



NEWSLETTER

Vol. 1 #1- 2025

Web site:
friendsofdewanps.org



Board Meets Meet 3rd. Wednesday of the month
7:00 PM Meeting at Bushkill Ambulance building
5240 Winona Falls Road
East Stroudsburg, Pa 18302

Well attended First Event

In Case You
Missed It!

attended by 67 people!

March 6: 6:30pm - 8:30pm Shawnee Inn
Nancy Shukaitis Woman on a Mission

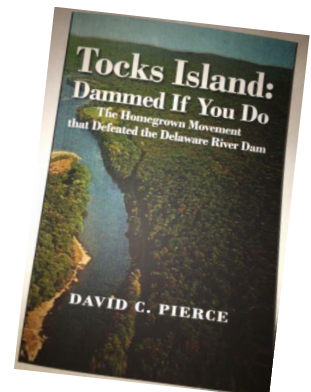
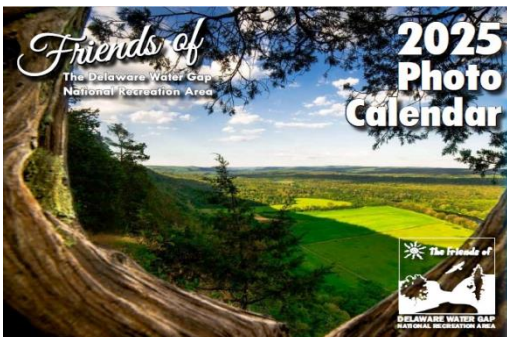


Presenting the story is journalist and author David Pierce

Thank you Dave!

As March is Women's History Month, how better to
celebrate than to learn about our local women who
made such a difference in our area.

FRIENDS Fundraisers
Our 2025 Calendar



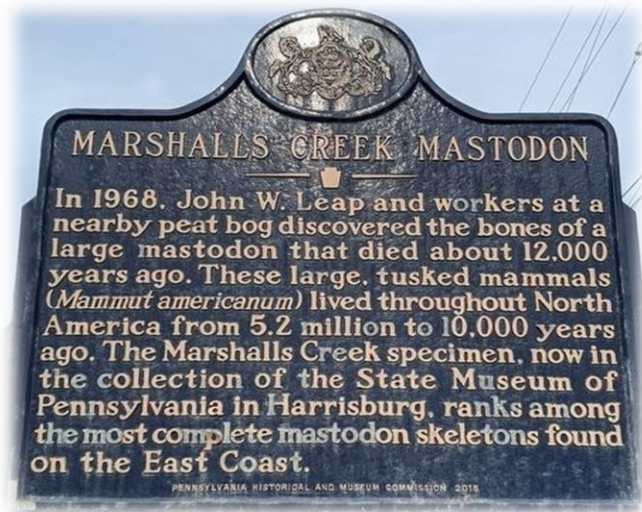
paperback Cost: \$ 15.
hardcover \$ 25.

\$12 for members and \$15 for non-members

Up and coming Events

Events being planned. Details to follow

Join Us



Back by popular demand!!

Mastodons, Trilobites, and Dinosaurs

presented by Dr. Paul Kovalski

May 24 Saturday 2-4 PM

**Middle Smithfield
Community Center**

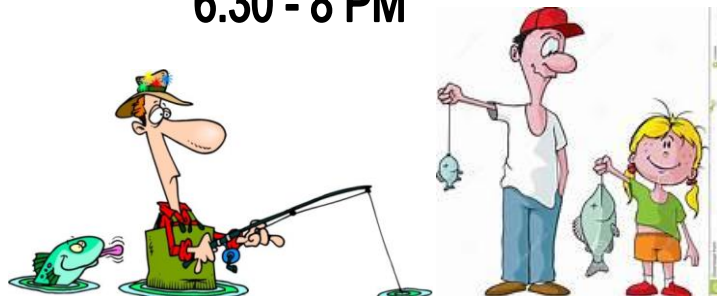


June 14 Saturday Zimmermann Open House

Zimmermann's legacy
as seen through the lens
of our restoration and house tour experience in recent years
at the Marie Zimmermann Farm (from 9 am - all day)
Directions : off US209: Zimmermann Farm Rd, (between mile marker
14-15)

June 19 Fishing in the Delaware River with Ed. (Ed Regina)

**Middle Smithfield Community Center
6:30 - 8 PM**

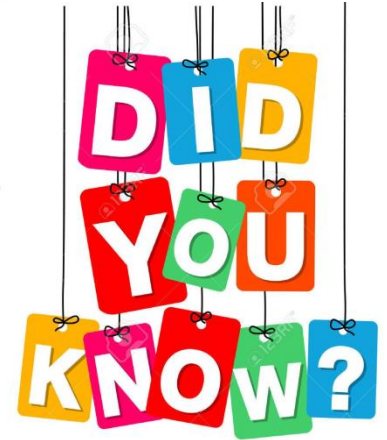




Tick Research Lab of Pennsylvania

in partnership with East Stroudsburg University

Tick Research Lab of Pennsylvania
562 Independence Rd., Suite 114
East Stroudsburg, PA 18301
wildlifedna@esu.edu



Springtime means tick time; do you know how to submit a tick for testing?

When you notice a tick, it's important to remove it right away, but don't throw out the tick! Save the tick for testing, it can provide you and your physician with important information on your exposure to a tickborne illness. Below are 5 simple steps on how to remove a tick and submit it for testing:

- | | | | | |
|--|---------------------------------------|--|--|---|
| 1. Use fine
tweezers
and grab
the tick
by the
base of
its mouth. | 2. Pull
straight
up and
out. | 3. Place
the tick
into a
clean
plastic
zip-
locked
bag. | 4. Visit our website
www.ticklab.org and
select "Test My
Tick", follow our
submission process
to receive your
testing identification. | 5. Mail your tick to us!
You may use priority
mail so your tick can
arrive fast and be
tracked along the way
OR a simple envelope
with a stamp. |
|--|---------------------------------------|--|--|---|

Once your tick is received, our expert researchers will identify the type of tick and begin the testing. You will receive a text message and email notification throughout the process. The great benefit is testing results can be completed within just 72 hours upon receiving the tick with 99.9% accuracy.

AND don't FORGET to clean the tick bite with antiseptic, such as isopropyl alcohol or soap and water. The redness around the tick bite should subside. However, watch for signs of infection. If you develop a rash, please contact your physician right away.

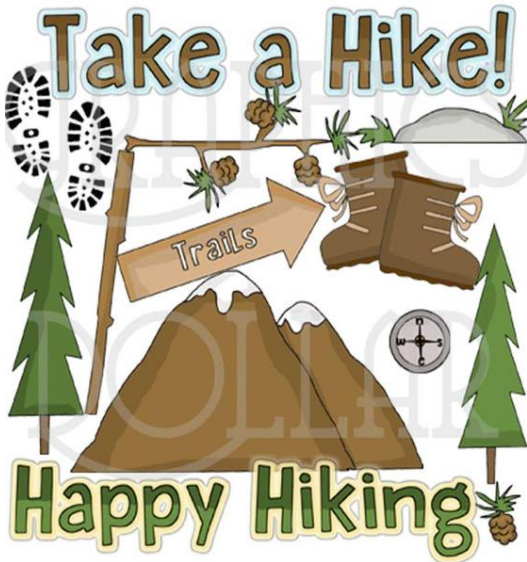
[Follow us](#) on social media for more prevention and awareness tips!

Protect yourself, loved ones and pets from ticks. The Tick Research Lab of Pennsylvania is continuing to offer Free Basic Panel Tick Testing for PA residents through funds received from the PA Department of Health. If you find a tick attached, don't panic. Submit your tick to our lab for testing here -> www.ticklab.org/test-my-tick

Hiking Etiquette

David Pierce

dave-pierce@hotmail.com



More than 100 miles of hiking trails

- meander through the Delaware Water
- Gap National Recreation Area. For the
- uninitiated, here are a few things for hikers to keep in mind:

Carry and drink water on your trek to avoid dehydration. Consider bringing a light snack to keep your energy level high.

- Wear a hat, sunglasses and sunscreen to protect yourself from the sun. Wear sturdy shoes that can more easily negotiate steep, rocky areas.
- Protect yourself from ticks and insects. Use insect repellent. Wear light-colored clothing to spot ticks more easily. Stay on the trail, as you're more likely to attract ticks if you wander into taller vegetation.
- Keep in mind that some trails traverse areas where there is no cell service. Study a trail route and plan your hike ahead of time. Consider carrying a paper map and/or a compass.
- Dogs are required to be kept on a six-foot leash.
- No littering is allowed. Hikers are expected to carry out with them all trash they generate.
- Don't interfere with others' enjoyment by playing music out of speakers. If you want to accompany yourself with tunes, wear headphones.
- Don't feed the wildlife.





By Stephanie Sherman

There has been a lot of love growing towards our buzzing little friends in the past several years as awareness has increased over the threat to our pollinators. In the face of colony collapse disorder, people are turning to backyard beekeeping, planting native flowers, and creating decorative bee pools for a drink are all ways we can help these hardworking little critters. Yes, of course, they are responsible for about 75% of all our food in the US and should be appreciated for one in every four bites we take, but they also are endearingly dedicated insects whom we could learn a thing or two about life from.



First lesson: Stop and smell the flowers, do a little dance. If you are a bee, it is called the waggle dance. Waggle dances are how bees communicate with each other on the location of the best flower finds, kind of like how we get so excited to share our latest interest with our friends. Waggle dances are done in a figure-eight pattern with the center including a little abdomen (butt) jiggle that conveys both distance and how good the patch of flowers are based on its intensity. Other bees have been found to learn from their peers not just from a this waggle dance, but scientists have found bees can even teach each other how to solve puzzles that include multiple steps in order to get a sugary treat. Moral of the story? Share the wealth and learn, we all thrive when we learn from each other.

Second lesson: Always make time for some fun. This was the most interesting recent study that even when provided a straight path to food, bees stopped to enjoy playing with the small wooden balls that littered the experiment “field” on the way to their treat. Bees are the epitome of altruism as many of these little workers will never have a

family of their own but work for the hive and their Queen. (Sound familiar to us out in corporate ant land?) Many studies have found that playfulness in work and life have increased resiliency in health for humans, but what about the emotional wellbeing of bees? It does make one think about the fact that most of us work very hard for our lives and families, but in the end, even the busiest little bee needs a break now and then. Moral of the story: Even a bee's inner child needs to play ball, have you had some fun today? Remember to "bee" kind out there to all of your busy friends.

Plant These.



Save The Bees.



**The 2025
Volunteer Appreciation Event**
will be held on Sunday, September 14th

The Delaware River has been voted in as Pennsylvania's 2025 RIVER OF THE YEAR



This marks the third time the Delaware River has earned the title, having previously won in 2002 and 2011, and it will be celebrated with a River of the Year Paddle in

June. This annual public competition is organized by the Department of Conservation of Natural Resources (DCNR) and the Pennsylvania Organization for Waterways and Rivers (POWR).



**Awards donated by
Friends of DWGNRA**



PEEC
Pocono Environmental
Education Center

538 Emery Road
Dingmans Ferry,
Pennsylvania 18328

<https://www.peec.org/discover-peec/>

(PEEC) in Dingmans Ferry is the perfect place for learning, exploring, getting away, and connecting. With six hiking trails, weekend educational programs, and summer camps, PEEC is a great place for nature lovers of all ages, families, friends, photographers, youth and adult groups, scouts, students.



April 26,
From 11:00 AM to 4:00 PM
\$5/car

Help us celebrate the Earth! There will be hands-on learning stations, interpretive hikes, conservation exhibits, crafts, food, music, and much more!

No registration needed.



Now Lehman and Delaware Townships have partnered with the National Park Service to create a *community garden* in one of the most beautiful settings possible — right inside the Delaware Water Gap National Recreation Area.

"The garden is located at mile 7.5 on Route 209 in **DWGNRA**. Local names include 'The Old Heller Farm,' or 'Wheat Plains,' In addition, the site has a secure area to store tools, a shaded rest area and a staff gardener for support. The entire garden is surrounded by an electric fence to keep deer out. **Gardeners will need to bring** their own drinking water, snacks, tick repellent, gloves, sturdy shoes, small hand tools, plants and seeds.



National Park Events

Delaware Water Gap National Recreation Area
570-426-2452

<https://www.nps.gov/dewa/planyourvisit/index.htm>

The park offers year-round recreation including hiking, paddling, fishing, and hunting.



VISIT US



DON'T LET **HEAT** BE WHAT RUINS YOUR TRIP

Plan for Success

-  Check the Weather and Park Alerts
-  Find where to access water at the park
-  Plan to hike before 10 am or after 4 pm.
-  Have a "cool" back-up plan for high heat



go.nps.gov/BeatTheHeat

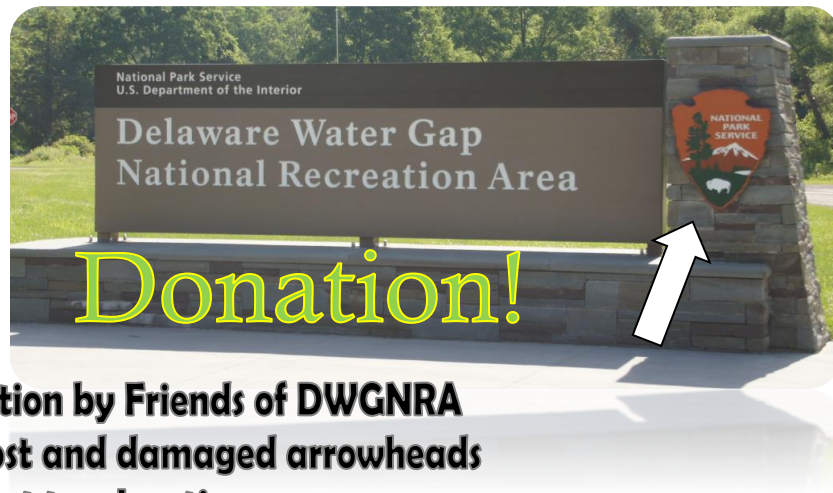
New- Acting Superintendent DWGNRA

Superintendent Sapp retired March 4, 2025 after 32 years of service.
The new acting superintendent will be Eamon Leighty until the position
can be filled permanently



Delaware Water Gap National Recreation Area
Middle Delaware National Scenic and Recreational River
1978 River Rd.
Bushkill PA 18324





**\$ 3217 donation by Friends of DWGNRA
to replace lost and damaged arrowheads
at two locations.**

River Road Cleanup *Calling All Volunteers*

The Shawnee Inn and Golf Resort is seeking volunteers for the Spring River Road Cleanup. This event is taking place on Saturday, April 12, 2025, from 9:00 am to 12:00 pm. Volunteers to arrive at 8:45 am.

Volunteers Receive

- Safety Gear provided by Keep PA Beautiful
- Complimentary Continental Breakfast
- Complimentary T-Shirt for First 50 Volunteers
- Volunteer Appreciation Lunch after Cleanup

To Register

Contact/Questions?

Nicole Althouse-Garced

telephone at: 570-424-4050 x1408

e-mail at: marketing@shawneeinn.com

Meeting Place

Saturday, April 12, 2025

9:00 am - 12:00 pm

The River Sanctuary of

The Shawnee Inn and Golf Resort

The Spring River Road Cleanup will commence rain or shine. Bring proper apparel.

***Volunteers MUST
register!***

