

NOTICE
ALL SUBMISSIONS MUST BE
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BY FRIDAYS NOON

Mission of Love Food Bank

Every Tuesday- Food Bank Program 555 North Main St., Bangor, 10am-12pm. All are invited Bilingual Services. Pastor Frank Pons. (570) 807-7794

Explore Warren County Tourism at:
ExploreWarren.org

Located at 165 County Route 519 South - Belvidere, NJ 07823 908-475-6580 / 800-554-8540

Portland Upper Mt. Bethel Food Bank

Located at 111 State St. Portland Pa. and until further notice the PUMP will be open every Monday as normal, AM AND PM: 10 to 11:30 am & 6:00 to 7:30 pm but will deliver food to your car as your number is called in the parking lot. No one but workers will be allowed to go inside. There will be no access to restrooms. Your cooperation during this difficult time is greatly appreciated.

Biking

Delaware Water Gap National Recreation Area - River Road Bushkill, PA (570) 426-2452 Levee Loop Trail - Biking East Stroudsburg, PA (570) 426-1512 info@srosr.org

BIKE TRAIN

ALL ABOARD THE SCENIC BIKE TRAIN!

Hop on the Bike Train and step back in time. Enjoy a relaxing 25 mile train ride through the Lehigh Gorge. Then, pedal your bike back down to Jim Thorpe at your own pace along the Lehigh Gorge Rail Trail.

Advance Tickets/reservations Are Required For The Bike Train And Can Be Made By Calling The Blue Mountain & Northern Railroad (Aka Lehigh Gorge Scenic Railway) Directly At

Wineries in the Poconos

Pocono wineries offer a unique and relaxing getaway.

Tour a winery and unwind while sampling the many varieties of vintages available at our vineyards. From hip downtown wine bars like RAW Urban Winery & Hard Cider, Tolino Vineyards and Wild Elder Wine and Cider Co. to scenic properties like Mountain View Vineyard Winery and Sorrenti Cherry Valley Vineyards where rows of grapes are spread out on the hill before you, these wineries are located throughout our four-county region, so a Pocono vineyard experience is close to you no matter where you travel.

Pocono wine tours, wine tastings and special wine pairing events and dinners make it easy to discover new, locally-crafted, one-of-a-kind flavors. Check out specials at Three Hammers Winery in Hawley, Soaked Winery in Milford, Eagles Rest Cellars in Stroudsburg and Wine & More on 1st in Lehigh. Whether looking for a bachelorette party or relaxing with your spouse, browse the wineries in the Poconos below to

Monarch Madness

During this program you will have the opportunity to participate as a citizen scientist for Monarch Watch, a conservation and research program based at the University of Kansas. Participants will learn to catch, handle, and tag monarch butterflies. We will also discuss current conservation efforts and ways that you can help the species to thrive throughout its life cycle. These programs are very popular! Please pick only one! Registration is required.

Saturday, September 9 at 9:00am to 11:00am More dates through September 17, 2023 Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064

The East Bangor United Methodist Community Church will be holding an INDOOR FLEA MARKET/CRAFT SALE

on Friday, September 15th, from 10:00 a.m. to 7:00 p.m., and on Saturday, September 16th, from 10:00 a.m. to 3:00 p.m. Lunch and a bake sale will be available. For more info., call 484-221-4197 or visit ebumc.org. The church is located at 136 W. Central Ave., East Bangor, PA.

Gun Safety Seminar

Rep. Flood will be hosting a gun safety seminar at the Roseto Rod and Gun Club.

When: Thursday, Sept. 21

Location: Roseto Rod & Gun Club 30 Shooktown Rd. Bangor, PA

*Registration is REQUIRED, as space is limited. Please visit repannflood.com to find more information, or to sign up for this event.

Senior Expo

Older adults aged 55 and over are invited to attend an informative seminar on aging and the various state resources available. Refreshments will be provided.

Friday, Sept. 29, from 10 a.m. to 1 p.m. Plainfield Township Volunteer Fire Company, 6480 Sullivan Trail Wind Gap, PA 18091

PHEAA Seminar

The Pennsylvania Higher Education Assistance Authority (PHEAA) will be providing a seminar regarding higher education. Attendees will receive information on higher education and financial planning.

When: Wednesday, Oct. 11 6pm - 8pm

Location: Pen Argyl High School 501 W. Laurel Ave. Pen Argyl, PA 18072

Special Needs Expo

Those with special needs and their families are invited to attend this informative seminar and learn about various state and local resources and agencies that are available.

When: Saturday, Nov. 18 10am - 1pm

Location: Forks Township Community Center 500 Zucksville Rd. Easton, PA 18040

Bangor Area Ski Club

is having an upcoming fundraiser and

they need your help deciding which colors and style will win the vote. Please choose which color combination should win. Pre-orders are available for those that can't wait to slip into some Slater Socks!!! \$15 for Knee High / \$13 for Crew

<https://www.facebook.com/groups/1685762688660460/permalink/1685765401993522>

Evening Star Quilters Guild presents

A Harvest of Quilts, November 4-5, 2023, 10am-4pm, Belvidere High School. This year's feature will be antique quilts and a Warren County Grange Quilt from 1943 found in a thrift store in Colorado and returned to NJ.

Jacobsburg Environmental Education Center Programs, October 2023

Fishing Equipment Available
 When: Monday thru Friday, 8:00am to 2:30pm Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth Borrow fly rods, spinning rods, fly boxes, and tackle to use in Jacobsburg's creeks! To borrow equipment, you must provide a driver's license or other form of state issued identification. Persons age 16 and older must possess a current fishing license to fish. Adults can help children under 16 fish without a license. Bait is not provided. For more information call 610-746-2801 or email jacobsburgsp@pa.gov.

DiscoverE Adventure Backpacks Available
 When: Monday thru Friday, 8:00am to 2:30pm Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth Borrow a backpack full of kid-friendly tools to explore Jacobsburg! These backpacks are best for families with young children. Each backpack includes binoculars, notepad, colored pencils, magnifying lens, bug box, dip net, and five field guides for exploring the pond, insects, birds, trees, butterflies and moths. For more information call 610-746-2801 or email jacobsburgsp@pa.gov.

DiscoverE: Tales for Tots Tuesdays, October 3, 10, 17 at 10:00am to 11:00am or 1:00pm to 2:00pm Our popular Tales for Tots program returns with all new explorations! Join us for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a craft and short scavenger hunt. Children must be accompanied by an adult. Please note that we will be meeting at the pavilion across the street from the Visitor's Center each week. Children that attend six sessions will earn a DiscoverE Hide n' Seekers certificate. Please note that morning and afternoon sessions will be identical during a given week.

Hike for Health

Wednesday, October 4 at 5:30pm to 7:00pm Get moving after work with a brisk hike at Jacobsburg! These guided monthly hikes are 2 to 2.5 miles over uneven terrain. Dogs are welcome to

hike on a leash. Meet at the Visitor Center flagpole at 400 Belfast Road. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or jacobsburgsp@pa.gov. Registration is not required.

Weekly Weeders

Thursday, October 5, 12, 19, 26 at 8:30am to 10:30am

Interested in learning more about gardening with native plants? Volunteer to work alongside our education staff as they mulch, pull weeds, divide plants, and amend soil in the center's native plant garden. We provide instruction, tools, and weeding mats. Registration is required.

Family Night: Ultraviolet Night Hike
 Friday, October 13 at 7:30pm to 8:30pm UV light is also known as a blacklight. It is a special type of light that emits ultraviolet rays. UV lights can make an object glow if it contains the chemical phosphor. Families will get the chance to see nature in a different light during this laid-back hike. Registration is required.

Signs of Autumn Hike

Saturday, October 14 at 3:00pm to 5:00pm

The tell-tale signs of autumn are all around as the new season begins. Join us as we search for wildflowers, colorful leaves, migrating birds and other signs of the changing season. Be prepared for a moderate hike that may involve muddy slopes and uphill climbs. Please bring binoculars, a camera, water and a snack, and wear sturdy shoes. Registration is required.

Owl Prowl Saturday, October 14 at 6:30pm to 8:00pm

Join us for as we search for local species of owls such as the Eastern-Screech Owl and the Great Horned Owl. This program is for families with children aged 5 and up. Participants should dress for the weather and bring a flashlight. Program limited to 20 participants. Registration is required.

GO Teach Hiking Educator Workshop
 Virtual session: Thursday, October 19, 5:30 to 8:00 PM

In-person hike: Saturday, October 21 from 9:30 AM to Noon
 Learn how to incorporate more outdoor recreation in the classroom through this curriculum that focuses on hiking. Aimed at physical education, health, informal and classroom teachers alike, this DCNR sponsored cross-curricular guide includes lessons on hiking, nutrition, nature journaling, and more! Participants will receive the Go Teach Hiking Curriculum. Cost: \$10. Registration is required. Act 48: 4.5 hours
 Questions: Contact Megan Fedor, nescopecksp@pa.gov, 570-403-2006 Addressing the ELS in STEELS Standards Educator Workshop
 Tuesday, October 24 at 9:00am to 3:30pm

Are you an educator passionate about

bringing relevant and real environmental literacy experiences to your K-12 students? Join us for a FREE day of on-site, hands-on learning about the new Science, Technology, Engineering, Environmental Literacy, and Sustainability (STEELS) Standards. We will engage in the Meaningful Watershed Educational Experience (MWEE) curricular framework that connects directly to the environmental literacy and sustainability components of the STEELS Standards! MWEEs are learner-centered experiences that focus on investigations into local environmental issues that lead to informed action and civic engagement. Participants from Intermediate Units 20 and 21 will also learn how to borrow MWEE environmental kits to be utilized in the classroom. This professional development workshop is presented in partnership with Colonial Intermediate Unit 20 and Carbon Lehigh Intermediate Unit 21. Registration is required.

Project WILD Teacher Workshop
 Thursday, November 9 at 9:00am to 2:00pm

Learn how to teach science, math, language arts, music and more with an environmental focus using Project WILD lesson plans! Project WILD provides wildlife-based conservation and environmental education activities that are hands-on, easy to use, and fun. We will introduce activities that focus on Pennsylvania-specific wildlife and habitat and each participant will receive a book and activity guide filled with many innovative and interdisciplinary ready-to-use classroom and outdoor activities. This workshop is open to all K-12 educators and four and a half (4.5) Act 48 hours will be available. Please bring a packed lunch and snack, wear comfortable walking shoes, and be prepared for the weather. Registration for this workshop is required by Friday, October 27, 2023 and is limited to 25 participants. A \$25 registration fee is required and is due the day of the workshop.

Belvidere Lions Club

3rd Annual GoltfoberFest October 14, 2023 Harker's Hollow For Info Please Call 908-475-3418

The East Bangor United Methodist

Community Church welcomes you to a FREE "Baked Spaghetti" Dinner on Sunday, Oct. 1st, from 4:00-4:30 p.m. This is TAKE-OUT ONLY. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA Questions? call 610-588-4453 or visit www.ebumc.org.

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