

# Eagles Mere Conservancy Newsletter

Issue Number 41

PRESERVATION ~ EDUCATION ~ RECREATION

May 2024

## Season Highlights

SPRING WORKDAY  
May 25<sup>th</sup> 9am @ Cabin

CLYDE PEELING REPTILE SHOW  
July 9<sup>th</sup> 7pm @ DeWire Center

FRIENDRAISER  
July 26<sup>th</sup> 5:30pm @ Dell

SMOKEY BEAR  
July 12<sup>th</sup>/Aug 9<sup>th</sup> 10am @ Cabin



Our sincere thanks to the Eagles Mere Foundation for their generous grant supporting the Village Green Restoration Project.

## A note from our President

Dear Friends,

It's hard to believe how quickly winter flew by and here we are, ready to welcome another summer on the mountain.

I am really excited about the programs we have to offer this year. Don't worry, Debbie Geist is returning as our Lead Environmental Educator. Debbie does an amazing job connecting kids with nature, and keeping it fun. I am delighted that Ellie Carter is joining our team as our new Assistant Educator this summer. You may recognize her name since she worked at the EM Tennis Center. In addition, Will Antram is going to help us out with some labor around the Conservancy Cabin and on our trails. And Iris Klemens will be volunteering as well.

For the last several years we have been honored to host the EMFA concerts on the Village Green. If you haven't yet attended one, I encourage you to do so because it's such a lovely way to spend an evening. As proprietor of the Village Green, EMC recognizes its importance as a gathering place – not only for these beautiful concerts but other events such as the Antique Show and the Arts & Crafts Show. As such, this special spot needs some extra care. Last year we worked with the EM Borough and the EMA to complete the last phase of the drainage project to protect the health of our precious lake. This year, we will partner with other organizations to spruce up the Green and ensure that it remains a welcoming place for our community.

This season, I am thrilled to announce our partnership with the Eagles Mere Friends of the Arts which will focus on educating people about the birds of Sullivan County through a variety of programs including a weekly bird series. Look for more details in this newsletter and on the EMFA and EMC websites.

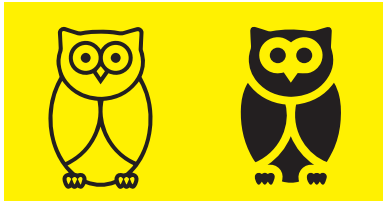
One of my favorite things about the Conservancy is our beautiful and historic hiking trails which reconnect us to our natural surroundings. A great way to get to know our trails is by letterboxing, so give it a try! Stop by the Conservancy Cabin for maps and more information.

We are looking forward to another wonderful season on the mountain. A special thanks to all the volunteers and donors who support our work – we literally could not do what we do without you.

I hope to see you at the cabin or on the trails.

Sincerely,

**Lori**



***Hoo's-who in the Conservancy***

***EXECUTIVE COMMITTEE***

*President* – Lori Faeth  
*Vice President* – Brian Gaul  
*Secretary* – Karen Stacks  
*Treasurer* – David Stoeffel

***DIRECTORS***

Cynthia Bartus  
Lisa Bocchini  
Christine Carter  
Elie-Anne Chevrier  
Robin Dickinson  
Jan Johnson  
Jeff Klemens  
Margaret Liegel  
Barbara Micco  
Barb Powers  
Lorraine Scaven  
Pete Swinick  
Steve Thompson  
Tim Turner

***Consulting Forester***

Steve Jaquith

***Lead Environmental Educator***

Debbie Geist

***Educational Assistant***

Ellie Carter

***Contact the Conservancy***

***Telephone***

Cabin: 570.525.3725

***Email***

conserve@epix.net

***Website***

www.eaglesmereconservancy.org

***Facebook***

eaglesmereconservancy

***Instagram***

eagles\_mere\_conservancy

***Conservancy Cabin Hours***

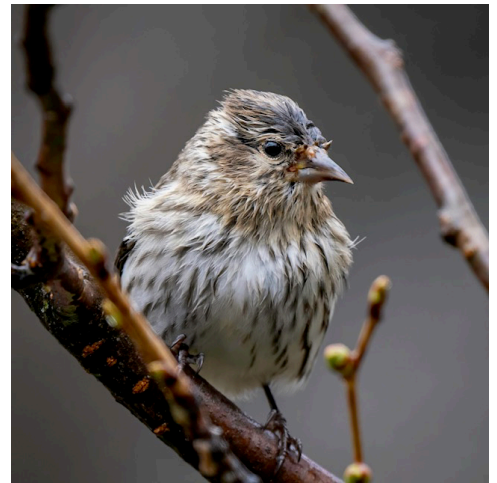
June 21-Aug 17 • 9:00 am – 4:00 pm

**What an Impact You Make**

Our sincere thanks to all of you who continue to financially support the Eagles Mere Conservancy. Your dollars provide the nature-based educational programming for children and adults in the community, preserve the land in and around Eagles Mere, and provide recreation opportunities for everyone. Each year we have an ambitious list of projects that also need funding, which include trail maintenance, our multi-year reforestation efforts, songbird enhancement areas, and restoration of our village green. Please read our committee reports for more in-depth information on all that we do.

We rely on your support and hope each year brings new donors who value our mission.

There are many ways to give to the Conservancy besides cash. Gifts of real estate, life insurance, marketable securities, bequests, gifts from IRA's, grants from donor advised funds and trusts, and corporate matching gift programs. All of these ways of giving are relatively easy and straightforward. Please consult with your lawyer or financial advisor about implementing any of these ways of donating. Contact us at conserve@epix.net for questions or more information. We appreciate you!



The members of the Conservancy board would like extend their heartfelt thanks to Cece Estey, not only for her 6 years of leadership as our last president, but in all the ways she has and continues to be involved in our organization. She is a champion fundraiser, mentor, and all around nature lover. We are so grateful for her guidance, energy, vision, and hard work that she brings to EMC.

*Gifts this past year were given in honor of/in memory of:*

- Susie Clark
- Michael & Ellen Clemente
- Marjorie Engel
- Frank Hoopes
- Crawford Kirkpatrick
- Cathy Shannon
- Bob Wetzal
- Kate Albertini



## Finance Committee Report

In 2023 The Conservancy received generous gifts from individual donors, an Eagles Mere Foundation grant, and revenue from our annual Friendraiser in The Dell. This income plus accumulated surpluses over recent years enabled us to maintain and protect our landholdings and provide educational programming for our wonderful community this past year. We spent Conservancy resources on Education Programs, Publicity and Fundraising, and on Administration, including accounting, insurance, and property taxes.

Most importantly, The Conservancy invested in Property Preservation which includes all our trails, buildings, the village green, Forest Inn, removal of dead trees and invasive plants as well as planting of new trees and shrubs. We have an ambitious list of projects and programs scheduled for 2024 which will depend upon the continued, generous support of our loyal donors and hopefully, many more new donors as well.

*Dave Stoeffel, Treasurer*

## Notes from the Cabin

What do you get when you have over three hundred students come to Eagles Mere? Another Fall, y'all, where EMC hosted Sullivan County Elementary School for their 2nd Outdoor Education Days. Fifty-eight 6th graders helped lead two days of outdoor lessons and activities for students in grades K through 6. We also had eight 12th-grade students who take a class called Elementary Tutoring join their tutor classrooms for the day. There was fishing, bait and lures, dances on the stage, rock stacking, face painting, and even a visit from everyone's favorite bear, Smokey.

The 6th graders worked diligently on lessons, learning about a topic they would be interested in teaching to the rest of the school. After a month of preparation, students were arranged in groups and traveled around the circuit of the Nature Trail. One group specifically taught a lesson on the Student Research Area and compared the forest within and without the enclosed area. Another group learned about the invasive species and different tree diseases that are affecting our local trees. Here are a few things that some of the students had to say.

"It was really cool because it was a fun experience where I was able to learn a dance on the stage with my classmates." Maddix - 5th

"I loved the station with microscopes, and I was able to see leaves and flowers up close. I also learned about the railroad and how it used to run." Kooper - 5th

"I was able to do some rock climbing and got to make a birdhouse out of sticks. We got to eat in the cabin and see Mrs. Geist's dog." Xander - 5th

"My favorite part was when we got to go fishing." Adrien - 5th

### CONSERVANCY MISSION STATEMENT

The Eagles Mere Conservancy preserves natural resources through land acquisitions for water and soil conservation, wildlife sanctuary and refuge, and preservation of scenic beauty in Eagles Mere, PA and the surrounding area. The Conservancy promotes educational and recreational programs to support its preservation mission and to encourage an understanding, appreciation and responsible stewardship of natural resources.



"The fishing was very calming. I love the Outlet Pond. I liked trying to catch tadpoles." Jager - 5th

"I loved finding salamanders. I liked being outside when I was learning." Layla - 5th

"I really liked the responsibility of teaching lessons. I felt like a high schooler." Chase - 6th

"I liked leading the younger students around." Kiley - 6th

"Nature. I love nature." Greyson - 6th

"I had fun. Pond poke was amazing because we got to use nets to catch critters and show little kids." Dashed - 6th

"Rock stacking cairns was my favorite." Cole - 6th

"I liked teaching kids how to cast and fish." Brody - 6th

"I liked catching fish and teaching smaller students about rods and reels." Odin - 6th

On behalf of Sullivan County School District and its staff, I would like to give a huge thank you to EMC for allowing these two amazing days to take place. The property is the perfect place to show young people how to become better stewards of their environment. I would also like to thank the EM Air Museum for donating money for the t-shirts each 6th-grade student and staff received. The bright colors help us to see the "students" through the trees. It was wonderful to see the EMC logo and map of EM throughout the year, as students wear them all the time. They tell me we should do the same thing in the spring, so they can go back and teach some more. What wonderful memories to hold onto and remember.

All the best,  
***Debbie Geist***

## Mary McCreath Godley

The Eagles Mere Conservancy lost one of its founding mothers on December 29, 2023, with the passing of Mary McCreath Godley, 102. Her time in Eagles Mere began when she was just 2 weeks old, as she often reminded her family. The daughter of Harrisburg's Margaretta Fleming and Robert McCreath, Mary and her sisters, Susie and Peggy, spent every summer in the yellow cottage at 389 Eagles Mere Avenue. When the Depression hit, the girls stationed themselves in a playhouse on the front lawn and sold handmade items to visitors on their way to and from the hotels and activities. (That playhouse became the first Conservancy office that Irene Safren occupied.) At the start of WWII, Fred Godley began to court Mary, and they married in 1942. They raised their family in Connecticut, spending parts of every summer in the village and working closely with others on a range of causes.

By the late 1970s, word was spreading around Eagles Mere that the Crestmont land was up for sale, and there was concern that a group without strong ties to the community or admirable intentions would buy and possibly develop there. Fred and Mary Godley joined several other families to purchase and protect the land; in 1981, the Conservancy was born. Soon after that, these same early Eagles Mere leaders found and acquired our beloved and historic log cabin, today's heart of the program. Fred and Mary donated the stone chimney and fireplace. Then, combining her love of art and nature as she often did, Mary served as programming chair in 1984, working closely with



Irene Safren who had been hired the year before and hiring Vivian Williams as the art naturalist in 1987. Fred served as Conservancy president from 1984 to 1988, following Willis Delacour.

Today few of our founders remain with us. Fred passed away in 2016. Now the work of preserving and protecting our beautiful mountain and lake community rests with all of us. We must continue the tradition begun by the "greatest generation" of Eagles Mere women and men.

***Christy Carter***

## The Birds Of Sullivan County

Did you know that there are over 100 species of birds that migrate through or nest in Eagles Mere and surrounding Sullivan County each year? It's time we got acquainted with them!

This season, The Eagles Mere Conservancy is celebrating our fine feathered friends in a unique collaboration with the Eagles Mere Friends of the Arts. Together, we're going to introduce the community



to a dozen special birds that are readily seen during the summer months. Once a week from June through August, we'll highlight one of these species in our newsletter and website,

with photos and links to further reading, and tips on where and how to sight the bird locally. Throughout the summer, EMFA

and Conservancy activities will carry the birding theme

- bird walks, crafting your own backyard bird feeder, classes on bird photography and bird house weaving, and bird-themed art classes such as felting and printmaking. Our bird-themed season will culminate in a special house concert on Sunday,



*Wild sings the bird of the heart in the forests of our lives.*

*~ Mary Oliver*

September 1st co-sponsored with the Chamber Music Society of Northeastern Pennsylvania and featuring bird-themed music such as Vaughan Williams Lark Ascending.

We hope you'll be as excited as we are to get to know these wonderful avian friends, and can't wait to introduce you to the Birds of Sullivan County!

**Margaret Polaneczky**

## It's Too Crowded Here

We all need elbow room. Everybody needs fresh air and food and water and space or we don't do well.

Trees share this trait with people, but they can't move to get the space they need in order to grow and develop properly. This is a big problem because every year they all get bigger, so they also get more crowded.

Crowded trees don't do well. It's a matter of survival as well as growth and proper development. One result is that most young forest trees die before they can develop into mature trees, due to the intense competition for space that started when they were seedlings and continued until they simply couldn't get enough sunlight onto their leaves to survive. It's a jungle out there. Very few tree seedlings live to maturity.

We care about this because we

prefer to see trees that are healthy and well-formed and that provide food and habitat for wildlife. We've all seen the difference between a tree that has grown in a yard and one that has grown in a dense forest. The yard tree has a wide crown with many branches covered with leaves that gather sunlight, while the forest tree has a small crown and its lower branches have died and fallen away because they didn't get enough sunlight deep in the shade of the tree's neighbors. The yard tree gets plenty of sunlight and water and nutrients, but the forest tree gets just a portion of what it needs to thrive. The yard tree is more beautiful and it can provide better habitat and more food for wildlife, simply because it is not crowded.



The forest trees get more crowded as the years pass and they and their neighbors all need more space to survive, but they're firmly rooted in

the ground so the crowding gets so bad that most trees die due to this intense competition for growing room. Even those that survive do not thrive.

Perhaps you've seen the example of extreme crowding in our demonstration area near the Tulip Tree House along the Rail Trail, a short distance past the Conservancy's cabin. Because we installed a fence that keeps deer away from these natural seedlings, they have grown to become a very dense stand of saplings that are now competing for survival. None of them have enough room to thrive, so we plan to thin them.

How will we decide which trees to favor and which to cull? We're looking for potential to meet our goals for wildlife habitat and beauty and species diversity. We'll favor some of the pin cherry saplings so they can develop larger crowns to produce more fruit for

wildlife. We'll look for well-formed birches, too, as well as the tuliptrees that stand out as being particularly good specimens. Maybe some of the food-bearing shrubs we planted have survived in the shade; if so, we'll release them from undesirable saplings that overtop them. In this way, we'll develop a healthier, more diverse forest stand that will better help us meet our goals.

Being too crowded is much worse for trees than it is for us, so we'll release selected trees in some of our other overcrowded young forest areas, too. The goal is to release selected trees so they'll have more room to grow, more sunlight, and increased vigor. By releasing selected trees and wildlife shrubs from overcrowding, we're working to better meet our goal of an attractive, diverse forest for wildlife and people.

***Stephen E. Jaquith, Consulting Forester***

## Flying Squirrels in Sullivan County



Sullivan County High School senior Zakk Mingos considers himself an avid outdoorsman. As such he thought he was familiar with most of the nocturnal animals of Sullivan county: owls, coyotes and white-tailed deer. But in the summer of 2022 he was surprised to learn about another common nighttime occupant of our local forests – flying squirrels.

His interest piqued, over the next two years Zakk worked on a research project at the Eagles Mere Conservancy. His goal was to better understand flying squirrel behavior. Scientists know very little about the nocturnal movements of non-game animals, and flying squirrels are particularly difficult to observe due to their small size and tendency to move high in the forest canopy. Starting from the observation that nights with a full moon are vastly different than nights



with no moon in terms of the amount of light available to wildlife, Zakk hypothesized that flying squirrel activity levels might change on different nights, with increased activity on nights with more moonlight.

Working with Conservancy board member Jeff Klemens, Zakk deployed a motion-detecting nocturnal trail camera to compare the flying squirrels' movements on 'bright' and 'dark' nights corresponding to

the nights on and around the full-moon and new-moon phases of the lunar cycle. His task was complicated by the fact that in summer of 2023 full-moon nights corresponded disproportionately to rain events. In the end he completed surveys with three cameras on 5 bright and 9 dark nights, for a total of 42 'trap-nights' on the project.

Data collection for this project was not just a walk in the woods. It involved learning a bit of old-school computation, as the DIY cameras are controlled from



a cellphone ... but using a command-line interface. It also involved downloading and sorting out the flying squirrel images from mice, insects, and other visitors, and calculating the timing and duration of each visit.

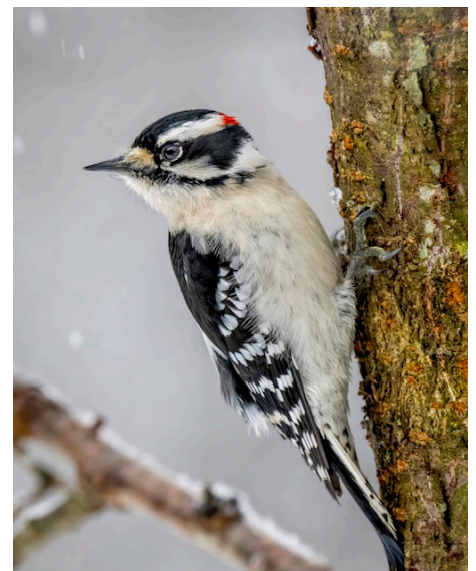
Contrary to Zakk's initial hypothesis, squirrels did not show much overall difference in the amount of time that they spent at the cameras on light vs. dark nights. They did, however, seem to make more, shorter visits on brighter nights and fewer, longer visits on dark nights. "There are a lot of possible explanations for this," said Klemens, "they are probably basing their movement patterns on some balance between finding food and their perceived predation risk."

In 2023 Zakk presented some of his initial research to community members at the Conservancy Cabin. In recognition of his work on the project, Zakk will be awarded an Eagles Mere Conservancy Education Grant. Zakk is an accomplished soccer player and completed the requirements for his Eagle Scout at the same time as he working on this project. He has been accepted to several colleges within the region and plans to study biology at either Wilkes or Bloomsburg University in the fall. Of his time with the conservancy Zakk said "This project showed me how to create a research project from start to finish as well as writing a research report. I feel like I am more prepared for my college experience now that I have successfully completed my own research project."

## Forest Stewardship Committee

The Forest Stewardship Committee is responsible for the management of the flora(plants) and fauna(animals) of our land holdings/woodlands. As an ancillary part of this effort, we also manage our research efforts and our Student Scholarship program. Our management efforts include both highly visible projects and some that take place deep in the woods off trails. Our most highly visible project this last year and continuing this year is our Forest Diversity Demonstration project on both sides of the rail grade just next to the DeWeese Restoration Area. The project included removing many unwanted mature trees, mostly Beech trees, and cutting and grinding and depositing as mulch on the forest floor, effectively all the saplings and small trees. This was accomplished in the Spring of 2023. In the Fall of 2023, 10 medium size

trees and 44 medium sized bushes were planted (see picture below of some of the 14 volunteers we had help), in rain and chilly weather. This Spring in April we will plant 50 Red and 50 Norway spruce trees and we will cage a few



areas to evaluate/research what happens if we let nature take its course. Unlike the deer elimination fence area across from the tree house on the rail grade, the fence will only be 3-4 foot high and the areas will be narrow and small enough that we anticipate the deer will not want to jump inside and eat everything that grows. We will watch and see.



### DIGGING HOLES IN THE RAIN

“This project was financed in part by grants from the Eagles Mere Foundation, and the Community Conservation Partnership Program (C2P2), Heritage and other Parks, and the Environmental Stewardship Fund under the administration of the Pennsylvania Department of Conservation and Natural Resources, Bureau of Recreation and Conservation “.

**Song bird habitat enhancement** is an ongoing effort at your Conservancy. The diversity project discussed above is part of that. The DeWeese restoration area has an area in the middle that has successfully seen song bird nesting and feeding. In addition, we have identified 6 “open areas” and have formed teams of Eagles Mere and local residents who are undertaking the transformation to more supportive habitat for song bird feeding and nesting. The article written by Dave Stoeffel in this newsletter will provide further information on this major effort.



Some of our behind-the-scenes efforts include our various research projects, and the thinning of our current and previously fenced areas to encourage better diversity. In 2023 and again this year, we have a student studying the behavior, range



and possible cross species mating of our local flying squirrels – the Southern and Northern flying squirrel. A very interesting study that is on the cutting edge of what is being studied in the Commonwealth by others. More on this study can be found in the article by Jeff Klemens PhD., our Board member and Committee member in charge of that effort.

In addition to all the daily programming centered at the Cabin, our committee also takes on student interns as we can. Our schedule is flexible and we can provide the opportunity for a few hours or significant volunteer hours per week based upon interest and or community service needs. Please contact us if you are or if you know of a student who would be interested. We accept students of all ages.

The Forest Stewardship Committee could use a few more members. You do not have to be on the EMC board in order to join our committees. Please contact us if you would like to know more or get involved in our land management activities.

*Pete Swinick*

## Greetings from the Trails

We are looking forward to a summer of great events and continued improvements to the trails. Be on the lookout for our Summer Hike schedule. This summer’s focus will be on the EMC trails and an introduction to letterboxing. A list of other suggested hikes around

Sullivan County will be available at the Cabin.

Trail maintenance projects are always ongoing. Please let us know if you encounter any issues when out on the EMC trails. We are continuing the work on the drainage issues, making new signage, and



re-marking the trails. Keep an eye out for Saturday Trail Maintenance Days. These maintenance days can be used for service hours.

If you are interested in leading any hikes or helping with trail maintenance, please contact us as we work on the summer schedule.

Please remember the trails are for walkers/hikers/runners. Bicycles are permitted ONLY on the rail trail. Motorized vehicles are off-limits on all trails.

Happy exploring! See you on the trails!

**Steve Thompson and Cynthia Bartus**

## Program Committee

Summer is getting closer and with its arrival comes the joy of spending time outdoors with friends and family. The Eagles Mere Conservancy plays an integral role in making sure the young and the young at heart enjoy the wonders of Nature through Conservancy trail use and programs held daily throughout the summer.

Debbie Geist will be returning this summer as our Environmental Educator. We are always grateful for Debbie's enthusiasm and expertise. Alongside Debbie, Ellie Carter will be joining us in the role of Assistant Educator. Welcome, Ellie! Ellie's background in art will come in handy as she will lead the Nature Art activities throughout the season.

In collaboration with the EMFA, the Conservancy will focus on our feathered friends this summer. To that end, Ellie and Debbie have been hard at work planning art and environmental activities that tie into the magical world of birds. Additionally, Doug Gross will be leading a bird walk again this summer. Date and



This year, it's all about the birds. Here is a fun, tasty appetizer that uses lots of the bounty from our summer gardens. Enjoy!

## Vegetable Bird's Nests ([2sistersrecipes.com](http://2sistersrecipes.com))

makes 8-12

### Ingredients

- 2 medium carrots-peeled
- 1 medium zucchini
- 1/2 medium onion
- 1/4 cup baby spinach
- 1 egg, plus 1 egg white-lightly beaten
- 2 Tbsp grated Parmesan cheese
- 2 Tbsp all-purpose flour
- 2 Tbsp panko bread crumbs
- 1/4 tsp salt
- fresh cracked black pepper, to taste
- olive oil cooking spray

1. Preheat oven to 350 degrees. Lightly spray large baking sheet with cooking spray.
2. Julienne carrots and zucchini in a large bowl (use spiralizer if you have one). Thinly slice onion and spinach and toss into same bowl, along with the eggs, Parmesan cheese, panko crumbs, salt, and pepper.
3. Toss all ingredients together using 2 large forks (or your hands) until well combined. Using 2 forks, scoop small amount and transfer to baking sheet, swirling to shape vegetables into a small birds nest. Add enough mixture to give them some depth so they don't look like flat pancakes. Aim for about 3 inch diameter.
4. Bake for 15-17 minutes, or until golden brown on the bottom and crispy on the edges. (Undercooked nests will fall apart). Remove from oven and use spatula to transfer to serving plate. Best served warm with a dipping sauce.

### Quick Dipping Sauce:

Blend all in small bowl and serve!

- 2 Tbsp soy or tamari sauce
- 2 Tbsp water
- 1/2 Tbsp rice or white vinegar
- 1 Tbsp brown sugar
- Few drops sesame oil
- Finely sliced scallions or green onions for garnish



time TBA.

Let the relaxation begin! Amy Houseknecht will lead several yoga and sound meditation classes throughout the summer. We hope to have all classes outside so participants can enjoy nature while engaging in gentle movement and sound meditation. Yoga brings awareness to the body while a relaxing sound bath reduces anxiety/stress. Participants will need to bring a yoga mat, blanket, or towel to lay on during the class.

Beth Jones will also be back to host a meditation walk in combination with a tea ceremony on July 17th at 10 am. The tea ceremony will consist of items foraged during the meditation walk. Ages 12 and up. Participation is limited so we do ask that people register if they are interested. Please register with Margaret Liegel ([margaretliegel@yahoo.com](mailto:margaretliegel@yahoo.com)).

Finally, consider a letterbox adventure if you love the beauty that the Conservancy trails have to offer. Hidden around Eagles Mere are 15 clues. Find 12 clues and earn a T-shirt! This is a great activity for families looking to connect with each other and with Nature.

*Margaret Liegel*

## Eagles Mere Conservancy Open Area Initiative

The Conservancy is engaged in a multi-year initiative to refresh six Open Areas on our property. The goal is to re-establish native flora (and eliminate invasive species) in each of the Open Areas. The outcome we anticipate is a significantly increased insect population in these areas. This increase in critical food source will allow the Areas to support a greater population of songbirds in Eagles Mere!

Five of the Open Areas have been adopted for a modest \$2500 donation by friends of The Conservancy. They are in various stages of refreshment, starting with work with our Consulting Forester to determine the best course of action and creation of a working Plan Design to optimize the Area.

If anyone is interested in adopting the remaining Open Area, please contact The Conservancy!

*Dave Stoeffel*

## PROPERTY COMMITTEE NEWS

Signs of spring are starting to appear on the mountaintop and the Property Committee is excited for



the 2024 season. Come join us for our spring work day on **Saturday, May 25** (the Saturday of Memorial Day weekend). Share in the anticipation as we do some clean up, light maintenance and make ready our properties for the summer. We will meet at the cabin at 9AM for work assignments. Please bring gloves and hand tools.

Some updates on our projects:

The final phase (Phase 3) of the Green Runoff /Clay Ave project was completed October 5, 2023. This project was done through a cooperative partnership with the Borough, Eagles Mere Association (EMA), and the Eagles Mere Conservancy (EMC); partly funded with a grant from Sullivan County Conservation District to address water run off issues from the Village Green which were affecting the lake quality. The system is working well and received quite a test the day after it was completed when the area received over 4 inches of rain in a short time. Some additional topsoil and planting in the area are anticipated.

Improvements continue for the Rainbow Cottage which is a residence we use to house visiting program directors. It is also available to other non- profits in Eagles Mere for their visiting artists and guests.



The Gazebo is sporting a new roof for the 2024 season. A big thank you goes to Tim Turner for doing this. A facelift with new paint is also planned before the start of summer activities on the Green.

Some new projects on the horizon:

A Nature Trail Committee is being re-established to create a plan for improvements to add to the educational programs well as to the enjoyment for all who come to explore. If you would be interested in being a part of this committee, please let us know by emailing us at [conserve@epix.net](mailto:conserve@epix.net).

Enhancement of the entrance to the Village Green parking lot, a space used by walkers, visitors, and EV vehicles will soon be undertaken. The gardens at the entrance have become overgrown and uninviting. Enhancement will also help with water management, improve diversification with native species and appropriate plantings, and increase appeal and usage. A wonderful grant from the Eagle Mere Foundation is helping to facilitate this project.

A larger project in the works is the restoration of the Village Green in the heart of the historic district of Eagles Mere. The area is showing its age and is in need of some enhancement. The Green is a responsibility of the Eagles Mere Conservancy, but our goal is to foster a collaborative community effort, partnering with other local organizations to determine the best use of the space to benefit the entire community.

The property committee has a full agenda and welcomes volunteers. If you are interested in helping with any of our projects let us know. We look forward to seeing you on the mountain! Have a great summer!

**Jan Johnson**



## 2024 Eagles Mere Conservancy Summer Programs Schedule

All children 5 and under must be accompanied by an adult.

Cabin Hours: **Open Daily** from 9:00 am – 4:00 pm

**All programs begin at 10:00 am at the Conservancy Cabin** unless otherwise indicated.

***Be on the lookout for pop-up programs throughout the summer.***

***Except for our Yoga Programs, ALL conservancy programs are free and open to the public.***

**\*\*GENTLE YOGA / SOUND MEDITATION will be offered through EMC for a fee of \$20.00 each/person. The dates, locations, and details are noted in the newsletter.**

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### JUNE

**6/21 Friday, 10:00 am-11:15 am. STEAM.** Intergenerational. **(Concept: Forces: Buoyancy and Gravity).** Intergenerational. Come build a paper boat and see how much mass it can hold before the force of gravity overtakes the buoyant force. Cabin, Debbie.

**6/22 Saturday, 10:00 am-11:15 am. ENVIROTHON 101.** Intergenerational. **OWL FORENSICS. Recommended** 5th–8th grade. Come explore Barn Owl biology by dissecting owl pellets. Owl pellets are regurgitated masses of undigested food; they give scientists valuable clues about the owl's diet and ecosystem. Cabin, Debbie.

**6/23 Sunday, 10:00 am-11:15 am. Easy Peazy Bird Feeders.** Intergenerational. TP rolls are for the birds... Bird feeders that is. Come make one with peanut butter and seeds. Cabin, Ellie.

**6/24 Monday, 10:00 am-11:15 am. ART With Ellie: SCRATCH ART BIRDS.** Intergenerational. Scratch-art is made by scratching or incising a dark surface to reveal a lighter color underneath. Kids can choose their favorite Eagles Mere bird to either draw from scratch or trace! Cabin, Ellie.

**6/25 Tuesday, 10:00 am-11:15 am. NATURE CRAFT.** Intergenerational. **BUG HOTELS.** Use recycled materials like cardboard and old magazines to build a bug hotel! We will also talk about beneficial insects and the best place to hang your finished hotel. Intergenerational. Cabin, Debbie.

**6/26 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Pre-K to 4th but all are welcome. Come listen to the book *Too Many Carrots* and help the rabbit by building a boat to transport his crop to the local food bank across the river. Cabin, Debbie.

**6/27 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. Pre-K to 4th but all are welcome. Come count the number of critters you can see over and under the Pond, learn about the pond's ecosystem, and create your very own bead board to help strengthen number visualization skills. Cabin, Debbie.

**6/28 Friday, 10:00 am-11:15 am. STEAM.** Intergenerational. Come experience the design process and create a mosaic made with *LEGO DOTS*. Your challenge is to create something seen in nature. Your mosaic will be displayed throughout the summer season for all to see. Cabin, Debbie.

**6/29 Saturday, 10:00 am-11:15 am. ENVIROTHON 101.** Intergenerational. Intergenerational. Come play with the Enviroscape model. See how pollution can affect the water in your neighborhood. Cabin, Debbie.

**6/29 Saturday, 9:00 am-10 am. GENTLE YOGA / SOUND MEDITATION.** Join Amy Houseknecht in a gentle yoga/sound meditation as you enjoy the sights and sounds of nature. Participants need a yoga mat/blanket/towel to lay on during the class. Location: Village Green. Cost is \$20 per person. Cash or Venmo.

**6/30 Sunday, 10:00 am-11:15 am. Mason Jar Terrarium.** Intergenerational. Transform everyday mason jars into really cool terrariums. We will help you select plants, and arrange your jar (BYOJ). If possible, PLEASE BRING YOUR OWN JAR. Cabin, Ellie.

**6/30 Sunday, 5:30 pm-6:30 pm GENTLE YOGA / SOUND MEDITATION.** Join Amy Houseknecht in a gentle yoga/sound meditation as you enjoy the sights and sounds of nature. Participants need a yoga mat/blanket/towel to lay on during the class. Location: The Dell. Cost is \$20 per person. Cash or Venmo.

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## JULY

**7/1 Monday, 10:00 am-11:15 am. ART With Ellie: Watercolor Plants & Flowers Activity.** Intergenerational. Learn how to paint different plants and flowers you can find around Eagles Mere. Cabin, Ellie.

**7/2 Tuesday, 10:00 am-11:15 am. NATURE CRAFT.** Intergenerational. Not only does nature call with this craft but come make a lil' critter with a toilet paper cardboard tube used to answer this call of nature. Cabin, Debbie.

**7/3 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Pre-K to 4th but all are welcome. Come take a walk through the Nature Trail to hunt squirrels and then listen to the book *The Secret Life of Squirrels*. We will be addressing the concept of spatial relationships, maps, and positional words by navigating and mapping an obstacle course. Cabin, Debbie.

**7/4 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. **Concept: Engineering Design)** Pre-K to 3rd. After listening to the story *On the Construction Site* kids will build a house to provide shelter for a bear family using the appropriate building materials. Cabin, Debbie.

**7/5 Friday, 10:00 am-11:15 am. STEAM.** Intergenerational. Motion. Come make a disc spinner, an idea from a time when there were no screens and no battery-operated toys. Go retro and make one today. Try using different materials to continue the fun at home.: Cabin, Debbie.

**7/6 Saturday, 10:00 am-11:15 am. ENVIROTHON 101.** Intergenerational. **POLLINATOR POPS.** Children and adults will enjoy learning about the importance of pollinators in the garden. Everyone will be able to select seeds for their personal pollinator pop. Feel free to *bee* creative! Intergenerational. Cabin, Debbie

**7/7 Sunday, 10:00 am-11:15 am. Treasure/Scavenger Hunt.** Intergenerational. Come walk some paths around the cabin and look for science clues to help you find the treasure. Cabin, Ellie.

**7/8 Monday, 10:00 am-11:15 am. ART With Ellie: ORIGAMI FYLING BIRDS.** Intergenerational. Fold origami birds & decorate like birds around Eagles Mere. Throw your bird to see whose can go the farthest. Cabin, Ellie.

**7/09 Tuesday, 10:00 am-11:15 am. NATURE CRAFT.** Intergenerational. Join our Beebot on a coding journey around the Nature Trail and create your very own path for Beebot to follow. Cabin, Debbie

**7/09 Tuesday, 7:00 pm- 8:15 ish pm. DeWire Center. CLYDE PEELING REPTILE SHOW:** Intergenerational. Come join the staff and reptiles of Clyde Peeling and enjoy learning all about reptiles and how they benefit the environment. **DeWire Center.**

**7/10 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Come join us by the pond as we learn about speckled frogs and why they sit on their log. We will be singing a song and creating puppets to interact with the song. Cabin, Debbie.

**7/11 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. **(Concept: Space Systems; Patterns and Cycles).** Pre-K to 3rd. After reading the book *The Sun is My Favorite Star*, kids will identify objects that can be seen in the day sky and describe the path of the sun across the sky during the day. Cabin, Debbie.

- 7/12 Friday, 10:00 am-11:15 am. Intergenerational. SMOKEY BEAR AND FIRE PREVENTION PROGRAM.** Intergenerational. After an informative program on fire prevention and the methods used to fight forest fires, everyone's favorite bear will pay a visit. Don't forget your camera! Intergenerational. Cabin, Debbie.
- 7/13 Saturday, 10:00 am-11:15 am. GNOME HOMES.** Intergenerational. Build a home or village for a gnome using dry woodland materials FOUND ON SITE. Construction sites will be carefully selected and environmental impact considered. Our structures will be there for all to see along the railroad bed. Cabin, Debbie.
- 7/14 Sunday, 10:00 am-11:15 am. Easy Peazy Bird Feeders.** Intergenerational. TP rolls are for the birds... Bird feeders that is. Come make one with peanut butter and seeds. Cabin, Ellie.
- 7/14 Sunday, 5:30 pm-6:30 pm GENTLE YOGA / SOUND MEDITATION.** Join Amy Houseknecht in a gentle yoga/sound meditation as you enjoy the sights and sounds of nature. Participants need a yoga mat/blanket/towel to lay on during the class. Location: the Dell. Cost is \$20 per person. Cash or Venmo.
- 7/15 Monday, 10:00 am-11:15 am. ART With Ellie: SCRATCH ART BIRDS.** Intergenerational. Scratch-art is made by scratching or incising a dark surface to reveal a lighter color underneath. Kids can choose their favorite Eagles Mere bird to either draw from scratch or trace! Cabin, Ellie.
- 7/16 Tuesday, 10:00 am-11:15 am. NATURE CRAFT** Intergenerational. Come make a clay face, person, animal, or new creature and place it on a tree of your choice along the railroad bed. Cabin, Debbie.
- 7/16 Tuesday, 6:00 pm - 7:00 pm. Sullivan County Conservation District.** Lynn Brochart will be discussing Pollinators and their importance in the garden.
- 7/17 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Dragon Fly or Damsel Fly? Is curiosity getting the better of you? Join us by the pond as we learn about the similarities and differences of these two creatures. Cabin, Debbie.
- 7/17 Wednesday 10:00 - 12:30 pm. MEDITATION WALK.** Join Beth Jones, a certified nature and forest therapy guide, for a meditation walk. The meditation walk will end with a tea ceremony using foraged items gathered on the walk. Participation is limited. Ages 12 and older. Please register with Margaret Liegel at margaretliegel@yahoo.com.
- 7/18 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. **(Concept: Engineering Design; Forces and Interactions).** Pre-K to 3rd. Come listen to the book *Otter in Space* and help solve a problem, ensuring a safe parachute landing as Otter and his friends return from the moon. Cabin, Debbie.
- 7/19 Friday, 10:00 am-11:15 am. STEAM.** Intergenerational. Frog Hop. Come play with a "frog" and see how many times you can get it to land on its lily pad. Cabin, Debbie.
- 7/20 Saturday, 10:00 am-11:15 am. ENVIROTHON 101.** Intergenerational. Come and play in the sand of a stream table. Set up different scenarios to see how water flows and moves. Cabin, Debbie.
- 7/21 Sunday, 10:00 am-11:15 am. Mason Jar Terrarium.** Intergenerational. Transform everyday mason jars into really cool terrariums. We will help you select plants, and arrange your jar (BYOJ). If possible, PLEASE BRING YOUR OWN JAR. Cabin, Ellie.
- 7/22 Monday, 10:00 am-11:15 am. ART With Ellie: Watercolor Plants & Flowers Activity.** Intergenerational. Learn how to paint different plants and flowers you can find around Eagles Mere. Cabin, Ellie.
- 7/23 Tuesday, 10:00 am-11:15 am. NATURE CRAFT.** Intergenerational. Come decorate your pot and plant some pollinator plants in the process. You will learn why these plants are important and needed in your backyard. Cabin, Debbie.

**7/23 Tuesday, 6:00 pm-7:00 pm. Macroinvertebrates Specialist**, Carrie Entz from Lycoming County Conservation District will do a presentation on macroinvertebrates found in the area. CABIN

**7/24 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Pre-K to 4th but all are welcome. Come listen to the story, *Giraffes Can't Dance*. While exploring the concept of sound, you will demonstrate how *Cricket* uses a string instrument, which works by making strings vibrate, and then make a musical instrument. Cabin, Debbie.

**7/25 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. **(Concept: Counting & Cardinality (number of items in a given mathematical set))** Pre-K to 3rd. After listening to the story *Ten Black Dots* children will order train car cards, using dot images to engage them in counting and see how these dots can be used to represent objects in images. Using a specific number of black and colored dots, they can represent an image of their choice for a take-away art piece. Cabin, Debbie.

**7/26 Friday, 10:00 am-11:15 am.** Intergenerational. **OWL FORENSICS.** Come explore Barn Owl biology by dissecting owl pellets. Owl pellets are regurgitated masses of undigested food; they give scientists valuable clues about the owl's diet and ecosystem. Grades 5-8. Cabin, Debbie.

**7/27 Saturday, 10:00 am-11:15 am. 10:00 am-2:30 pm. 10:00 am- 2:30 pm. RIDE THE RAILS.** Intergenerational. Grab a bike or take a jog with a lil' biker and earn ice cream from the Sweet Shop while enjoying the Railroad Bed trail from the cabin to Casino Drive. Each way will earn scoops. Cabin, Debbie.

**7/28 Sunday, 10:00 am-11:15 am. Treasure/Scavenger Hunt.** Intergenerational. Come walk some paths around the cabin and look for science clues to help you find the treasure. Cabin, Ellie.

**7/28 Sunday, 9:00 am-10:00 am GENTLE YOGA / SOUND MEDITATION.** Join Amy Houseknecht in a gentle yoga/sound meditation as you enjoy the sights and sounds of nature. Participants need a yoga mat/blanket/towel to lay on during the class. Location: Village Green. Cost is \$20 per person. Cash or Venmo.

**7/29 Monday, 10:00 am-11:15 am. ART With Ellie: CLAY ANIMALS.** Intergenerational. Use air-dry clay to sculpt your won mini-animal! Choose from bunnies, deer, bears, frogs, and more animals around Eagles Mere. Once dry, decorate your sculpture with paint. Cabin, Ellie.

**7/30 Tuesday, 10:00 am-11:15 am. NATURE CRAFT** Intergenerational. Come learn about the phases of the moon, as seen from Earth. Using cream-filled cookies, you will demonstrate the moon's phases and learn why we only ever see one side of the moon. Intergenerational. Cabin, Debbie

**7/31 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Come walk the Storybook Walk (The Salamander Room) and create your very own pet salamander and habitat using things found around the cabin. Cabin, Debbie.

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## AUGUST

**8/1 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. **(Concept: Geometry: Measurement & Data).** Pre-K to 4th but all are welcome. Come listen to the story, *Ellie*, and become an architect and design a Zoo animal enclosure for a Zoo animal. We will share our designs and compare the perimeter and area. Cabin, Debbie.

**8/2 Friday, 10:00am-11:15 am. STEAM. (Concept: Engineering and Team-work)** Intergenerational. Come with a partner or three and see if you can make a cup tower without using your hands. Are you up for the challenge? Cabin, Debbie.

**8/3 Saturday, 10:00 am-11:15 am. BUG OLYMPICS.** Intergenerational. Back by popular demand. Meet and learn about some beneficial local insects and the critical role they play in our environment and then let the games

begin! Bug contestants will be collected ON SITE at the games (no pre-selected bugs, please!) Human participants will work in teams to find and enter their bug athletes. Medals will be awarded. Cabin, Debbie.

**8/4 Sunday, 10:00 am-11:15 am. Treasure/Scavenger Hunt.** Intergenerational. Come walk some paths around the cabin and look for science clues to help you find the treasure. Cabin, Ellie.

**8/5 Monday, 10:00 am-11:15 am. ART With Ellie: ORIGAMI FLYING BIRDS.** Intergenerational. Fold origami birds & decorate like birds around Eagles Mere. Throw your bird to see whose can go the farthest. Cabin, Ellie.

**8/6 Tuesday, 10:00 am-11:15 am. NATURE CRAFT.** Intergenerational. Come learn about patterns and spiders. We will create our own spider's web that you can hang on a tree in your yard and watch them twirl around in the wind. Intergenerational. Cabin, Debbie.

**8/6 Tuesday, 6:00 pm - 7:00 pm. Sullivan County Conservation District.** Lynn Brochart will be discussing mushrooms and soil and their benefit to the environment.

**8/7 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Come walk the Margaret Estey Trail and read *Over and Under the Pond* and learn about the metamorphosis of frogs and butterflies. Cabin, Debbie.

**8/8 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. Pre-K to 4th but all are welcome. Come take a walk down around the pond and listen to the story *Rainbow Fish* and participate in an activity where you become an architect and create your very own tissue-paper stained glass window. Cabin, Debbie.

**8/9 Friday, 10:00 am-11:15 am.** Intergenerational. **SMOKEY BEAR AND FIRE PREVENTION PROGRAM.** Intergenerational. After an informative program on fire prevention and the methods used to fight forest fires, everyone's favorite bear will pay a visit. Don't forget your camera! Intergenerational. Cabin, Debbie.

**8/10 Saturday, 10:00 am-11:15 am. THE HIDDEN WORLD OF THE OUTLET POND.** Intergenerational. You've walked around it, canoed on it, and maybe even skated across it. Now come meet some of the fascinating critters that live IN it. Using dip nets we'll explore the edges of the pond to see what we can catch. Microscopes will be provided for close-up views. Cabin, Debbie.

**8/11 Sunday, 9:00 am - 10:00 am GENTLE YOGA / SOUND MEDITATION.** Join Amy Houseknecht in a gentle yoga/sound meditation as you enjoy the sights and sounds of nature. Participants need a yoga mat/blanket/towel to lay on during the class. Location: Village Green. Cost is \$20 per person. Cash or Venmo.

**8/11 Sunday, 10:00 am-11:15 am.** Intergenerational. Surprise activity with Elle. Cabin, Ellie.

**8/12 Monday, 10:00 am-11:15 am. ART With Ellie: CLAY ANIMALS.** Intergenerational. Use air-dry clay to sculpt your won mini-animal! Choose from bunnies, deer, bears, frogs, and more animals around Eagles Mere. Once dry, decorate your sculpture with paint. Cabin, Ellie.

**8/13 Tuesday, 10:00 am-11:15 am. NATURE ART.** Intergenerational. Did you miss something that we did for Nature Art or ART With Ellie? Let us know and we can try to do that for you. Cabin, Debbie.

**8/14 Wednesday, 10:00 am-11:15 am. TRAILS and TALES.** Intergenerational. Did you miss something that we did for Trails and Tales? Let us know and we can try to do that for you. Cabin, Debbie.

**8/15 Thursday, 10:00 am-11:15 am. JUNIOR STEAM.** Intergenerational. Did you miss something that we did for Junior Steam? Let us know and we can try to do that for you. Cabin, Debbie.

**8/16 Friday, 10:00 am-11:15 am. STEAM.** Intergenerational. Did you miss something that we did for STEAM? Let us know and we can try to do that for you. Cabin, Debbie.



8/17 Saturday, 9:00 am-4:00 pm. Last Day Cabin is open.

8/24 Saturday, 9:00 am-10:00 am GENTLE YOGA / SOUND MEDITATION. Join Amy Houseknecht in a gentle yoga/sound meditation as you enjoy the sights and sounds of nature. Participants need a yoga mat/blanket/towel to lay on during the class. Location: Village Green. Cost is \$20 per person. Cash or Venmo.



## Communications Corner

Let's stay connected! As we gear up for another exciting summer on the mountain, be sure to check out our social media pages for all the latest updates on events, hikes, and volunteer opportunities. Our schedule is chock-full of engaging activities for the young and young at heart. There is truly something for everyone and we would love to have you join us.

Here's where to find us:

 Facebook (Eagles Mere Conservancy)

 Instagram (@ eagles\_mere\_conservancy)

Plus we will be regularly posting on our local Nextdoor site as well as our \*new\* community Facebook page (Eagles Mere PA Community)

Our summer schedule of activities, as well as a digital copy of this newsletter can be found on our website: <https://www.eaglesmereconservancy.org>

The Conservancy is always looking for people to get involved in the work that we do. You do not have to be on the board to join one of our committees. Interested in learning more? Email us at [conserve@epix.net](mailto:conserve@epix.net) Or send us a message on any of our social media pages. We look forward to hearing from you!

*Lorraine Gilmore Scaven*

***All of the fabulous bird photos in this issue were shot and shared with us by the talented Rick Liebert. Thank you!***

The Board would like to thank each and every one of our donors in 2023, whose support continues to underwrite our important work. Thanks also to all who made our programs possible, and our trails cleared with their gifts, time, talent and energy. We are so grateful.

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*Return this form with your contribution to: The Eagles Mere Conservancy, P.O. Box 64, Eagles Mere, PA 17731*

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