



Summer Picnic and Meeting date changed!

The Summer POC Meeting and Picnic at the Singlemann's has been changed to 1:00 PM on **August 28**. Please make note of the change. This is a potluck – call Jean at 570-421-2968 to RSVP and plan your contribution to the meal. It is always a fun time at their place on Brushy Mountain Road. See Page 4 for directions.

Special Note from the President:

If you have an emergency, immediate concern or threatening situation in which your comfort zone is intruded upon anytime or anywhere on a POC hike or activity, call Frank Allen on his cellphone, 570-234-9945.

Summer Hiking



Summer! Most hikers' favorite season. Here are a few strategies for you to maximize the Pocono's precious few months of good weather. It's inevitable that rain will interfere with hiking. Put a light weight rain-resistant jacket and a fold up umbrella in the trunk. Take them along for summer showers. These won't keep you dry in a thunder storm but they help. The mini-umbrella keeps

rain off my glasses. If my glasses are dry, at least I can see, which always helps. I use a wooden hiking pole. I don't like holding a piece of metal when lightning's around. Everyone knows about ticks. When you finish a hike, brush them off your clothes. When I return home in May and June, I put clothes I wore in a hamper, plastic bag, or in the washing machine and make a thorough strip-search before I shower. I usually find them on my neck and stomach. I check again later for ticks that may have evaded scrutiny. Sometimes I find one crawling around, looking for breakfast. Whatever technique works for you is best! Stinging insects are another problem. I'm not a fan of greasy chemical sprays. Often it doesn't seem to help very much. Besides you're helping destroy our global eco-system because of a few flies, gnats, and mosquitoes! There are definitely timber rattlesnakes in high ravines and ridges of the Pocono's. Be aware of your surroundings and stay on the trail. Hiking through wooded hills with rocky outcrops is when you should focus on scanning the trail ahead for rattlers sunning themselves. Often the trail is a lighter color so they are quite visible despite that incredible brown-blotched camouflage. Rattlers live in dens among remote boulders and don't range far from them. They like to sun themselves after a meal. What better place than a trail! If you are familiar with their habitat you should spot them before they are aware of you. Don't fool with them. When you see one on the trail ahead, don't poke or bother it. Make a wide detour around them. They seem to think the trail belongs to them and who's to argue! (Hint: often there's no warning rattle!) I've had more trouble with hornets, wasps and yellow jackets than snakes. When most people are stung, they can take Benadryl. For those who are allergic, epinephrine is necessary. I was on a hike once in which the leader asked if anyone was allergic to bees. One woman said she was but forgot her antidote. Despite her vehement arguing, he wouldn't let her go on the hike! Know what poison ivy looks like and don't touch it. (Hint: Leaves of three, let it be.) Of course, when you get tired toward the end of a hike, it's easy to brush up against poison ivy. Keep up your vigilance particularly when you're reaching out to a branch or tree trunk for support. If it looks like poison ivy, it probably is! (Hint: you can get poison ivy from berries, leaves, roots, stems or vines!) Don't let heat keep you off the trails. Summers in the Pocono's are too brief not to take advantage of good weather. Often it's cooler in the woods and on the trail than in the parking lot. Start early and finish early. At the peak of summer it's light by 5:00 a.m. or so. You can get in three or four hours before noon. Take ample water. For me, splashing cold water on my face, head, and neck is more refreshing than drinking it. (Sip cold water, don't gulp it!) This can be done at each rest break. Fill a thermos with crushed ice and cold water and leave it under your car seat so you can have ice-cold water at the end of a

long, exhausting hike. Don't forget a first aid-kit (include a tourniquet!), a charged cell phone, a field guide with color photographs, maps and/or GPS. Get out and enjoy the beauty and bounty of summer in our wonderfully diverse Pocono landscape.

Frank Allen, President



Pocono Outdoor Club Quarterly Meeting Schedule - 2011

Meetings are on the 3rd Sunday of the month.

Date	Meeting	Location	Time
Tuesday, August 16	Board Meeting	MCEEC	5:00 PM
'Sunday, August 28	Summer Picnic & Meeting	George & Jean Singlemann's	1:00 PM
Sunday, November 20	Fall - Annual Meeting & Elections (President & Treasurer)	MCEEC	2:00 PM



Trail Care News

Keystone Trails Association

Trailcare Weekends hosted by POC

KTA Trail crew will be joining us on one more weekend this year to help reclaim overgrown sections of Thunder Swamp Trail in 2011. Mark this date: Sept 23rd to 25th on your calendar. See the Activity Schedule for details.

Other Opportunities to earn your trail care T-shirt this year:

- Sept 10 – Big Pocono State Park
- Sept 23-25 – See KTA above (Thunder Swamp and Promised Land State Park)
- Oct 15 – TBA
- Oct 29 – TBA

Trail Care Report from Hickory Run State Park

The Whipple's had their first foray into leading a trail care event in June when we "took over" Tom and Rosemary Miller's long time stewardship of Orchard Trail at Hickory Run State Park. Rosemary met with us on the Tuesday before to look over the trail and see what was needed – her help was invaluable. Of course we did some of the trimming and clearing while we were noting some of the bigger chores. On the following Sunday, we were joined by Bethany Schiebel (who went with us on Tuesday also), Dean and Sue Neely and Sue's sister, Judy Ackerman from El



Paso. We repainted the blazes, did a lot more trimming, cut and removed some fallen trees from the trail, cleared leaves along the switchback to keep the water flowing away from the trail and laid some logs and stones in wet sections to make it easier to hike the trail. This is a beautiful and heavily used trail and now it is all neatened up for the Summer season. We spent a little relaxing time at Hawk Falls. Our general assessment: Most people who hike these trails have no idea what it takes to keep them in good hiking shape!

POC ACTIVITIES CALENDAR

For every activity, please wear appropriate clothing and footwear, bring a lunch or snack, and water to drink. The Meeting time for activities is **10:00 AM** unless otherwise noted in the write up for the hike. Hiking on uneven terrain can be hard on the ankles, so be sure to wear hiking boots, which are stiffer and taller than sneakers and have better traction. Going downhill can be hard on the knees, so if yours are sensitive, invest in a walking stick or hiking poles to take the pressure off.

TRAIL RANKINGS: Hikes are rated based on distance, climb, terrain and pace.

Easy=1, Moderate =2, Moderate to Difficult =3, Difficult =4, Strenuous=5.

July 2011

EVENT	DATE	DESCRIPTION/CONTACT	RANK
	2-July Saturday	Rickett's Glen State Park: Meet at CVS on Rte 940 and Rte 115 at 9:00 AM . Will hike to all 21 waterfalls.- approximately 7 miles. Bob Wacker 570-629-5293	4
	9-July Saturday	Bruce Lake loop hike, Promised Land State Park: This will be a moderate paced hike with no major climbs but with some rocky sections. We will hike to and around Egypt Mills Lake, then to Bruce Lake and return on the Brown trail for a hike of about 8.5 miles. Bring water, snacks, and wear hiking shoes or boots. Meet at the Bruce Lake parking lot on Rt. 390 just north of the Village of Promise Land at 9:00 AM . Roy Kleinle at 570-421-8982	4
	10-July Sunday	Jacobsburg State Park, Henry's Woods Trail: Easy 2 mile hike along Bushkill Creek. Beautiful, peaceful woods. Great beginner hike. Wear hiking boots or sturdy shoes/sneakers. Bring water and a snack. Meet at 10:00 AM near the gazebo in the main parking area on Belfast Rd. Sue Prendergast 570-242-0519	1
	15 July thru 17 July	KTA Trail Care - Allegheny Front Trail Leader: Ed Lawrence Phone: 570.925.5285 Email: cathyed@nationi.net Camp: Black Moshannon State Park group camping area	
	17-July Sunday	Bicycle - Lehigh Valley Gorge: Meet at 1:00 PM at Rockport. We will follow the Railroad grade to White Haven, have ice cream/snack in White Haven and then return to Rockport. Rosemary & Bob Huebner 570-588-3201	2
	22-July thru 24-July	KTA 8th Annual Prowl the Sproul Hiking Weekend - Western Clinton County. KTA and DCNR guides will lead hikers off the beaten path to see the hidden jewels of the Sproul. Guided hikes are scheduled on Friday, Saturday, and Sunday, with meals and camping available at the Western Clinton Sportsmen's Association. Deadline for registration July 9 – visit kta-hike.org for registration information	
	24-July Sunday	Brady's Lake, State Game Lands #127: 5 mile easy to moderate hike thru state game land. Bring a storage container, we will take some time to pick blueberries. Wear hiking boots or sturdy shoes/sneakers, bring plenty of water and a snack. Great beginner hike. Meet at Brady's Lake Parking Lot at 10:00 AM . Sue Prendergast 570-242-0519	2
	30-July Saturday	McDade Trail, Delaware Water Gap: Meet at 10:00 AM Hialeah parking area, hike to Smithfield Beach and back. About 5 miles. Wear sturdy, warm boots and bring a snack and water. Directions: River Road through Shawnee to Hialeah picnic area on the right.....drive through and park at the far end near the trail head. Rosemary Huebner 570-588-3201	2

REMEMBER... THERE IS ALMOST ALWAYS SOME HUNTING SEASON,
DON'T FORGET TO

WEAR YOUR BLAZE ORANGE!

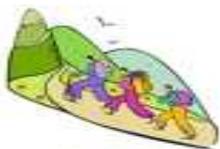
August 2011

EVENT	DATE	DESCRIPTION/CONTACT	RANK
	6-August Saturday	State Game Lands 38/BWA Mountain Trail Bike Ride: Meet at 10:00 AM for an Easy-Moderate 6-8 mile ride including stops at Wolf Swamp and Deep Lake. Enjoy Miles of Mud and Pine Plantations along with the usual scrub/laurel/snake habitats. Maybe some blueberries if there're any left. Meet at the SGL 38 Lot near Big Pocono. John Motz 570-236-1462	3
	6-Aug / 7-Aug Sat/Sun	Overnite Hike/Camp-Appalachian Trail: Moderate 3 mile hike from Smith Gap to the Leroy Smith shelter, camp overnite at the shelter and back out the next morning. Bring all camping gear, dinner, breakfast, plenty of water, smore's and maybe a bottle of wine? Meet at Smith Gap at 4:00 PM . Sue Prendergast 570-242-0519	2
	12 – Aug thru 14 – Aug	KTA Trail Care - Mid State Trail, Woolrich Region Leader: Joe Healey Phone: 570.655.4979 Email: jnlhealey@aol.com Camp: Ravensburg State Park	
	20-Aug Saturday	Thunder Swamp Trail System: This will be a moderate paced round trip hike of about 5 miles starting at Old Bushkill Road parking lot and going over to Ludleyville on Rt. 402. We will hike on a newly rerouted part of the trail system and on the return hike on a seldom used section that goes through part of Thunder Swamp. Parts of the trail are rocky so wear hiking shoes or boots and bring water and a snack. Meet in the main parking lot on Rt. 402 north of Resica Falls at 9:00 AM or at 9:30 AM in the parking lot on Old Bushkill Road. Roy Kleinle 570-421-8982	2
	28-Aug Sunday	POC Picnic & Quarterly Meeting, 1:00 PM at the Singlemann's Home on Brushy Mountain Road, Stroudsburg Call Jean Singlemann at 570-420-9040 to RSVP & plan your food contribution.	

Directions to the Singlemann's

Take Business Route 209 to Route 447 (at Eagle Valley Corner), go north about 2/3 mile to Brushy Mountain Road (Kens Auto on Corner and 84 Lumber is just ahead). Turn right and go 2 miles up Brushy Mountain Rd and take the left fork at Reservoir Road. Continue one mile past 2 houses, on the left around a curve ...look for gravel driveway on your right....name on tree stump Singlemann and Ouellette... You have reached your destination!!!

Thursday Hikes: There is an informal group of hikers, most of whom are members of the Pocono Outdoor Club, that get together on Thursdays to hike. Anyone interested in hiking with them is invited. To get a copy of the schedule, contact Catherine Johnson by email: catherinejo1@verizon.net and she will email you a copy.



September 2011

EVENT	DATE	DESCRIPTION/CONTACT	RANK
	3-Sept Saturday	<p>Lehigh Valley Nature Center, Slatington: Meet at Cherry's Restaurant intersection of Rt 290 & 534 at 9:00 AM. Hike up grasslands to Lehigh River then to Devil's Pulpit and down the Appalachian Trail. 5 or 9 Miles</p> <p>Bob Wacker 570-629-5293</p>	3
	10-Sept Saturday	<p>Coppermine Trail, Delaware Water Gap: Meet at 9:00 AM in the Coppermine Parking area on Old Mine Rd., NJ. Moderate 4 mile hike. Wear sturdy boots and bring water and a snack. Take Rt. 80 East through the toll bridge into New Jersey. Take first exit, and turn left off exit ramp . Follow Old Mine Road about 7 miles. Parking area is on your left.</p> <p>Jim Podmayersky and Kate Andrew 570-236-6831</p>	2
	10-Sept Saturday	<p>Trail Care at Big Pocono State Park</p> <p>John Motz 570-236-1462</p>	
	11-Sept Sunday	<p>Glen Onoko Falls, Jim Thorpe: 2-3 mile moderate hike uphill to the top of the falls and back. Wear hiking boots or sturdy shoes/sneakers, bring water and a snack. Great hike followed by lunch in Jim Thorpe. Meet at 10 AM Lehigh Gorge parking area for Glen Onoko.</p> <p>Sue Prendergast 570-242-0519</p>	2
	24 Sept thru 25 Sept	<p>KTA Trail Care Event at Thunder Swamp and Promised Land State Park</p> <p style="text-align: right;"></p> <p>Contact John Motz 570-236-1462 for more information</p>	
	25-Sept Sunday	<p>State Game Lands #127: Hike a 7 mile loop east of Brady's Lake: includes the Lake Road, Hell & Selfice Swamp trails. The Hell Trail has regularly yielded interesting evidence of animal interactions. Some mushy ground, but no major hills. Meet at the Brady's Lake parking lot.</p> <p>John or Fran Whipple 570-350-2977 or 2967</p>	3
	30 Sept thru 2 Oct	<p>KTA Meeting and Hiking Weekend in Butler County – visit kta-hike.org for more information</p>	

Notes from the Editor:



This is the first edition of the Newsletter to be sent to most of our membership by eMail only. The test which happened in late May instead of April was more successful than any of us expected. Please be sure to keep us informed of any changes to your eMail address.

Speaking of changes – notice that President Frank Allen has a new eMail address – fallen1947@verizon.net and his cell phone number is 570-234-9945.

Want a challenge? – you could try the KTA sponsored Susquehanna Super Hike on Sept 10th. Go to kta-hike.org for more information.





Nature Walks: Adventures to the Ancients

Pocono Area Old Growth Forest/Open Space

POC member and local naturalist, Don Miller and Bill Sweeney from DCNR. Jacobsburg State Park are presenting a series of nature walks in Old Growth Forest Areas of the Poconos. Don and Bill make a great team imparting a wealth of knowledge while you tromp through the woods with them. The walks are well attended so be sure to call and register before the day of the hike. I have listed the dates below. For more details go to the Pocono Heritage Land Trust website at www.phlt.org and click on the Events Menu.

❖ Godfrey Ridge and Brodhead Creek / Delaware Water Gap - Sunday, June 26, 1:00 – 5:00

Perhaps the oldest hardwood forest growing in the Poconos can be found growing along a steeply wooded slope just north and west of the village of the Delaware Water Gap. This forest is diverse and contains some of the oldest rhododendron understory in the state. Although determining exact ages of ancient trees can be difficult, one Pignut Hickory tree growing here was determined to be at least 250 years of age after taking a core sample and counting tree rings. We will also listen for and search out beautiful songbirds like Scarlet tanagers and American red-starts. This site is a very productive habitat and nesting area for a great variety of neo-tropical songbirds. Five mile hike is reasonably level and easy.

Registration required: Contact Bill Sweeney at Jacobsburg E.E. Center (610) 746-2808 or by e-mail wisweeney@state.pa.us

❖ Adams Creek / Adams Creek Falls in DWGNRA - Sunday, July 31, 1:00 – 5:00

Escape the heat and explore Adams Creek, one of the more outstanding natural escarpment stream and headwater deep forest riparian areas found within the DWNRA. Participants will break a sweat as we do some steep climbing to complete a total of 5 miles of hiking. Interpretive discussions will include information on various riparian and deep woods, old growth plants and wildlife, escarpment stream habitats and the threats facing this and many National Park Service areas including non-native plants and pests and management strategies for protecting vulnerable resources.

Registration required: Contact Bill Sweeney at Jacobsburg E.E. Center (610) 746-2808 or by e-mail wisweeney@state.pa.us



POC members: You are invited to these special events:

PHLT Members and Friends Kayak Adventures

Saturday, July 30 - Kayaking on the North Branch of the Susquehanna River with Pocono Heritage Land Trust and North Branch Land Trust. This beginners leisurely paddle on the beautiful, wild Susquehanna River is coordinated by Dave and Melody Buck of Endless Mountain Outfitters (EMO) as an annual event for the North Branch Land Trust. We will be their guests for this river trip. Registration is through EMO. Cost is \$45 for a single kayak or \$55 for a tandem kayak or a canoe. You can bring your own kayak or canoe, but advance registration is still required, and the cost is \$15.

To Register and for more details visit www.emo444.com/events/july.html or call EMO at (570) 746-9140. Be sure to tell EMO that you are part of the PHLT group.

Sunday, September 18 - Kayak on the Delaware River from Bushkill to Smithfield Beach, including an old growth forest hike on the Hogback area of Walpack Bend.

Registration details to come.

Check out the Pocono Heritage Land Trust website (www.phlt.org) and/or our Facebook page for more details on these and other upcoming events.

T-SHIRTS & PATCHES Make Excellent Gifts For Everyone

The Club's first edition T-shirts are now available in Navy Blue (M and L sizes only). The Navy Blue Tee's are 50/50-poly/cotton blend and look sharp with white graphics. The original All Cotton Green Tee's are still available in all sizes- Adult S/M/L/XL. All Tee's sport the original POC Tagline-"Take A Hike!" Requests for children's sizes should be submitted- if we get enough we will order some. Specify size and color when ordering. Tee's are \$12 for non-members/\$10 for members. Patches are still \$3.00 each.



ATTENTION: Members!

If you have forgotten to renew your membership for 2011 – Now is the time to get it done!!!! Please use the membership application on the last page of the Newsletter.

Note: New members who joined in October, November or December of 2010 are considered paid for all of 2011.

POCONO OUTDOOR CLUB INFO

www.PoconoOutdoorClub.org

This Newsletter publishes quarterly. It is received by Club members, other trail clubs, friends, and agency partners.

New Members are encouraged to participate and volunteer for Club events.

To contact POC Committees:

Activities: Bob Huebner - rwhorient@aol.com

Trailcare: John Motz - trailbuilder@enter.net

570-236-1462

Membership: Solvejg Wills - chel7ha@verizon.net

570-424-1818

Newsletter: Fran Whipple-franlwhipple@me.com

Club Publicity: PocPublicist@gmail.com

KTA Representative: Roy Kleinle - royk1@ptd.net

POC Info -fallen1947@yahoo.com

570-420-9040

Club Officers

President- Frank Allen (570-420-9040)

fallen1947@yahoo.com

Cell: 570-234-9945

Secretary- Karen Livingood

karen.psychologist@gmail.com

Vice President- John Whipple (570-350-2967)

johnhwhipple@me.com

Treasurer- Solvejg Wills (570-424-1818)

chel7ha@verizon.net

2011 POCONO OUTDOOR CLUB MEMBERSHIP APPLICATION

Send check, made payable to "Pocono Outdoor Club" to **POC Memberships at 47 Stones Throw, East Stroudsburg, PA 18301**. Memberships are per calendar year. Applicants must be at least 18 yrs old.

Name(s)	<input type="radio"/> \$10 Basic Membership
Address:	<input type="radio"/> \$15 Family Membership Higher Levels of Trail Support:
Phone:	<input type="radio"/> \$18 Contributing Member
Email:	<input type="radio"/> \$25 Trail Maintainer <input type="radio"/> \$50 Trail Builder <input type="radio"/> \$150 Life Member Individual <input type="radio"/> \$250 Life Member Couple

Additional Contributions are welcome and benefit local trails. \$ _____

___ I would like to lead an outing. ___ I would be interested in doing volunteer trail care.

New Member

Renewal

Please, send me email updates/newsletter

___ This is a Gift Membership from _____

_____ My signature verifies I am 18 yrs of age and agree to the Rules of the Pocono Outdoor Club. I understand that I am responsible for me and my minors.



Pocono Outdoor Club
PO Box 246
East Stroudsburg, PA 18301