

Notes *from the* FOREST

Fall 2024 Newsletter



Introducing



AT★EASE
FINDING PEACE BEYOND SERVICE

Lacawac Sanctuary's newest initiative, At Ease, is dedicated to supporting the mental health and well-being of veterans and military personnel in our community.

Through this program, we intend to collaborate with local veteran organizations to connect with the military community, helping them build skills in creative expression and provide veterans with access to mental health support through outdoor experiences.

Eligible individuals and their families will have the opportunity to engage in a variety of positive outdoor experiences designed to foster the overall well-being and resilience of participants. Leading this initiative is a retired Army veteran who has been employed by Lacawac since 2022. The At Ease program is open to veterans, current service members—including active duty, reserve, and National Guard—and all family members.

Program Objectives

- * Connect veterans to nature to help alleviate stress and boost overall sense of purpose.
- * Foster connections and build a supportive community.
- * Increase time spent on positive outdoor activities.
- * Deepen participants connection to nature

Proposed Programs & Activities

Each month Lacawac is considering offering in-person self-help, nature-based presentations to veterans on topics relevant to their life after service. Topics may include but not limited to: Death of Family Members or Friends, Families & Relationships, Dealing with Stress, Work-Related Problems, Physical Injury, Retirement & Aging, Spirituality, Transitioning From Service, and how to address conditions such as Adjustment Disorder, Anxiety Disorders, Bipolar, Depression, PTSD etc.

Lacawac is also considering offering veterans, military personnel, and their families the opportunity to participate in a variety of free monthly nature-based activity programs throughout the year. With the assistance of Lacawac's environmental educators and local professionals such as artists, photographers, and yoga instructors, these programs are designed to provide enriching experiences in a supportive natural environment.

Offering something for everyone, our programs will include:

Hiking - Fishing - Nature Yoga - Gardening - Journaling - Guided Imagery - Nature Photography - Visual Art - Forest Bathing

The At Ease program is currently in the planning stages and more information on program specifics will be posted and shared in the coming months. Stay tuned!



Welcome TO THE TEAM



Theresa Black, M.S.
PLEON Manager

Before teaching, Theresa worked as an industry professional completing environmental site reviews and hazardous materials inspections. Her interests lie in water resource management. She has been developing 360° video virtual field trips of various watershed features for use in the classroom. She is also researching the use of 360° video to further learning outcomes and will soon be publishing a case study on her classroom experience. Theresa has a Master of Science Degree in Environmental Science from Towson University and a Bachelor of Science in Biology from Lycoming College.

Mac McCrory
Director of At Ease

Mac is originally from Northern California and currently resides in Tafton, Pennsylvania. He joined the Military at 17, serving 23 years between the Army, Airforce, and Active duty for the Army National Guard. He carries a bachelor's degree in environmental science from Arizona State and has several certifications through the military ranging from Master Resilience trainer, Purple Resolve instructor, Army SHARP Victim Advocate (NOVA certified), crisis counselor and Army instructor certified. Mac began working at Lacawac during his last year in active duty through the Army's Apprenticeship Program.



ARTISTS' RESIDENCIES ANNOUNCED FOR 2025

Where Nature, Science, History and Creativity Meet

Each year professional or aspiring artists are selected to spend time at Lacawac Sanctuary a full week. During the residencies, artists are free to produce their artwork using the inspiration of the beauty that is Lacawac. Housing and studio space is provided.

Artists are provided a comfortable room in the Historic Watres Lodge or the Icehouse Cottage, access 545-acres which includes a glacial lake, 2 ponds, shore access to Lake Wallenpaupack, ledges natural area, and forests and studio/workspace in the Carriage House and 500 acres of outdoor space.

Artists provide their own transportation and take care of their meals while at Lacawac. The lodging is well equipped with cookware and dishes and all necessary kitchen amenities. Both the lodge and icehouse have wireless internet. Residents should bring a laptop if they desire.

The cost of residency is \$300 for one week. There are no hard deadlines for the submission of applications. Applications are reviewed on a rolling process. There is a \$10 application fee. All applicants will be notified of their acceptance via the e-mail provided on the application. If accepted into the program, Lacawac will provide further details on lodging.

For more information on our residency program, visit <https://www.lacawac.org/lacawac-artists-residency.html>

*Where Nature. Science.
History and Creativity
Meet!*

2025 Residencies:

May 4-9 | Spring I

June 8-13 | Summer I

August 3-8 | Summer II



LAR
Lacawac Artists' Residency

LACAWAC HONORED WITH THREE AWARDS

Lacawac Sanctuary was awarded a 2024 Governor's Award for Environmental Excellence for its PLEON Lake Monitoring Program. The Pennsylvania Department of Environmental Protection (DEP) honored 22 projects completed by schools, businesses, and community organizations around the state in May.

"This year's Environmental Excellence honorees showcase the innovative ways we can protect our environment and shape a more sustainable future here in Pennsylvania," DEP Interim Acting Secretary Jessica Shirley. "Together we will spur the next generation of environmental stewards, and these projects represent our ability to work together and preserve Pennsylvania's natural resources."

Applications were evaluated for their degree of environmental protection, innovation, partnership, economic impact, consideration of climate change, sustainability, and environmental justice, as well as outcomes achieved.

The Lacawac Pocono Lake Ecological Observatory Network Program: Protecting Pennsylvania's Water Resources provided hand-on education, continued lake monitoring, and citizen science programs. This project promotes and enables lake stewardship at the individual and community level while also connecting local Pennsylvanians closer to their freshwater resources.

Recently Lacawac was notified by the Northeast Pennsylvania Environmental Partners that its PLEON program will also be receiving an award at the 34th Annual Environmental Partnership Awards.

The Northeast Environmental Partners are comprised of the Pennsylvania Department of Conservation and Natural Resources (DCNR), Pennsylvania Department of Environmental Protection (DEP), Pennsylvania Environmental Council (PEC), PPL Corporation, Procter & Gamble Paper Products Company, and Wilkes University. Awardees will be honored at the Evening for Northeast Pennsylvania's Environment on October 17, 2024, at the Woodlands Inn & Resort in Plains, PA.

In November, Lacawac will be awarded the Non-Profit Organization of the year by The Chamber of the Northern Poconos at its Community Awards Banquet. The Chamber's Annual Community Awards Banquet honors local businesses and individuals for their dedication to the local communities.

Lacawac's staff and board of trustees are honored and humbled to be awarded these recognitions.

Pictured below, Dr. Beth Norman, Director of Research and Education (2nd from right) and Alex Brox, PLEON Technician (middle) accept the 2024 Governor's Award for Environmental Excellence from Tom Gilbert, President of Pennsylvania Environmental Council, Jessica Shirley, Acting Secretary, Department of Environmental Protection Cindy and Adams Dunn, Secretary of the Pennsylvania Department of Conservation and Natural Resources.



CELEBRATING OUR 2024 ACCOMPLISHMENTS

WILLIAM E. CHATLOS ENVIRONMENTAL EDUCATION CENTER

In May, we officially opened our new 8,500 sq. ft education center, which will host our programs, field trips, summer camps, trainings, community meetings, and more.



AT EASE VETERAN PROGRAM

Through the generous support of our community, friends, and local foundations, we raised over \$35,000 to initiate our At Ease Veteran Program. This program will provide veterans and their families with outdoor experiences aimed at improving their well-being.



TRAIL & GARDEN REVITALIZATIONS

In the spring, our Head Gardener and many volunteers upgraded the wildlife gardens at the Visitor Center. Over the summer, our Director of Facilities was busy building and installing over 30 new trail head signs and posts. Recently, a local student completed his Eagle Scouts project by planning and developing a new trail on the western side of Lake Lacawac named the Black Bear Trail.



FACILITY RENOVATIONS & ADDITIONS

During the winter months, our Director of Facilities renovated a bathroom in the Watres Lodge and built two new public restrooms in the Coachman's House. During the summer, the roofs of the Watres Lodge and Ice House were replaced with a historic-looking metal shake roof to preserve the buildings original charm. Additionally, volunteers re-stained the Carriage house as part of the United Way's Day of Caring.



INTO 2025



2025 BROWNING BEAVER MEADOW SANCTUARY TRAIL IMPROVEMENTS

In 2025, we plan on making trail improvements at the Browning Beaver Meadow Sanctuary, with support from several grants.

2024 BY THE NUMBERS

566 TOTAL MEMBERSHIPS



VOLUNTEERS CONTRIBUTED OVER

1,125 HOURS



7,126 TOTAL VISITORS



SAVING **\$28,125** IN LABOR COSTS

126 SUMMER CAMP ATTENDEES



525 PEOPLE REGISTERED FOR PUBLIC PROGRAMS



26 UNIQUE PUBLIC PROGRAMS OFFERED



32 SCHOOLS SUPPORTED



2,272 SCHOOL STUDENTS SERVED



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BURGERS BITES & BREWS

- Good Time, Great Cause! -

November 7th | 5:30 pm

Runaway Trail Brewery

Get ready to feast & converse with familiar faces while enjoying live local brews, wonderful food, trivia and music. This is a 21+ event.

Purchase tickets for Brews Bites and Brews at
lacawac.org/burgers-bites-brews.html



Lacawac's Christmas Tea

Sunday November 24th
3 pm | \$30 per person



Register for the Christmas Tea at:

<https://secure.qgiv.com/for/pafe/event/christmastea2024/>

LACAWAC ★ SANCTUARY

COCKTAILS AND CAROLS

MAKING SPIRITS BRIGHT

Join Us

SATURDAY, DECEMBER 14TH

7pm | \$25 per person

[Purchase tickets at lacawac.org/cocktails-and-carols.html](https://lacawac.org/cocktails-and-carols.html)

SHOP NEW ARRIVALS!

Whether you are exploring the great outdoors or spending time inside, the new arrivals in the Lacawac Merch Store are perfect for every adventure.

GET GEARED UP!

Visit the Store Today

www.lacawac.org/merchandise

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Annual Impact Report 2023

We are so very grateful for all the support that Lacawac Sanctuary Foundation receives from individuals, businesses, organizations, and foundations. This strong philanthropic culture dates to our founding when the Watres Family gifted the property to Lacawac Sanctuary Foundation establishing the nonprofit in 1966. Our donors help us expand our reach, engage students from underserved areas and incorporate real world experiences into our educational curriculum. Together we deliver programs and experiences that instill the values of education, stewardship, and sustainability to the community.

For more information on our audited financial documents visit
<https://www.lacawac.org/governance.html>



Letter from our President

In 2023, significant strides were made with the additional of three new sanctuaries and preserves: The Mark and Courtney Peterson Nature Preserve (87 acres), the Browning Beaver Meadow Sanctuary (78 acres) and the Price Simpson Wetlands Sanctuary (38 acres). At the end of the year, we began construction on the new wing of our environmental education center!

As a community-based nonprofit, Lacawac Sanctuary relies on donations from friends to support our work and mission. Whether it is a membership donation, an annual appeal gift, support at one of our signature fundraising events, or a gift through a bequest, all funds support research, education, and preservation. All funds stay local!

The services we provide come at a cost and we are looking to increase our financial base of support to keep pace with our growing work. Wayne and Pike Counties are a great place in which to live, work and vacation and if we work together, we can preserve and educate all ages about the beauty of the natural world around us.

Thank you for your ongoing support!

Craig Lukatch, President

This annual financial report is published by Lacawac for its members, supporters and collaborating partners. If you have questions regarding the information provided in the report, contact Lacawac's President at craig.lukatch@lacawac.org

Income Statement		2023	Balance Sheet		2023
Revenue		Revenue (\$K)	Assets		Revenue (\$K)
Contributions and Membership	567.3		Cash	74.2	
Grants	215.4		Receivables	10.8	
Contribution of Land	110.6		Pledges Receivables	37.5	
Special Events and Fundraising	50		Investments	518.1	
Facility Usage	66.3		Restricted Cash	125	
Programs	282.2		Restricted Investments	350.3	
Misc. Income	3.3		Property and Equipment	6,287.3	
Investment Income	118		Funds Held by Others	71.4	
Change in Value of Beneficial Interests	7.6				
Total Revenue	1,420.7		Total Assets	7,474.6	
Expenses		Revenue (\$K)	Liabilities		Revenue (\$K)
Program Services	387.1		Accounts Payable	215.2	
Management and General	130.1		Accrued Payroll	9.2	
Fundraising	74.4		Deferred Revenue	25.9	
			Notes Payable	66.6	
Total Expenses	591.6		Total Liabilities	316.9	

Note: Financial numbers are in 1000's

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to all of our sponsors!

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