

Notes from the FOREST



LACAWAC SANCTUARY FIELD STATION & EE CENTER

Lacawac Welcomes a New Director of Science & Research

Welcome Beth Norman PhD

Beth grew up in a small town in New Hampshire where interaction with the natural world was a way of life. She has always been interested in science, particularly ecology. She received a B.S. in Biology from Bridgewater College, a small liberal arts school in the Shenandoah Valley of Virginia. After a short interlude teaching middle and high school science and math classes, she earned a M.S. degree in Biology from James Madison University and a Ph.D. in Biological Sciences from Virginia Tech. Beth has also worked as a post-doctoral researcher for Trent University and Michigan State University.

Beth is an ecosystem ecologist interested in how interactions among organisms influence the structure and functioning of freshwater habitats. Her research investigates how essential elements like nitrogen and carbon are transformed and transported through ecosystems and the role microorganisms, plants, and animals

play in these processes. She also studies how these relationships are affected by human activities such as land use change, nutrient loading, and pollution. Beth uses experimental manipulations as well as natural studies in her research, at scales ranging from laboratory microcosms to whole ecosystems.

Welcome Dr. Norman!



Thanks you to our EITC Donors!



Lacawac Awards 2017 Moeller Research Grant Awards

Lacawac recently awarded two grants to scientists conducting research at Lacawac Sanctuary Field Station. The Robert Estabrook Moeller Memorial Awards were awarded to Dr. Elise Heiss, King's College and Rachel Pilla, Miami University of Ohio.

Dr. Heiss, a chemistry professor at King's College, has been awarded a \$2,000 grant for her research on Nitrogen Cycling in Lake Lacawac: Investigating Environmental Controls on Water Column Nitrification. Ms. Pilla, a PhD student at Miami has also been awarded a \$2,000 grant for her research entitled: Mapping the Metabolic Landscape for Threatened Zooplankton Taxa in Lakes.

Dr. Robert E. Moeller, a long-time friend and supporter of the Lacawac Sanctuary passed away in late May 2011 at the age of 62. Robert was a limnologist, a researcher who studied the structure and function of lakes and the organisms that live in them. He was always generous in giving his time to help students and colleagues with their research. Robert's love of limnology and devotion to research led his work to be the centerpiece of his life. His breadth of understanding in limnology was impressive and ranged from aquatic botany and paleolimnology to the contemporary ecology of phytoplankton and zooplankton. His focus in more recent years was on the ecology of ultraviolet radiation and its effects on zooplankton-phytoplankton interactions.

Robert's generosity extended to his establishing an endowed fund which will support Robert Estabrook Moeller Research Fellow awards to college and university students and faculty to do limnological research on Lake Lacawac and other Pocono region lakes.



Above: Dr. Elise Heiss

Below: Rachel Pilla



Nature Notes:

A warm rainy February gave way to a snowy March. The effects of climate change are everywhere across the planet and at Lacawac. There are many down trees, and a muddy road that should have been frozen to withstand the plow truck has now become a muddy mess. The cost of climate change will hit Lacawac hard this year in the time and money it will take to repair the road.

It has never been as apparent as this winter as to the importance of research, education and preservation and its role in combatting climate change.

Public Programs & Events 2018

May - August

May

Spring Edible's Hike:

Saturday May 5th - 10:00AM-12:00PM

Mother's Day Watercolor Workshop

Saturday May 12th - 2:00PM-3:00PMA

What's the Buzz on Pollinators

Sunday May 20th - 10:00AM-12:00PM

Shoreline Hike

Saturday May 27th - 1:00PM-4:00PM

June

Money Grows on Trees

Saturday June 2nd - 10AM-12:00PM

Nature Photography Workshop and Hike

Saturday June 16th - 1:00PM-3:00PM

Afternoon Paddle

Saturday June 30th - 2:00PM-4:00PM

July

Rhododendron Hike & Historic Lodge Tour

Saturday July 14th - 1PM-3PM

Bats in the Night (UPDE)

Saturday July 28th - 7PM-9PM

August

Close Encounters with Live Birds of Prey

Saturday August 18th - 10AM-12PM

Afternoon Paddle

Saturday August 25th - 2:00PM-4:00PM

For more information on these upcoming programs, visit www.lacawac.org

Workshops & Ecology Symposium

Lacawac hosts scientific workshops and symposiums each year. We strive to provide a venue for scholarly enrichment - from training students on the latest advanced ecological sensors to providing writing retreats for faculty. These workshops are tailored for non-traditional students, as well. The workshops provide opportunities for in-depth study of special topics of relevance to the region and are open to the general public. Special events and occasional one-day workshops and conferences are also offered for undergraduate and graduate students, faculty and researchers. For more information or to register visit:

www.lacawac.org/workshops--symposiums.html

R Statistics Essential Training

Saturday April 28, 2018

Presenter: Dr. Jeff Stratford

Associate Professor of Biology at Wilkes University
or

Saturday June 30, 2018 - Presenter: Rachel Pilla
Miami University of Ohio

Introduction to Python for Biologists

June 1-3, 2018

Presenter: Stephanie J. Spielman PhD - Department of Biology and Center for Computational Genetics and Genomics, Temple University

Lacawac Ecology Symposium

June 8-9, 2018

The Lacawac Ecology Symposium is open to faculty, researchers, and students to present recent research, on-going research, or proposed research, discuss topics related to local research, and to meet with others who share common research interests.

Keynote Speaker 2018

Dr. Courtney R. Wigdahl-Perry - *Assistant Professor Department of Biology State University of New York at Fredonia*



Entomology Workshop: Bees and Aquatic Insects

August 4-5, 2018

Presenters: Anita Collins PhD - Adjunct Professor, Dept. Entomology, The Pennsylvania State University and Becca Eckert - Ph.D. candidate in aquatic entomology at the University of Maryland in College Park

Climate Change Research at Lacawac

By Rachel Pilla, PhD Student at Miami University, Oxford Ohio

The Global Change Limnology Laboratory at Miami University of Ohio has been working at Lacawac Sanctuary for many years to understand the lake's ecology and its responses to weather events and long-term climate change. Over the past 30 years, the Pocono Plateau has seen marked decreases in acid rain following the Clean Air Act Amendments in the early 1990s, but has

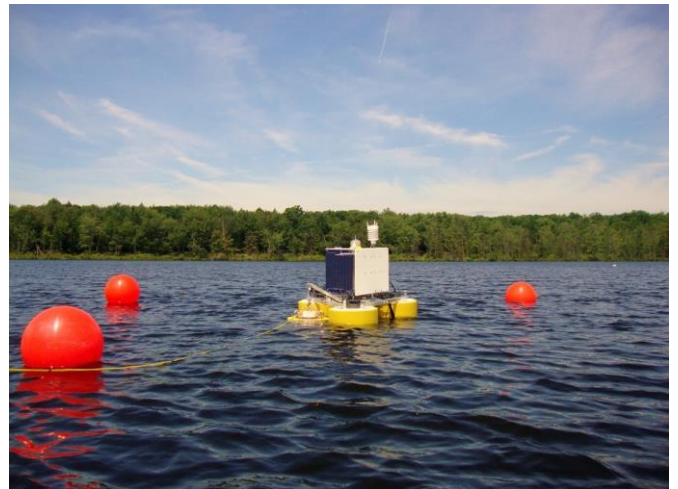


experienced some of the greatest increases in rainfall and storm events in the country due to climate change. As rainwater runs through the forests surrounding Lake Lacawac, it transports leaves, twigs, soil, and other organic material into the lake. This movement of organic matter into the lake, combined with decreases in acid deposition across the region, has reduced the transparency of Lake Lacawac through a process called "browning." Browning can affect the physical, chemical, and biological properties of a lake. Rachel Pilla, a graduate student at Miami, has been working at Lacawac to better understand these changes by monitoring the lake's temperature and oxygen changes and the responses of aquatic organisms. Her research shows that the decreases in water transparency in Lake Lacawac have led to warmer surface waters and cooler deep waters as light and heat are quickly absorbed near the surface of the lake. In addition, oxygen availability is decreasing the deep waters of the lake, which can pose problems for plankton and fish, a topic several students in this lab are currently investigating.

While Rachel has documented these temperature and oxygen changes during the summer, conditions during the winter months are less understood. Beginning in 2016, Rachel and her fellow graduate students deployed a set of "hidden" underwater sensors that record water temperature and oxygen availability every 15 minutes year-round, including while the lake is ice-covered, to better characterize the winter lake environment. These sensors showed a remarkable pattern during the mild winter of 2016-2017. During this period, Lake Lacawac froze as it usually does, but experienced a unique mid-winter thaw in February, before refreezing again a few weeks later. Rachel is working to understand the effects of this mid-winter thaw on

temperature and oxygen in Lake Lacawac, and how it might affect the lake in the weeks to months after the event. These sensors are currently underwater (or under ice) in Lake Lacawac collecting another year of data, which Rachel hopes will help her understand how mild vs. severe winters affect the lake.

The Global Change Limnology Laboratory also maintains an advanced aquatic buoy that has been deployed on the lake during the summer since 2011. The buoy, named ARTHUR (Aquatic Resource for High-Frequency Underwater Research) in honor of the founder and steward of Lacawac Sanctuary, Arthur Watres, is programmed to collect water quality data. Every six hours, a suite of profiling sensors are slowly lowered through the water column to record measurements of temperature, pH, water color, algae, and more. ARTHUR also has a weather station that records air temperature, rain, and wind data. Data are wirelessly sent to a computer to see real-time data in Lake Lacawac. ARTHUR is an excellent way to monitor changes in Lake Lacawac in response to unpredictable weather events, to collect data when researchers cannot collect data by hand, and to compare data and responses with similar buoys around the world. Recently, data collected by ARTHUR was compared with 11 other buoys from around the world to understand how these technologies advance our understanding of algae in different types of lakes.





Governor Wolf Announces Investment to Improve Recreation, Community Revitalization - Lacawac Receives \$111,450 Grant

Governor Tom Wolf announced in November 2017 an investment of \$44 million for 266 projects across Pennsylvania that will create new recreational opportunities, conserve natural resources, and help revitalize local communities.

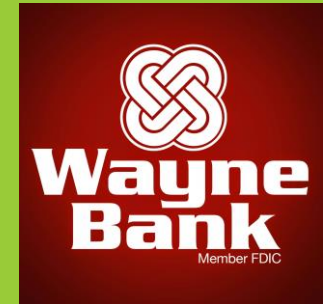
"Communities go from good to great when they provide residents and visitors with parks and trails, access to waterways, and opportunities for healthy outdoor activity," Governor Wolf said. "This \$44 million in grants will support communities throughout Pennsylvania working to protect and improve natural amenities for our citizens."

Lacawac Sanctuary was chosen as one of 266 sites to received \$111,450 to purchase 0.8 acres of land to become part of the Sanctuary and develop of a new Environmental STEM Education Center.

The grants are administered by DCNR through the Community Conservation Partnerships Program. Additional investments include: 49 trail projects; protecting nearly 8,000 acres of open space; nine projects for planting riparian buffers along streams; 14 projects for rivers conservation; and over 100 projects to develop or rehabilitate recreation, park and conservation areas and facilities.



Thank You!



Brookfield

New STEAM Mentoring Program for Girls Launched



The number of women pursuing degrees in science and fulfilling positions in the workplace has risen over the past several decades. According to a recent publication and study by the American Association of University Women (AAUW 2010), in 1966 only 12% of biological and agricultural science PhD recipients were women, but these numbers increased to nearly 50% by 2006. These percentages are much smaller when considering African American, Hispanic, and Native American women. For example, according to AAUW, African American women only represented 2% of PhD recipients in the biological sciences in 2007.

Despite these gains, there is still a gender disparity in top-level positions and particularly with under-represented groups among women. Women have represented nearly half of the PhD degree holders in the life sciences for years, but still only hold 34% of the life sciences faculty positions in the US (AAUW 2010) and this percentage is less than is predicted based on the number of PhD recipients over the past several decades. This mismatch is noteworthy and of concern given that STEAM (Science, Technology, Engineering, Art and Math) professionals are generally well-compensated and that the U.S.

Department of Labor projects the majority of fastest growing occupations are science and math intensive.

The Pathways in Ecological Research (PiER) program promotes women in science in leadership positions. The program focuses on mentoring diverse group of high-achieving female high school students in 9th through 11th grades. The objective of PiER is to not only promote women in the sciences, but to also promote *women as leaders* in the sciences.

PiER is an academic program focused on providing high-achieving high school female students in grades 9 through 11 with rigorous field and laboratory experiences at Lacawac Sanctuary and local universities under the mentorship of female college faculty and staff. The students will gain valuable experience in advanced research skills by learning from college faculty mentors. The students will design and complete their own research project and will receive a mini-grant of up to \$100 to complete the project. By working within the supportive community of like-minded females, the students will develop the confidence that enhances leadership skills for future success in college studies and career opportunities.

PiER is focused on hands-on workshops in which the students work with professionals in the field. The program begins with an orientation and team-building workshop, followed by hands-on, active learning workshops, and completed with a final workshop that gets all the students and the workshop mentors together for focused discussion on educational and career goals, pathways, and strategies.

**For More information on the PiER Program contact
Gene Schultz, Program Coordinator at
gene.schultz@lacawac.org**

In Memorium: John Whitehouse

By Bob Eckstein, Trustee



It is with great sadness that Lacawac shares the loss of our dear friend, John Whitehouse, who passed away this winter after a short illness. John was Lacawac's hardest working volunteer for decades and nobody has ever devoted more of himself and his time to this place. He truly loved Lacawac and was the first to volunteer for any task.

John was a warm and friendly soul who was a close friend to Lacawac's founder Arthur Waters and would do anything to support his cause. I often advised trustees to listen to John's guidance and explained that nobody knew Lacawac better than he did, as he was deceptively sharp and there was nobody more trustworthy. He had a selfless and thoughtful vision for a better Lacawac, that would benefit its long term future. John was as honest as they came and his heart was always in the right place. We spoke for literally hundreds of hours, often along with Mr. Watres, as friends and as stewards of Lacawac. In addition to being very wise and grounded, he had a good sense of humor and I remember sharing many laughs with John.

His creed was, "People, people, people," emphasizing the importance in numbers and community involvement. Everything about John was what he could do to help someone else. Everyone could count on John and we all often joked that anytime there was a new project or committee, it was assumed John was included.

John served on the board of trustees for many years, much of that in the capacity of Chair of Grounds and Buildings Committee. In that title his responsibilities included maintaining Lacawac's various structures, starting with the historic lodge, doing its repairs as well as the seasonal opening/cleaning and the winter closing of it.

As the Chair, his responsibilities also included the Visitors Center and the residence for the Director and over the years, including the extensive remodeling and labor. During his tenure as the Chair of Buildings, he continued all of these projects, in addition to his overseeing the design and building of the new composting toilets, which at the time, was considered to be state-of-the-art. As always, he was thinking of all the tour visitors needs and comforts in mind.

As John loved the lodge he volunteered to give free weekly tours of it and the grounds at Lacawac. He generously and patiently gave his Wednesdays to the public to share with them what he considered the most special place in our region, and to romance visitors to fall in love with Lacawac as he did. When John wasn't at Lacawac, he would continue to get the word out about the sanctuary by leaving publicity flyers for Lacawac at all the local establishments and throughout Wayne County.

Other projects over the years that John lead for Lacawac included maintaining the deer exclosures for Prof. Dan Townsend's 10-year studies. This included monthly monitoring, often by himself, the acres of deer fencing for any weaknesses. I think he got this job because, no one else wanted it, but he realized the importance of the project, so he stepped up to the task. Also, for a very long time, John was in charge of the Lacawac newsletter. His background was in printing, so the newspaper was in his field of expertise. When he decided to step away from the newsletter and pass it on to me, he continued to help and advise me, as well as contribute with writing and providing photography (one of John's hobbies was wildlife photography).

John also was, along with his wife Terry, the driving force and champion of the Friends of Lacawac, a committee which did the heavy-lifting work of public outreach, and tasks to complete successful fundraisers.

These are just some of the many accomplishments John Whitehouse did for Lacawac. It's impossible to sum up John's value and impact to Lacawac in an essay. John's spirit and fight for Lacawac was without peers, as he was the founder's right hand man and the face of Lacawac for a long stretch of time, our ambassador for all. If you hadn't heard yet of Lacawac, he was going to make sure you did. "People, people, people," was his recipe for success and was what John was all about.

He was truly Lacawac's best friend. Thank you John, for everything you did for Lacawac, you will be greatly missed.

Environmental Education Corner

What's happening in Environmental Education At Lacawac

Winters snowy blanket has been off and on all winter and appears as though it is here to stay for the beginning of spring. Although snow can sometimes make survival tough for some plants and animals, for most, it protects, insulates, and helps them survive. A snowy March walk on the trails at Lacawac showed signs of animal life in the tracks in the snow and the songs of birds in the air. Spring activity is apparent in spite of the snow and it will arrive with all its amazing new growth, color, and reproduction.

We are looking forward to a very busy spring with many classroom visits to local schools for programs as well as classes coming to Lacawac for field trips. Kindergarten through 12th grade classes are scheduled to visit Lacawac and learn about nature and the importance of our environment during our many innovative programs.

Our newest program is our high school inquiry program, Advanced Water Ecology – Making Connections through Inquiry, which involves two classroom programs followed by a field trip to Lacawac. Students conduct investigations in the classroom using sensory probes, microscopes, and chemical tests in order to stimulate curiosity about aquatic ecology. Students then develop a scientific investigation to conduct at Lacawac. The data they collect will be put into global databases to help with research being done at Lacawac and across the world.

We are also able to offer special needs field trips free of charge through the generous support of the Northeastern Pennsylvania Healthcare Foundation. These are innovative programs where students discover their strengths through sensory activities, reflection and investigations in a unique nature-based approach.

Students across the grades spend time looking for salamanders under rocks, dipping nets in the pond to find macroinvertebrates, measuring trees to compare growth, investigating sign left by animals, comparing plant growth inside and outside deer exclosures, all while hiking and enjoying the beautiful trails at Lacawac.

NEPA Match Day 2018

Support Lacawac on May 4th
and Double your Gift



For 24 hours on May 4th, 25 local nonprofits will work together to fundraise in support of the critical work they do in our community, which makes our region a better place to call home. For every dollar raised by each of the participating nonprofits, the Scranton Area Community Foundation will match the gifts, dollar for dollar, up to \$1,000 for each nonprofit. For one day only: your \$25 gift becomes \$50, \$100 becomes \$200, and \$500 becomes \$1,000. Every dollar you give in support of NEPA Match Day will double.

THIS YEAR, THERE IS AN ADDITIONAL BONUS! Thanks to the generosity of a regional funder, the top three nonprofits that work collaboratively, receive the most individual donations, have the highest donation total, and make an extra effort to promote NEPA Match Day have a chance to nab the NEPA Match Day Bonus, which will give them an additional \$6,000 (1st place); \$3,000 (2nd place); or \$1,000 (3rd place). That's on top of the \$1,000 match.

This Bonus means that every gift counts because your \$10 donation to your favorite nonprofit could mean the difference between them receiving a match of \$1,000—or a total of \$7,000 in additional funds!

Here is the list of 2018's participating nonprofits:

1. Alzheimer's Association
2. Catherine McAuley Center
3. Children's Advocacy Center of NEPA
4. Countryside Conservancy
5. Dress for Success Lackawanna
6. EOTC
7. Everhart Museum
8. Greater Carbondale YMCA
9. Greater Scranton YMCA

10. Heritage Valley Partners
11. Indraloka Animal Sanctuary
12. Jewish Family Service of NEPA
13. Junior League of Scranton
14. Lacawac Sanctuary and Field Station
15. Lackawanna Pro Bono
16. Leadership Lackawanna
17. Marley's Mission
18. Maternal and Family Health Services
19. Meals on Wheels of NEPA
20. NEPA Rainbow Alliance
21. Northeast Regional Cancer Institute
22. Scranton Cultural Center at the Masonic Temple
23. The Arc of NEPA
24. United Neighborhood Centers
25. Women's Resource Center

To Make a donation to support our NEPA Match Day Challenge, visit our [website](http://www.lacawac.org/nepamatchday.html) at <http://www.lacawac.org/nepamatchday.html>

Or Mail in your donation to Lacawac Sanctuary, 94 Sanctuary Road, Lake Ariel PA 18436. Be sure to note on your donation that it is for Match Day.

Environmental Field Trips

Lacawac provides hands-on, minds-on experiential environmental education field trips for public and private schools and groups! All environmental education field trip programs are aligned to Pennsylvania Academic Environment & Ecology Standards with a focus on STEAM content.

Watershed Connections – Classroom visit

Grades: 3 – 5 - Duration: 1 hour

Watershed Connections – Field trip

Grades: 3 – 5 - Duration: 2 - 3 hours (can be done as a stand-alone field trip)

Forest Ecology

Grades: 5 – 7 - Duration: 2 - 3 hours

Hands-on History and Geology at Lacawac

Grades: 6 – 9 - Duration: 2 – 3 hours

Sense of Wonder

Grade: PreK – K - Duration: 2 hours

Earth Cycles

Grade: K-1 - Duration: 2 - 3 hours

Amazing Adaptations

Grade: 1-2 - Duration: 2 - 3 hours

Nature Detectives

Grade: 2-3 - Duration: 2 - 3 hours

Advanced Water Ecology

Grades: 9 – 12 - Duration: 3 - 4 hours

Advanced Water Ecology – Making Connections through Inquiry

Grades: 7 – 12 - Duration: 2 - one hour classroom visits
1 - four hour field trip

For more information or to schedule a field trip contact Jamie Reeger, Environmental Education Manager at Jamie.reeger@lacawac.org or call 570.689.9494



LACAWAC SANCTUARY

Invites You

TO A LATE SUMMER

FARM to PLATE

DINNER



*Proceeds Benefit Lacawac
Education Programs*

Saturday, August 11, 2018

Dine Al Fresco

Sourced from Local Farmers

Silent Auction

6 PM

The Lodge at
Lacawac Sanctuary
195 Sanctuary Rd.
Lake Ariel, PA

*Tickets \$85 - Reservations Are Required (570) 689-9494
Purchase Tickets: www.lacawac.org/farm-to-plate.html*

Honoring

Lifetime Achievement in Research

*Dr. Clyde Golden
Academy of Natural Sciences*

Lifetime Achievement in Education

The Dime Bank

Lifetime Achievement in Preservation

Bill Leishear, Lacawac Trustee



JUNE 22, 2018

SUMMER SOLSTICE

COCKTAIL EVENT

Celebrate the beginning of Summer with Local Farm to Plate Food, Drink and Music

The Summer Solstice fundraiser will be an evening of local offerings, highlighting Wayne County and the area through locally produced libations, farm to plate tapas-style menu and live musical entertainment!



The official registration and financial information of Lacawac Sanctuary may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

6-8 pm

\$25 per person

The Cooperage
Project 1030 Main Street,
Honesdale PA 18431

Purchase tickets online:
[http://www.lacawac.org/
summer-solstice.html](http://www.lacawac.org/summer-solstice.html)

Make Reservations:
570.689.9494 or
info@lacawac.org

LACAWAC SANCTUARY

Lacawac.org

Facebook.com/Lacawac

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SEEDS to Install Solar Array at Lacawac

Help Lacawac Raise funds to educate our visitors about Solar Energy!



If you're new to our area, you may not know about Lacawac Sanctuary, a hidden gem of Wayne County that protects the entire watershed of the small glacial Lake Lacawac, just to the north of Lake Wallenpaupack. The property is the former summer estate of Colonel Louis A. Watres, one of the original landowners behind the construction of the Lake Wallenpaupack dam and power plant, nearly 100 years ago. His descendants created the sanctuary to protect and manage the natural beauty and historic buildings on the site.

Now at 510 acres, the sanctuary has beautiful public hiking trails, year-round environmental educational programs, and many on-going scientific research projects. And coming soon, with some luck and help from SEEDS, a new solar photovoltaic (PV) system on their visitor center and laboratory building.

SEEDS is partnering with Lacawac to raise the money for this project, and SEEDS volunteers will be providing the labor to install it. Currently, more than \$11,000 toward the estimated \$18,000 cost of the project has been raised via the joint efforts of SEEDS executive director Jocelyn Cramer, and Craig Lukatch, president of Lacawac.

This year SEEDS' popular Do-It-Yourself Solar Installation Workshop will be held at Lacawac on June 13th and 14th, providing attendees a very direct way to help. Then on June 23rd (raindate: June 24th),

SEEDS invites anyone who has taken the workshop (this year or any prior year) to help us finish the system installation. This workday is sure to be lots of fun.

The planned PV array should produce about 90% of the annual electricity currently used by this building. SEEDS is very proud to be supporting our fellow non-profit

organizations to save money, save energy, and move our region toward a more sustainable energy future.

For more information contact Craig Lukatch at craig.lukatch@lacawac.org

To Support our Solar Array Project:

Send checks to Lacawac Sanctuary, 94 Sanctuary Road, Lake Ariel PA 18436

Donate online at:

<http://www.lacawac.org/solar-array-project.html>



Spring Garden Tea Party

**Sunday May 20th
2-4 p.m.
\$25 per person**

Lacawac hosts this intimate country tea at our Watres Lodges in celebration of spring. It's a traditional tea. You will be treated to scones, egg salad and chicken salad sandwiches, and various cookies and pastries. Hot teas and iced teas will be served. The table will be set with dishes and teacups from Lacawac's collection. Come and enjoy a relaxing afternoon and learn about Lacawac's history.

Purchase tickets at

<http://www.lacawac.org/tea-parties.html>

or call and make your reservation at 570.689.9494 or email info@lacawac.org

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Roy Chesari, Facilities Manager, stewardship@lacawac.org * Amy Amendola, Bookkeeper, amy.amendola@lacawac.org



Lacawac Sanctuary

Field Station and Environmental
Education Center

94 Sanctuary Road, Lake Ariel PA 18436

Address Service Requested

Non-Profit
Org.
US Postage

PAID

Hawley PA
Permit No.30

5th Annual Lake to Lake 8K Trail Run, 5k Run & Family/Dog Woods Walk

Sunday October 14

This outdoor course winds through 550 acres of wooded nature trails and access roads, all on the grounds of Lacawac Sanctuary. Be advised that sections of the course may be technical, rocky and steep. No dogs or strollers on 8K course, dogs are welcome and encouraged on Woods Walk.

8K Runners \$25 / 5K Run Walk \$20 / Family Dog Walk \$15. For more information visit lacawac.org or register online at

www.lacawac.org/lake-to-lake-8k-trail-run.html



Fork & Cork Dinner Party

Friday May 18 - 6 pm

The Historic Watres Lodge

Celebrate the spring time with a delicious gourmet meal prepared by Chef Ben Sutter of Settlers Inn at the Historic Watres Lodge's dinner room and paired with items sourced from local farmers and artisans.

Each of the four courses will be created to pair perfectly with a different wine from Wood Winery.

Cost: \$75/person (or \$70 for Lacawac members). Seating is very limited (40 guests) so reserve your spot today by calling 570.689.9494 or by purchasing tickets at

<http://www.lacawac.org/fork-and-cork.html>