



Notes from the FOREST

Spring 2017
Newsletter

LACAWAC SANCTUARY FIELD STATION & EE CENTER

Plans for a New Environmental STEM Education Center

Matching Gift Challenge given to support Lacawac's new STEM Education Center



For more than 50 years Lacawac Sanctuary Field Station and Environmental Education Center has inspired a love for nature and ecology among families, researchers, and students throughout Pennsylvania and beyond. Nearly a half century of footprints on the trails and the natural evolution of our diverse ecosystems have created a critical need to revitalize and expand the aging facilities and to preserve our forests, wetlands and other natural areas for future generations.

Lacawac has begun a major fundraising campaign to transform its field station into a hub for research and environmental education in Northeastern Pennsylvania and beyond. This initiative will expand

opportunities for students, researchers, and the public within 550 acres; enhance hands-on learning for youth and adults; and increase awareness of one's place in nature.

Our new Environmental Science Education Center will increase our capacity to serve more students, allow us to provide environmental science programs year round both indoors and outdoors, and offer a venue where everyone can reconnect to nature and world around us.

Lacawac's Board of Trustees has agreed to purchase the residence of Lacawac's founder, Arthur Watres, situated on less than one acre within the heart of the Sanctuary. The new center will include a teaching classroom, multipurpose spaces and environmental education instruction areas. The Center will be located next to Heron Pond and in walking distance to Lake Lacawac and 500 acres of forested trails.

Lacawac recently submitted a grant application to Pennsylvania's Department of Conservation and Natural Resources in the amount of \$111,400 to help defray the costs of the overall project. Lacawac is also seeking financial support from private foundations, businesses and our donors to help us make our dream come to light.

How can you help? By making a pledge or donating to our Matching Gift Challenge.

A generous benefactor and friend of Lacawac have offered a limited-time Matching Challenge gift. If friends and members of Lacawac can raise \$25,000 between now and July 1st – the benefactor will match our fundraising efforts in full.

The Matching Gift Challenge is a 1:1 campaign that would provide Lacawac with \$50,000 towards the purchase of the Watres Property valued at \$220,000.

For more information contact Lacawac's President Craig Lukatch at craig.lukatch@lacawac.org or call 570.689.9494. You can also find more information at Lacawac's website, make a pledge or your donation at www.lacawac.org/matching-gift-challenge.

**MATCHING GIFT
CHALLENGE**

BUILDING AN ENVIRONMENTAL STEM CENTER



From the tiniest acorn, grows the mightiest oak...

Program & Event Spotlight

Spirited Art of Scranton Painting Event at Lacawac

Sunday June 25th / 2- 4 pm

Spirited Art Scranton is an optimistic, creative painting class for folks who want to learn the basics of acrylic painting in the company of great friends and good wine. In each class we will show you step-by-step how to create your own masterpiece that you can be proud of and take home at the end. Our painting classes help you learn while you have fun. We will be painting a work created by Heidi Van Leuven based on her residency at Lacawac Sanctuary. Enjoy an afternoon in nature. There will be a short hike during the class. A portion of the proceeds will go to benefit Lacawac Sanctuary! \$35 per person BYOB and food. Call (570) 507-1560 or email spiritedartscranton@gmail.com to register.



• Scranton, PA •

Close Encounters -Live Birds of Prey

Sat. July 8th / 12 noon – 2 p.m.

Lacawac Sanctuary is proud to present the Delaware Valley Raptor Center's live birds presentation in our historic Carriage House barn. Let these magnificent creatures captivate you! Eagles, owls, falcons and hawks will take the stage at Lacawac! First come, first seated.

Cost: \$10 adults/ \$3 children.



4th Annual Lake to Lake 8K Trail Run, 5k Run/Walk & Family/Dog Woods Walk

Sunday October 15 - 11 a.m.

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

A Cocktail Event Celebrating Summer

Friday June 23rd – 6 to 9 p.m.

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

Friday June 23, 2017 - 6-9 pm

\$25 per person

The Cooperage Project, 1030 Main Street, Honesdale PA 18431

Purchase tickets online at:

<http://www.lacawac.org/summer-solstice.html>

or make a reservation by calling 570.689.9494



Public Programs & Events

Summer 2017

June - August

Lenape at Lacawac

Saturday, June 17th / 7PM - 9PM

The Young Geezers: A One Night Only Reunion Concert

Sunday July 9th / 3pm-5pm

Historic Lodge and Grounds Tour

Saturday, July 22nd / 10PM - 12PM

Watershed Walk

Saturday, Aug 5th / 10AM - 1PM

Afternoon Paddle

Sunday, Aug 27th / 2PM - 4PM

*For more information on these
upcoming programs, contact us
at info@lacawac.org or call
570.689.9494.*

*Visit www.lacawac.org for more
detailed information on our
programs and events! See
additional programs on Spotlight
Page.*

Lacawac's Enchanted Forest

by Marisa Sprowles

Turning down the gravel road, visitors begin a journey into Lacawac Sanctuary that takes them away from the everyday hustle and bustle and into a serene and calming environment. As people travel up the slope, past the imposing oak trees, and through the stone gateway, a feeling of wonder sparks their curiosity. Continuing down the gravel road—which at the turn of the 20th century would have been traversed by carriage—the final stop is at the Watres Lodge.

Built in 1903, it is the centerpiece of the Adirondack-style Great Camp located on the shore of Lake Lacawac, an ancient lake formed as the glaciers receded and melted 10,000 years ago. Although there were many of these kettle lakes left behind, few of them are undeveloped and as pristine as Lacawac. Understanding through research, sharing information through education, and preserving what is precious: this is the mission of Lacawac Sanctuary.

When people come to Lacawac they are thrilled to see such an oasis in the middle of the woods. They identify with the need to get back to nature. No matter who you are or what time period you live in, there is always this very human urge to connect with the outdoors and its inhabitants.

Some who visit have been before and return often to reconnect with nature and with the unique history of the land. Those exploring the grounds for the first time are surprised to find such a treasure of both cultural and natural richness. As the environmental educator at Lacawac, I count myself lucky to have this beautiful setting as my office. Sharing it with others is a great privilege. It is always amazing to hear visitors exclaim surprise when they see a pileated woodpecker drumming at a red pine tree or watch a white breasted nuthatch creeping down a beech tree. Whether during a public program, a school field trip, or encountering a visitor who has just finished a self-guided hike, I love hearing people's stories or questions about Lacawac. Hosting public programs as well as school field trips allows us to share this beautiful place with others. We take great pride in educating the public and young minds about the importance of preserving the cultural and natural history of not only Lacawac, but of Pennsylvania.

Being a part of what is happening at Lacawac is also a great experience for many of our school-aged visitors. After helping clean and clear a new hiking trail, one Cub Scout pack sent a card. Each of the boys signed it and left a message. One reads: "Thank you, I had a great time and I felt good about myself from cleaning out the trail."

Whether helping to clear a trail or helping create an osprey nest platform, many groups come to ensure this special place stays special and that they are giving back to a place that has given them a sense of wonder and enjoyment.

At all times of the year there is something to enjoy at Lacawac. In the winter, the serene snow-covered lake is a beautiful site after a trek through the hemlock groves heavy with icicles. In spring, a host of native flowers are slowly coming back to life. The vernal pools are safe havens for many species of salamanders, frogs, and toads to lay their eggs. Once they hatch, these secretive and elusive amphibians will make their way into Lacawac, the perfect home for water-loving creatures. In summer, dragonflies buzz the shoreline as pickerels swim among the water lilies. Local children who attend camp explore the forest and lake, enjoying the sunshine as they climb over large boulders and learn about the amazing flora and fauna present in their own backyard. Those who come from the city are enchanted by all that nature has to offer.

It is not only campers, however, who explore. Many families who summer along the shores of Lake Wallenpaupack also visit Lacawac. They always want to share something about their experience. "This place is so unique," said one grandmother. "I have been coming for years and I love bringing my grandchildren. They live in the city and don't get to play in the woods like I did when I was a kid."

It is a privilege to provide such a beautiful natural space to those seeking to explore, relax, and learn. Lacawac Sanctuary just celebrated its 50-year anniversary, and it is my hope that the next 50 years will be as exhilarating, enlightening, and enchanting.



Lacawac offers Environmental Hands-On Programs in the Classroom. Lacawac recently visited the 1st Grade Class at Wallenpaupack Primary School.

For more information on our Field Trips and In Classroom Programs visit: www.lacawac.org/k-12-education.html

2nd Annual Farm to Plate Dinner Slated for Aug 12

Lifetime Achievements to be awarded for Research, Education and Preservation

Lacawac Sanctuary is kicking off another night of specialty cocktails and food stations this summer!

Join us for an intimate farm to plate food experience surrounded by the beauty of Lacawac Sanctuary. That evening our guests sit down surrounded by the forest at Lacawac to a delicious station-style supper that celebrates truly local cuisine.

- Dine al fresco at Lacawac's 113-year old Watres Lodge.
- Deliciously prepared and sustainably grown farm food.
- Lovely forest setting.

The 2017 dinner will feature cocktails, dinner stations at the Historic Watres Lodge, live music, and a silent auction.

Lacawac will award several Lifetime Achievement Awards this year to individuals and Corporations who have made a significant impact to Lacawac over the years. The 2017 recipients include:

Lifetime Achievement in Research -
Dr. Daniel Townsend

Lifetime Achievement in Education -
PPL Electric Utilities

Lifetime Achievement in Preservation:
Roy Chessari
Dr. Dennis Peterson



Farm to Plate Overview:

Date: *August 12, 2017*

Where: *The Watres Lodge at Lacawac*

Cost: *\$85 per person*

For more information or to make a reservation call 570.689.9494 or email Craig Lukatch, President at craig.lukatch@lacawac.org

Purchase tickets online at:

<http://www.lacawac.org/farm-to-plate.html>



Pocono Lake Ecological Observatory Network (PLEON)

DEP Grant Awarded for Lacawac's Citizen Science Lake Program

Lake Lacawac is an extremely valuable ecological resource because it has remained pristine and protected from anthropogenic input. Since 1966, lake access has been strictly controlled and the watershed remains undeveloped, allowing an unexploited community of aquatic organisms and diverse plant community to flourish. Many researchers refer to this glacial lake as a "living laboratory" that provides a unique educational and scientific site for direct comparisons to human-impacted lakes plagued by nutrient pollution via run-off from fertilized lawns and leaking septic systems. Whereas many lakes in the Northeastern United States have been heavily impacted by human hands, Lake Lacawac provides an opportunity for the public to experience an unaltered, natural area.

Despite their ecological and economic importance, lakes in the Pocono Mountain Region are increasingly degraded by environmental impacts of residential development. The result is a widespread acceleration in eutrophication, a process powered by excess nutrient input into freshwater ecosystems. Consequences of eutrophication are devastating. A surge in nutrients fuel algal blooms that ultimately deplete the water column of ample light (photosynthetically active radiation) and oxygen.

Under the direction of Dr. Sarah Princiotta, a team of scientists will implement the Pocono

Lake Ecological Observatory Network (PLEON) this summer. In 2012, Lake Lacawac joined the Global Lake Ecological Observatory Network (GLEON), an international community that conducts interdisciplinary research in the role and response of lakes in a changing global environment. The vision for PLEON echoes that of GLEON – to empower our community in better understanding and managing freshwater resources through citizen science lake monitoring and water quality education. Through PLEON, limnologists (those that study lakes) will engage lake association members to create a community network of scientists, students, environmental educators, and landowners to work together in improving the ecological state of Pennsylvania's freshwater, one lake at a time. This program fulfills the strategic vision of Lacawac Sanctuary in its recognition as a "Hub for EONS" (ecological observatory networks) that facilitate training, research, and educational initiatives to understand ecological processes, such as eutrophication, at a variety of spatial scales.

The key goals and objectives of PLEON are as follows:

- (1) Help landowners better understand and manage lake water quality via training in lake sampling and analysis during workshops hosted by Lacawac Sanctuary.
- (2) Support the next generation of land stewards by involving undergraduate

students.(3) Develop a regionally-coordinated environmental monitoring network of citizen scientists in the Pocono region.

PLEON is supported by a generous environmental education grant from the Pennsylvania Department of Environmental Protection awarded to Dr. Princiotta. Academic partners include Dr. Elizabeth Rielly-Carroll (Holy Family University), Dr. Janet Fischer (Franklin and Marshall), and Dr. Craig Williamson (Miami University of Ohio).

If you would like to join PLEON, please contact Sarah Princiotta, Director of Research and Education at sarah.princiotta@lacawac.org or 570.689.9494

Lacawac's PiER Mentoring Program Supported by PennEast Powering STEM \$10,000 Grant

The Pathways in Ecological Research (PiER) program promotes women in STEM and science careers, as well as in leadership positions. The program focuses on mentoring a diverse group of high-achieving female high school students, and PennEast's grant will help us serve approximately 100 students.

Local Banks Support Lacawac's Education Programs

The Dime Bank, The Wayne Bank and NBT Bank made donations to Lacawac Sanctuary through the PA Department of Community and Economic Development's Educational Improvement Tax Credit program. Lacawac's educational outreach programs serve K-12 students and directly support hands-on science and environmental experiences.

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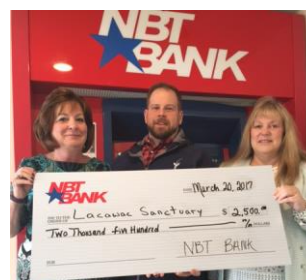
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