The Importance of Environmental Education

Credit: The Growing Green Room. www.growinggreenroom.org

We have all heard the refrain that our obligation as a society is to leave behind a better world for our children. In a world that will be inherited by our children, it would seem that the best way to ensure a better, healthier planet is to equip today’s youth with the knowledge and leadership skills to meet tomorrow’s environmental challenges. This requires parents taking an active role in educating the next generation. Our commitment to providing children with an environmental education will help them become environmental citizens that will be the thought leaders of tomorrow. Nurturing a respect for nature and all living things is an imperative that parents can convey to their children. Parents can do this by supporting and encouraging attitudes at home and at school that emphasize the importance of environmental education.

Break the Indoor Habit: Reconnect Children with Nature

Society is in the midst of one of the most profound paradigm shifts in history. Technological advances are changing the way we live. This societal shift is leading to more screen time for children. As a consequence, today’s generation of children is the first to grow up indoors. Children must first experience nature on their own terms before they can be asked to consider and address our more complex environmental issues. Parents can help by encouraging their children to spend time outdoors. Children need the opportunity to develop a personal connection with nature. This means hands-on learning, which encourages gentle observation. Walks around the neighborhood, trips to nearby forests or parks, day trips to the beach or mountains all provide opportunities for discovery that generate curiosity and passion. Discovery is the precursor to environmental literacy and advocacy for our children.

Encourage Academic Study

Helping children correlate school subjects with environmental interests is a great tool to help children “connect the dots” between classroom study and their outdoor experiences. Math and Science provides a means to problem solving and information gathering, while social studies can serve as a model for civic action. The combination of academic and practical knowledge sets a strong foundation for future environmental or conservation studies.

What More Can Parents do?

When it comes to environmental education there is much parents can do to promote responsible environmental citizenry. Parents are the single-most influential influence in a child’s life; the role of parents as educators, role models, and mentors is of paramount importance. As society becomes more aware of the self-inflicted dangers that it has imposed upon the planet, the need for parents to teach children about environmental stewardship grows evermore important. These teaching opportunities can also encourage parents to reflect upon the manner in which they are positively or negatively contributing to their family’s view of environmental protection and conservancy.
What's Coming Up?
View our calendar
to join in the fun!

EGGstrodinary Science
Saturday, April 11
9:30 - 11:00am
Join us at Lacawac Sanctuary for an exciting egg hunt. Use nets to find amphibian eggs in the pond and vernal pools. And hunt for plastic eggs and match the clues inside to learn about birds. Free. Registration is suggested.

Volunteer Work Day!

Volunteer Work Day
Saturday, April 18th
9:00am - 12:00pm
Spring clean-up and site project help is needed. Trails, boats, deer exclosures, gardens, building grounds all require maintenance and clean-up after a long winter. Be prepared to work in any weather and to use non-motorized hand tools. We'll end with a free lunch! Meet at the Environmental Education Center. Registration required.

Edible Plants In Early Spring

Spring Wild Edibles Walk
Saturday, May 9th
10:00am - 12:00pm
$10/$5 Members
Let Nathaniel Whitmore from the Delaware Highlands Mushroom Society share his wealth of knowledge about wild edibles and how they are enjoyed by both wildlife and humans. This is a short distance hike so be sure to wear comfortable clothing and footwear. All ages welcome. We will meet at the Environmental Education Center. Registration is appreciated.

Wine and Birds by the Lake
Thursday, May 14th
6:30pm - 8:00pm
$15/$10 Members
Enjoy a glass of wine by the pristine Lake Lacawac. Join birding expert David Trently from the NEPA Audubon Society as we sip some wine, listen to evening songs, and watch for spring migrants including warblers, Osprey and waterfowl. Binoculars suggested. Registration is appreciated.

Forest Mindfulness
Saturday, June 6th
10am - 12pm
$15/$10 Members
Experience ‘forest mindfulness’ as John Harvey, clinical psychologist, guides participants through the process of immersing in the natural world and offers tips for how to make this a regular practice in our daily lives. Discover comfort, connection and restoration under the trees. John, author of The Stillness of the Living Forest: A Year of Listening and Learning, will share his incredible year-long experience of immersing himself in the natural world, one hour at a time. Hear about his discoveries of the healing properties and therapeutic potential of the world around us, waiting to be revealed through our five senses. Wear comfortable clothing. Registration appreciated.

Spring Tea & Watres Lodge Tour
Saturday, May 23rd
2:00pm - 4:00pm
$27.50 per person
Lacawac hosts this intimate country tea at our historic Watres Lodge 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. Registration required.

Summer Exploration Hike
Saturday, June 27th
10:00am - 11:30am
FREE to the Public
Jump into summer with this scenic hike through the pristine forests and lakeshores of Lacawac. This 90 minute walk will take us along serene ponds, lead to the ledges, a scenic overlook, and view nesting Ospreys along the way.

Join Pocono Avian Research Center staff for a night of bat-crazy fun! Sip a brew or two and relax in the peaceful Lacawac evening atmosphere as we reveal some of the most famous mysteries about bats. For example, how do they master that intricate art of echo-location? And are they really blind? We'll answer these and many other mysterious questions and top off our evening with a short hike in search of bats in the evening sky. It’s going to be a bat-load of fun! Wear comfortable clothing and shoes. Registration required.

Bats-n-Brews
Friday, June 5th (rain date)
Saturday 6/6 8:00 - 9:30pm
$15/$10 Members

Join Us for Our
Spring Tea Party

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ENVIRONMENTAL SCIENCE PROGRAMS FOR PREK-12 STUDENTS

LACAWAC SANCTUARY

Lacawac Sanctuary offers innovative place-based learning experiences that change the way students think about the world and their place in it. Bring your school to experience authentic science and research at a Biological Field Station.

CLASSROOM PROGRAMS

AVIAN ADAPTATIONS GRADE: K-3
- Match food source to beak adaptation.
- Explore skulls, feathers, and mounted specimens to discover bird adaptations.
- Classify birds according to characteristics.

CSI (CRITTER SCIENCE INVESTIGATIONS): HABITATS AND ADAPTATIONS GRADE: 1-3
- During an investigation using critical thinking, students
  open clue envelopes to determine habitat needs (food, water, shelter).
  Investigate skulls, fur, tracks, and scat to discover adaptations.
  Problem solve to identify the animal and where it lives.

SKINS AND SKULLS: MAMMAL ADAPTATIONS GRADE: K-2
- Match fur samples to animal skulls using field guide cards.
- Build a food web by identifying characteristics of skulls.
- Determine adaptations and habitat needs using observation.

AQUATIC INVESTIGATIONS: MACROS IN THE CLASSROOM GRADE: 4-6
- Sort and identify aquatic organisms.
- Classify macroinvertebrates according to taxa.
- Analyze data to determine water quality.
- Identify how humans impact water ecosystems.

WATERSHED CONNECTIONS GRADE: 3-6
- Map the flow of water from your school to the ocean to learn the watershed address.
- Conduct an experiment by creating variable surface cover models to measure and record runoff versus infiltration.
- Identify how water cycles through the environment and the importance of water as a natural resource.

FIELD EXPERIENCES

SENSE OF WONDER GRADE: PREK-K
Young adventurers will use their senses to explore Lacawac’s living classroom.

EARTH CYCLES GRADE: K-1
Observe the natural changes of plants and animals during an interactive forest exploration.

AMAZING ADAPTATIONS GRADE: 1-2
Experiential activities support the discovery of living and nonliving things by exploring structure and movement. Add the “SCI” animal investigation classroom program to enhance your field experience.

NATURE DETECTIVES GRADE: 2-3
Use problem solving skills to find and identify animal signs to learn about habitat needs and food webs. Investigate and collect forest plants and animals to determine characteristics.

ART IN NATURE GRADE: K-5
Observation and reflection are the focus as students are guided through the creative process of sketching natural objects. A great add-on to a field trip program or enhance a forest immersion experience.

WATERSHED CONNECTIONS GRADE: 3-5
CLASSROOM VISIT: See classroom program description.
FIELD TRIP: Walk through the watershed, observe wetlands, collect aquatic animals to determine water quality.

FOREST ECOLOGY GRADE: 6-12
Observe current scientific research being done in a terrestrial ecosystem. Use a dichotomous key to identify trees in order to conduct an investigation. Compare plant diversity in and out of a deer enclosure and use scientific methods to measure vegetation cover in the canopy and forest floor to determine the impact of deer populations.

ADVANCED WATER ECOLOGY: MAKING CONNECTIONS THROUGH INQUIRY GRADE: 9-12
DURATION: 1 classroom visit and a four hour field trip
Students test water samples to inspire curiosity and develop an investigation. All background information and equipment are supplied. Scientific literature from published research done at Lacawac is used to enhance the program. At Lacawac, student teams perform their investigation, analyze the collected data, and share their findings to generate curiosity and civic action regarding the quality of their local watershed.

FOR MORE INFORMATION AND TO SCHEDULE A PROGRAM CONTACT: Jamie Reeder, Director of Environmental Education

LAGAWAC Sanctuary Field Station 544 North End Road, Easton, PA 18042

Contact: Jamie Reeder, Director of Environmental Education
Email: info@lacawac.org
Phone: 570-234-8682
Website: www.lacawac.org
PLAY, DISCOVER, AND CREATE WITH US!

NATURE CAMPS 9AM-4PM

CREATURE FEATURE
AGES 5-6
JUNE 29-JULY 2, OR JULY 20-24

EXPLORING NATURE
AGES 7-8
JULY 27-31, OR AUGUST 3-7

ECO INVESTIGATORS
AGES 9-10
AUGUST 10-14

WILDERNESS ADVENTURES
AGES 11-12
JUNE 22-26

ART CAMPS 9AM-4PM

INTERPRETING NATURE
AGES 7-8
JULY 6-10

EARTH EXPRESSIONS
AGES 9-11
JULY 13-17

Pricing*
Members: $100
Non-Members: $120
*Pricing may vary, check website for more info.

Visit us at:
www.lacawac.org
570-689-9494
A special occasion to raise funds for our preservation and education mission.

Friday June 19, 2020
6:00-8:30 pm

$45 per non-member or $40 for members

Henry Hans Doenayeys by The Madison Seed Cafe, open fun and smart casual attire.
The charitable contribution for the event is $25 per reservation and will benefit education in the local community.

Historic Carriage House at the Waters Lodge

Lacawac.org/cocktails-for-conservation.html

Lacawac.org/cocktails-for-conservation.html

Facebook.com/lacawac

Instagram.com/lacawac

LACAWAC STAFF

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COURSE

This outdoor course takes place on Lacawac Sanctuary’s Big Lake Trail which is a looped trail. Be advised that sections of the course are technical, rocky and steep. No strollers on the course.

RESULTS

Radio Frequency Identification (RFID) chip timing by Scranton Running Company

AWARDS

5K Trail Run: Overall male and female, plus top finisher in age groups: 15 and younger; 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Walk: Non-competitive

PARKING AND DIRECTIONS

Lacawac Sanctuary has limited parking, please consider carpooling. Directions are available on our website www.lacawac.org/visit.html
GPS coordinates: 41 22.582N - 075 17.980W

REGISTER

Mail in or in-person with check or credit card:
Lacawac Sanctuary, 94 Sanctuary Road, Lake Ariel, PA 18436
On-Line: www.lacawac.org/jakes-pack-5k.html

ALL FEES NON-REFUNDABLE
ATHLETE & PARTICIPANT PACKET

JAKE’S PACK REGISTRATION FORM

I am signing up for:
- 5K Trail Run: $20 before 4/17; $25 after
- 5K Walk: $15 before 4/17; $20 after
- I would like to add a donation of $_____ in support of The Michael Jake Burkhardt Student Memorial Fund.

PARTICIPANT CONTACT INFORMATION

Name: __________________________________________
Address: _______________________________________
City/State/Zip: __________________________________
Phone: _________________________________________
Email: _________________________________________
Gender:  □ Male  □ Female
Date of Birth: ____________________________ Age on Race Day: ______
T-Shirt Size:  □ Youth M □ Youth L □ Adult S □ Adult M
□ Adult L □ Adult XL □ Adult XXL

PAYMENT OPTIONS

- Check (Make payable to Lacawac Sanctuary)
- Credit Card:  □ VISA □ MASTERCARD □ DISCOVER □ AMEX

Please charge the following credit card number in the amount of $_______
Name of Credit Card: ___________________________________________
Billing Address: ________________________________________________
Acct Number: ____________________________ Exp. Date ___/___ CVV: ___
Signature: ____________________________________________________

PARTICIPANT AND ATHLETE WAIVER

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Lacawac Sanctuary, Scranton Running Co. and SRC Race Management, the sponsors of this event, their agents, representatives, successors, and assigns for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event. No Refunds. I also authorize Lacawac Sanctuary to utilize my photograph, videotapes or recordings of my participation of this event for any and all purposes.

Athlete (or Parent, if under 18): ____________________________ Date: ________

PLEASE RETURN TO:
Mail
Lacawac Sanctuary
94 Sanctuary Road
Lake Ariel, PA 18436

Sign Up Online
www.lacawac.org/
jakes-pack-5k.html