



Notes from the FOREST

www.lacawac.org

News from the Lacawac Sanctuary Foundation

Fall 2014

With Fall, Comes Many Changes at Lacawac



Lacawac is going through some great changes. Our new science lab, pictured above, is about to be completed. We have new programs coming up this Fall including the Lake to Lake 8K & Walk. Read how you can participate as a competitor or a supporter in this fundraiser in the story to the right. This year also had changes regarding personnel and inside you'll get to meet some of the new faces of Lacawac. On a larger scale, the Lacawac family grew as new members have joined Lacawac's Consortium.

Inside this edition of *Notes from the Forest* you'll also see some of the hard volunteer work being done at Lacawac... little details you might not at first notice but all added up make a big difference. In addition to the new research space added to the Visitor's Center, our exterior now sports a new fire pit and a newly painted logo on the chimney. We also now have a new website to keep up of all the happenings here (www.lacawac.org). It's time to stop by to enjoy the changing leaves and the changes at Lacawac. 🍂

Lake to Lake 8K Trail Run & Woods Walk

Lacawac Sanctuary is pleased to announce the 2014 Lake to Lake 8K Trail Run and Woods Walk on Sunday October 19th on the trails of Lacawac Sanctuary-over 400 acres of wonder, biodiversity and natural resources. The event kicks off at 11 am. Run and walk through the trails of Lacawac Sanctuary-over 400 acres of wonder, biodiversity and natural resources. This autumn trail run and walk is all for a good cause and fun for the whole family with proceeds supporting Lacawac's preservation and environmental education programs, scientific research, and public awareness outreach.



Race registration is \$25 for the 8K and \$15 for the woods walk. A group discounted rate of \$75 per four individuals also is available for the 8K. Each participant in the 8K and Woods Walk will receive a complimentary T-shirt. Entry forms must be received or postmarked by Monday, Oct. 13 to be guaranteed a T-shirt and goody bag. Limited quantities and sizes of shirts will be available on the morning of the race. Youth Sizes will not be available on race day. (cont'd on the next page)


Lake to Lake 8K Trail Run & Woods Walk (cont'd)

Awards will be given in the 8K Trail Run for Overall and Masters male and female, plus top three finishers in age groups. The race results will be overseen by The Scranton Running Company using Radio Frequency Identification (RFID) chip timing.

Volunteers are needed to make sure this event is a great success. Lukatch said volunteers will receive incentives, including a complimentary membership to Lacawac. To register, visit www.active.com/lake-ariel-pa/running/trail-heads/lacawac-lake-to-lake-8k-trail-run-and-woods-walk-2014

Scranton and Wilkes-Barre, PA. personal injury law

firm Scartelli Olszewski, P.C. will be a title race sponsor for Lacawac Sanctuary's 2014 Lake to Lake 8K Trail Run and Woods Walk. Attorney Peter Paul Olszewski, Jr., a shareholder and managing partner with Scartelli Olszewski and the Vice Chair of the Board of Trustees of Lacawac Sanctuary, noted that "land preservation and protecting the environment are important to Northeastern Pennsylvania. We are happy to support such a worthy cause in order to help preserve one of the region's natural landmarks."

For more information about sponsorships and athlete and participant packets or to volunteer, contact Lacawac at 570-689-9494 or craig.lukatch@lacawac.org. 

New Members Join Lacawac's Consortium

Lacawac Environmental Research and Education Consortium was founded in 2013 to advance scientific understanding of the natural world through research and education. Lacawac maintains a 545-acre forest and glacial lake preserve and a biological field station with laboratories and a lodge in the Pocono Mountains. The Consortium collaborates with its members—prominent universities, K-12 schools and research institutions—in conducting scientific research, creating education programs for K-16 audiences, and offering resources and support for early-career scientists, including graduate students and postdoctoral fellows. The Consortium Seeks to:

- SUPPORT *environmental, collaborative research and teaching.*
- EDUCATE *ourselves, our member institutions, and the public about water quality, climate change and land-use issues.*
- INFORM *in an unbiased manner public policy on environmental issues around water quality, climate change and land-use.*

Current Institutional Members include:

Miami University (Ohio)

Drexel University

Academy of Natural Sciences

The University of Scranton

Lackawanna College

Current Affiliate Members include:

Delaware Highlands Conservancy

DCNR State Forests

Natural Lands Trust

Earth Conservancy

North Branch Land Trust

Lancaster County Conservancy

Wildlands Conservancy

Pocono Heritage Land Trust

Heritage Conservancy

Pennsylvania Land Trust Association

Northeast Innovation Alliance

Lackawanna College Environmental Center



Lake Lacawac. Photo by Bob Eckstein

New(s) at Lacawac...

On the right a picture of the Newfoundland Rotary Club, along with Lacawac volunteers who helped remove the old science lab off of Lacawac and is now replaced by the new lab.

A big thank you to all!



New Lacawac Website

Lacawac is currently launching a new and improved website thanks to the generosity of the Milrice Foundation and Dan Simrell Advertising. The new site will highlight the beauty of Lacawac while providing all the necessary information about our programs, events, research and much more.

The team at Dan Simrell Advertising, Scranton PA brings more than 60 years combined experience to fulfilling the marketing and public relations needs of businesses, political candidates and non-profit organizations in Northeastern Pennsylvania and beyond. Dan Simrell Advertising is a full service advertising agency that offers design, print, outdoor, web, social media, television and radio production and placement services in house. Dan Simrell Advertising started as a sole-proprietorship with a small group of loyal clients. The company has grown and expanded into a 5,000 square foot Georgian Mansion in Scranton's lower hill section. The advertising agency has also formed strategic partnerships with other ad agencies in New York, Virginia and Maryland.



Former Lacawac Chair and super volunteer, Roy Chesser, posing near a beaver dam which he helps monitor and maintain to assure proper water level on Lake Lacawac.



Bob Eckstein and Aaron Hebbeler after painting Lacawac's logo on the chimney.



Volunteers from the Human Resource Center putting in a new fire pit for Lacawac.



Texas Roadhouse Management volunteered and demolished the old wood shed on the Big Lake Trail.



Dan Paradiso and volunteer lay new mulch at our outdoor classroom.



2014 Lacawac interns. Chris Cassel (left), a Bloomsburg University undergraduate, and Anne Morgan (right), a Miami University undergraduate.

Road Improvements Needed, Please Make a Donation

Over the last several years Lacawac’s entry access road has deteriorated due to erosion from the elements such as heavy rains and snow storms. For any visitor to Lacawac, it is quite noticeable how much work needs to be done on the road as you bounce and bobble up the road attempting to avoid at all cost the potholes and dips.

The cost to repair our road, fix the erosion problems and add new aggregate is quite substantial—total cost \$26,000. Lacawac will be seeking funding sources to help raise the necessary funds to begin these needed repairs.

Any member or friend of Lacawac who is interested in helping us make Lacawac more accessible is encouraged to make a donation to our “Road Project Fund.” Donations can mailed directly to Lacawac. Checks can be made out to Lacawac Sanctuary. Please note “Road Project Fund” in the memo line.

Having Your Special Event at Lacawac

Where history & nature meet...

Yes, it is true...our historic 1903 lodge has floors that creak, walls that are thin, and separate hot and cold knobs on the sinks...but you are having an event or staying in a Registered Historic Landmark.

We invite you to look at this historic lodge and great camp as charming and a quaint departure from everyday conveniences—a step back in time that allows you to enjoy the infinite splendors and majestic scenery that is Lacawac Sanctuary.

Lacawac's secluded historic Adirondack-style Lodge, Ice House, Carriage House and Coulter Visitor Center may be rented by individuals or groups for events such as retreats, weddings, meetings, workshops, reunions, musical programs, private parties, corporate retreats and small-scale conferences.

Lacawac also encourages like minded organizations to consider using Lacawac for meetings, seminars, conferences or special events. Lacawac works especially hard to partner with environmental, ecological and educational clubs, organizations, schools and other non-profits to bring meaningful community events and gatherings to our beautiful preserve.



Rustic Barn Weddings at Lacawac

A barn can be the perfect place for a rustic or country wedding. Today weddings in a barn are taking place all over the country and offer the bride and groom a chance to hold their wedding in a very personable and unique location. Just like farm weddings, a barn wedding can be dressed up or dressed down to match the style and decor of your wedding and offer endless charm.

Get away from the modern extravagances. Go simple and earthy. Not only will your nature-inspired unique, it will also be more memorable for your guests. At Lacawac, the rental fee is affordable. So, the money you save allows you the opportunity to add little touches that reflect your style.



Accommodations

The Historic Watres Lodge features southern yellow pine paneling complementing massive stone fireplaces. It features the great room, large front porch overlooking pristine Lake Lacawac, a sleeping porch with 3 bunk beds, a screened in eating porch and fully equipped kitchen. The lodge has a total of 24 beds (9 bedrooms-2 twin beds per bedroom) with wireless internet service. The Lodge is ideal for family reunions, corporate retreats, weddings, family celebrations, or a summer weekend get-away with family and friends. Additional beds are available at Lacawac's rustic Ice House which is equipped with a kitchen, living room, two bedrooms (sleeps between 4 and 5), and bathroom.

The Ice House is ideal for long-stay visitors and families of 5 or 6.

Contact Lacawac Sanctuary about our rental fee and to arrange a tour of our facility by calling 570-689-9494 or email us at info@lacawac.org.

A Summer of Science

by Anne Morgan, Lacawac Intern Summer 2014

Summer 2014 at Lacawac was lively, filled with scientific chatter and excitement as bright minds from universities across the country came together to study several lakes and forests in the area. Undergraduate and graduate students and faculty from Dickinson College, Drexel University, Fordham University, Lafayette College, Lehigh University, Miami University, Penn State Worthington Scranton, and Temple University were on site conducting research! Here is a summary of some of the new and ongoing projects at Lacawac this summer.

Dr. Kristin Strock, a new faculty member at Dickinson College, collected samples at Lake Lacawac and Lake Giles (Blooming Grove Hunting and Fishing Club). Kristin is using sediment cores to look at phytoplankton (algae - microscopic aquatic plants) community responses to changes in water clarity. With her sediment cores, she will be able to look back hundreds of years to figure out what kind of algae were found in these lakes and how the communities have changed over time.

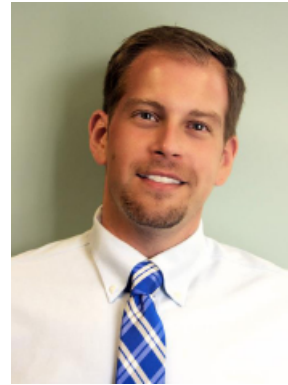
A PhD student from Miami University, Taylor Leach, is investigating how temperature, light and dissolved oxygen influence habitat selection and vertical and horizontal migration of zooplankton. Zooplankton are tiny animals usually counted under a microscope and are an important food source for many types of fish. Taylor is using a combination of experimental and observational studies to understand zooplankton habitat selection across lakes of differing water clarity. Differences in water clarity in lakes are controlled by nutrient input or runoff from the surrounding land. One interesting part of her migration study has been her use of acoustic instrumentation (like a high-tech fish finder), which sends out echo like impulses to find where and how zooplankton are moving throughout the water. When asked what her favorite part of being at Lacawac is she said, "being able to see the Milky Way at night."

Sarah DeVaul, a PhD student from Temple University, has been working on Lake Lacawac for a couple years. Her project is focused on understanding how climate change impacts aquatic protists. Protists are microscopic and are not considered plants, animals, or fungi. Lake Lacawac is home to a diverse group of protists and they are an important part of aquatic food webs.

Rachel Pilla, a Masters student from Miami University is researching the long-term changes in lake temperature in Lake Lacawac and Lake Giles over time. She is using 26 years of data from the lakes! Her project focuses on understanding how climate change and water clarity influence lake temperatures. She plans to expand this project to lakes across North America and across the globe for a more complete understanding. When asked her favorite part of her summer she said, "living in a historic and environmental surrounding, with the research lakes and laboratories right on site". 🌿

One of the New Faces at Lacawac

Craig Lukatch is now the new President and Executive Director of Lacawac Sanctuary. Craig has held diverse leadership positions at a number of local nonprofits with over 10 plus years' of cross functional experience as a senior executive working with nonprofit sustainability, fundraising, board of director training and program development.



"My favorite part of Lacawac is that peaceful quiet you get when you are in the middle of the woods or down by the lake. That's the beauty of Lacawac.

"Right now we are working on developing our outreach science programs in Luzerne, Lackawanna, Wayne and Pike Counties. We are establishing an after-school mobile science program. Our goal is to have more schools, both collegiate and districts using Lacawac for science and research."

Previously Lukatch was CEO of the Greater Pittston YMCA and Director of Development of Wyoming Valley Children's Association in Forty Fort. Lukatch has volunteered with a number of boards of directors and assisted numerous nonprofits and community organizations including the Hazleton YMCA, Community Services for Sight, Helping Hands Society, The Association of Fundraising Professionals (NEPA Chapter), Pro-Life Center in Scranton, Concerned Parents of Hazleton and Catholic Social Services. He is the co-founder of Making a Difference, a charitable organization raising awareness and funds for small nonprofits in the Greater Hazleton Area.

A proud recipient of the "40 Under Forty" Award, Lukatch attended the University of Scranton and Catholic University of America. He holds a Bachelor of Arts degree in Philosophy. Lukatch resides in Hazleton, PA.

Arthur Watres Memorial

June 15th was a special day at the Lacawac Sanctuary as many gathered from near and far to participate in a memorial for Lacawac’s beloved founder, Arthur L. Watres, who died January 10, 2014 at the age of 91.

The day began with Mr. Watres’ son, Chad Reed-Watres, telling all in attendance from a podium set at one of the Sanctuary’s more beautiful spots, that this “was not a somber occasion but a celebration.” Chad provided a fascinating oral biography of his father’s full life and his determination to make a difference for science and our environment. “Lacawac is his lasting gift.” Chad, told those gathered by the 1903 lodge that among Arthur’s last words in the hospital were, “Anyone who is a friend of mine needs to go to Lacawac.”

After Chad spoke, others came up to share their unique and delightful memories. Adjectives used over

and over included caring, devoted and funny. A buddy of his, Russ Phillips, had many interesting stories that provided a side of Mr. Watres from his younger years many of us had not known. His niece Liz Noble then spoke followed by dear friend John Whitehouse. One of Lacawac’s biggest supporters and longtime friend of Mr. Watres, Craig Williamson, addressed the crowd

next. Also to discuss Mr. Watres’ importance to the scientific community was Clyde Goulden PhD, Director at Drexel University who said a few thoughts and pronounced Mr. Watres, “No greater patron of science.”

The last speaker was Lacawac’s new director, Craig Lukatch, who summed up the work done at Lacawac and the importance of continuing Mr. Watres’ vision, “We need scientific capacity more than ever...I am privileged to be the new keeper.”

– by Bob Eckstein

“Anyone who is a friend of mine needs to go to Lacawac.”

Lacawac Needs You

There are many opportunities and the Sanctuary needs you. If you would like to help please contact Andrea at 570-689-9494 or info@lacawac.org



Mr. Watres’ son, Chad Reed-Watres, addressing those in attendance at the Watres Memorial. Photo by John Whitehouse.

Cartoon Corner

JEOPARDY FOR SQUIRRELS

FAMOUS STATUES	SHAKESPEARE IN THE PARK	WATERSKIING	ACORN-NOMICS	CARTOON SQUIRRELS NOT NAMED ROCKY	WORLD GEOGRAPHY
\$200	\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000	\$1000

bob

Bob Eckstein is on the Lacawac board and a cartoonist for *The New Yorker*.

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www.facebook.com/Lacawac



Adopt-a-Tree & Bench-Giving Program

Tree dedications make a natural memorial or honorary gift. A gift of a tree or grove is enduring, symbolic and will grow stronger, and blossom with life, year after year.

Our Plant-a-Tree Program and Bench-Giving Program give you an opportunity to remember those who have touched your life in a special way as a living memorial. Your give can be in memory, appreciation, honor, special thanks, or celebration of the people you would like to remember.

A gift to Lacawac's Adopt-a-Tree Program is a thoughtful way to honor family members or friends and supports our Forest Preservation Fund. Your donation will be placed in a restricted Forest Preservation Fund and used to support the upkeep of our forest and plant new trees. We fund projects where the greatest reforestation need exist. Trees will not be individually identified on the ground; we do not plant a specific tree in memory or in celebration of an individual.


Memorial Trees

Planting a tree at Lacawac Sanctuary is a wonderful way to honor a loved one. Each dollar donated helps sustain the trees in Lacawac's forest. Planting trees in memoriam is a remembrance of the past and at the same time a renewing of life.

Trees in Celebration

Have trees planted in honor of your friends or loved ones to celebrate a birthday, holiday, new birth, employee, recognition, anniversary, graduation. With your gift, a tree or trees will be planted in memoriam or celebration in Lacawac's forest—a forest that is in desperate need of new trees. These trees will create clean drinking water and provide the necessary wildlife habitat.

Bench Program

A beautiful way to remember a loved one is through a donation for a memorial bench. Your donation of \$500 can be in memory, honor or appreciation of someone. A plaque with your special message will be mounted on the bench. If you are interested in a memorial bench, please contact Lacawac Sanctuary at 570-689-9494. 

Contribution Form

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 Email: _____

I would like to make a contribution of:
 \$25 Single Tree \$35 Two Trees
 \$50 Small Grove (5 trees)
 \$75 Medium Grove (10 trees)
 \$100 Large Grove (25 trees)
 \$250 Forest Caretaker (100 trees)

For gifts over \$35, you will receive a complimentary one-year gift membership.

My gift is: In Memory In Honor
 In Appreciation A Special Thanks
 Person/Event _____

Please notify the following person(s) of my gift (*We provide a certificate suitable for framing*):

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____

Please send your donation to:

Lacawac Sanctuary
 94 Sanctuary Road
 Lake Ariel, PA 18436

Questions? 570-689-9494 info@lacawac.org

Lake to Lake 8K Trail Run & WoodsWalk Sponsors



Wallenpaupack Lake Estates

