'd)

The first step to the application process is reaching out to the District to set up a pre-application meeting. At that meeting, we will review your project and provide you with the tools to build an application. Applications won't be reviewed until you have a preapplication meeting. Sample application documents can be found on our website.

Applications will be accepted and funded on an on-going basis until our funds are exhausted. Eligible projects will be reviewed within 90 days of receiving a complete application.

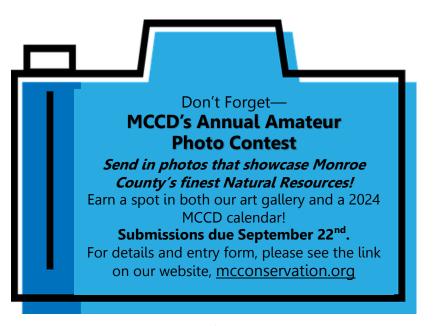
If you have any questions or would like to set up a pre-application meeting, please contact our District's Agricultural Technician, **David Hooker**

Resource Conservation Specialist Phone: (570) 629-3060 Email: <u>dhmccd@ptd.net</u>

Pennsylvania ACAP Funding for Agricultural Best Management Practices



Created through the Clean Streams Fund, ACAP (Agricultural Conservation Assistance Program) provides financial and technical assistance for the implementation of best management practices in Pennsylvania. Administered by the PA State Conservation Commission (SCC) and delegated County Conservation Districts.





Big thanks to our Summer Staff!

It takes a lot of hard work to maintain three outdoor sites and multiple trails, help set up for events, prepare firewood for maple sugaring season and arrange our program supplies. Sending thanks to Kara Dougher, Ramraj Jitlall, and Delaney

Henasey. We appreciate all their time and efforts! And thanks to our summer intern, Nicole Yakovlev from the University of Miami, for helping with our camps and program duties. We wish you well with all your future endeavors!



PUBLISHED BY: MONROE COUNTY CONSERVATION DISTRICT 8050 RUNNING VALLEY ROAD STROUDSBURG, PA 18360 TELEPHONE: 570-629-3060 FAX: 570-629-3063 E-MAIL: monroecd@ptd.net



MONROE COUNTY CONSERVATION DISTRICT

Conserving Natural Resources for Our Future

Upcoming Artists

September Laura Gonzalez "Our Beautiful World" Laura's work includes acrylics, pencil, oils, watercolor and photography.

<u>October</u>

Claudia Hill & Joan Lech *"From Nature to Art"* Claudia and Joan use an arsenal of mediums to create their artwork.

<u>November</u>

Andrea Henley *"Captured Moments in Nature"* Andrea combines her love of nature and macro-photography.

December

Photo Contest Display Enjoy the entrants in our Monroe County Natural Resources Photo Contest. The top 12 photos will be available on a 2024 calendar.



CALL FOR ARTISTS!

Are you an artist in Monroe County, Pennsylvania who loves nature?

The Gallery at Kettle Creek is searching for new artists to fill our 2024 slots!

Each show will run for an entire month with one opening reception. Work must be themed around local nature. 20% of proceeds from all sales during exhibit will be donated to Kettle Creek. If interested, please send an email to <u>dfmccd@ptd.net</u> with your contact information and photos of your work.