

LARA H. URBAT

CERTIFIED SENIOR ECOLOGIST, ESA

PROJECT MANAGEMENT PROFESSIONAL

CURRICULUM VITAE

Experience:

- **GEI Consultants (May 2024—Present)**
Senior Project Manager/Ecologist
Preparation of scientific studies, restoration plans, impact analysis, wetland permit applications, and natural resource assessments. Serve as Project Manager for large projects, lead and oversee junior staff. Manage schedules, budgets, and risks for projects. Serve as a subject matter expert for ecology in the northeast. Conduct and lead field work and data collection efforts in support of projects.
- **PSEG Long Island (February 2017—May 2024)**
Permitting Specialist Supervisor (August 2018—May 2024)
Permitting Specialist (February 2017—August 2018)
Review and preparation of permit applications to agencies and SEQRA documents for electric utility projects. Preparation of restoration plans, scientific analyses, coordination of restoration activities, restoration oversight and follow up monitoring. Site inspections to delineate wetlands, assess habitat, determine restoration success and monitor construction activities. Coordinate with agencies on project goals and environmental needs. Supervise team of environmental scientists and manage workloads.
- **Nelson Pope & Voorhis, LLC (2007—January 2017)**
Project Manager/Environmental Scientist (2014—2017)
Environmental Scientist (2011—2014)
Environmental Analyst (2007—2011)
Division of Environmental and Community Planning, Melville, NY
Preparation of scientific studies and impact analysis documents including ecological assessments, wetland permit processing and restoration, and natural resource protection. Assess habitats, design restoration, and oversee implementation of restorations for both upland and wetland habitats. Conduct ecological assessments for public and private properties. Conduct investigations for rare, threatened, and endangered species. Review projects on behalf of municipalities and provide recommendations. Preparation of watershed management plans, stormwater pollution prevention plans, and analysis of water quality data. Preparation of landscape scale scientific analysis for targeted habitat restoration and improvements. Specialized capabilities in GIS, AutoCAD, and graphic software to aid in resource inventory and analysis.
- **Teaching Assistant for BIO 201, Stony Brook University (September 2006-December 2006)**
Led undergraduate organisms to ecosystems laboratory sections.
- **Teaching Assistant for BIO 203, Stony Brook University (January 2006-August 2006)**
Led undergraduate cell and organ physiology laboratory sections.

Education:

M.A. Stony Brook University

Department of Ecology and Evolution, December 2006

Thesis: “The accuracy of predictions for invasive Garlic Mustard, *Alliaria petiolata*, in North America”

B.S. Stony Brook University

Department of Biology, June 2005

Research Experience:

Significant Professional Achievements

- **Henry Ferguson Museum Land Trust Management Plans (2024—2025)** - Prepare Conservation Management Plans for a Land Trust located on Fishers Island, New York. Coordinate with project committee on land goals and objectives, review and summarize previous data collected, prepare mapping, and develop management recommendations.
- **Buell HDD Area Restoration Plan (2024)** - Design a restoration plan for a parcel of land slated to be cleared for horizontal directional drilling activities in East Hampton, New York.
- **Robert Moses Cable Replacement Ecological Assessment (2024)** - Serve as lead ecologist assessing the area for an underground electric cable replacement along Robert Moses Causeway and Burma Road on Fire Island, New York. Conduct wetland delineation and vegetation categorization and assessment. Prepare environmental assessment write up in support of SEQRA.
- **Massachusetts Army National Guard Camp Edwards Vegetation Assessment (2024)** - Serve as Project Manager for vegetation data collection for an ongoing lepidoptera study at the Camp Edwards base located in Cape Cod, Massachusetts. Oversee staff conducting data collection, provide quality assurance/quality control for database entries, manage budgets and schedules.
- **Fire Island Carrington Tract Damage Assessment, Recommendations, and Restoration Plan (2021—2022)** - Design a Damage Assessment protocol, conduct and oversee the Damage Assessment according to the protocol, prepare the Damage Assessment report which utilized basic statistical assessments including abundance and diversity assessments, prepare recommendations for restoration as appropriate, prepare a restoration plan, and oversee restoration. All reports and assessments were reviewed and accepted by the National Park Service.

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Significant Professional Achievements (cont'd):

- **Riverhead to Canal Quogue Marshalling Yard Restoration Plan and Oversight (2021)** - Design a Suffolk County Parks accepted restoration plan for a marshalling yard for the NYS Article VII Riverhead to Canal Project. Design included an assessment of the area, transplant of native bearberry from an area being excavated, and restoration with appropriate native grassland species with interspersed trees and shrubs to aid in accelerating succession towards more uniform habitat for the surrounding area. Oversaw the installation of all vegetation, and continuing to oversee monitoring for the 3 year monitoring period.
- **Medford Operation Center, SEQRA and Central Pine Barrens Joint Planning and Policy Commission (CPBJPPC) Approvals, Medford, NY.** Led the preparation, design, and review of SEQRA documents and CPBJPPC Hardship Waiver for a new LIPA operations facility. Worked with a consultant in preparation of SEQRA and Hardship Waiver documents. Provided review and direction on restoration plans. Presented project to the Commission at a formal hearing. Obtained all approvals necessary for the facility.
- **Bridgehampton to Buell 69kV Transmission Line DEIS, Long Island, NY.** Lead author for the Draft Environmental Impact Statement for a new 69kV electric transmission line in the towns of Southampton and East Hampton, Suffolk County, New York. Project tasks included coordination, document preparation, document review, preparation of coordination letters, preparation of notices, conduct a public hearing, and preparation of the FEIS document.
- **Pilgrim Substation Underground C&R Feeder Project** - Prepared SEQRA documentation for a new 13kV electric distribution line in the Towns of Smithtown and Huntington, Suffolk County, New York. Project tasks included preparation of the SEAF Parts 1, 2 and 3, supporting Environmental Assessment analysis, maps, restoration plan, and Negative Declaration.
- **Navy Road New Substation Environmental Assessment, Long Island, NY.** Prepared SEQRA documentation for a new electrical substation in the Town of East Hampton, Suffolk County, New York. Project tasks included preparation of the LEAF Parts 1, 2 and 3, supporting Environmental Assessment analysis, including analysis of land use, noise, visual impacts, ecological impacts, archaeological impacts, and construction impacts, maps, restoration plan, and Negative Declaration.
- **Canal to Southampton 69kV Transmission Line Environmental Assessment, Long Island, NY.** Prepared SEQRA documentation for a new 69kV electric transmission line in the Town of Southampton, Suffolk County, New York. Project tasks included preparation of the SEAF Parts 1, 2 and 3, supporting Environmental Assessment analysis, maps, restoration plan, and Negative Declaration.
- **Fire Island Pines to Watch Hill 13kV Underground Distribution Line Environmental Assessment.** Prepared SEQRA documentation for a new 13kV distribution line on Fire Island between the communities of Fire Island Pines and Watch Hill, Suffolk County, New York. Project tasks included preparation of the LEAF Parts 1, 2 and 3, supporting Environmental Assessment analysis, maps, and Negative Declaration. Coordination on federal permitting, including NPS Special Use Permits, and ARPA was required.
- **Bridgehampton to Buell ROW Habitat Assessment and DEIS (2020—2022)** - Oversee and participate in the habitat assessment of the ROW between the Bridgehampton electrical substation and the Buell electrical substation as part of the DEIS for an underground cable project in the ROW. Lead and oversee the preparation of the DEIS, review DEIS sections and ensure habitats are appropriately characterized, coordinate and provide recommendations for habitat mitigation for disturbance within NYS endangered eastern tiger salamander habitat. Review and oversee restoration plan preparation, modify the plan as appropriate for the habitat.
- **Chapel Lane ROW Restoration Plan (2020)** - Design a DEC accepted restoration plan for work needed in the utility right-of-way. Design included an assessment of the existing habitat and selection of appropriate species to complement the existing wetland.
- **Hither Hills State Park Habitat Assessment (2019)** - Design, conduct, and supervise data collection for a habitat assessment for the siting of a electric substation in Hither Hills State Park. Study design included designation of transects for the study area and methodology for vegetative data collection.
- **Southold Substation Wetland Delineation, Habitat Assessment, Violation Resolution and Restoration Plan (2018)** - Delineate the freshwater wetland and assess the area damaged as a result of utility work in proximity to the Southold electrical substation. Utilize the results of the delineation and habitat assessment to design a restoration plan pursuant to a NYSDEC Order on Consent. The restoration plan was accepted by DEC and implemented. Post restoration monitoring is ongoing.
- **Woodmere Substation Restoration Plan (2017)** - Assess habitat in proximity to the Woodmere electrical substation in order to identify restoration opportunities as mitigation for work within the substation. Design, oversee implementation of, and conduct follow up monitoring management of the restoration.
- **Riverhead Right-of-way Assessment and Restoration (2017)** - Assess portions of a utility right-of-way that were damaged as a result of utility construction activities. Design, manage implementation of, and manage monitoring oversight of the restoration plan.
- **Nassau County Multiuse Trail/Eisenhower Park Rare Habitat and Endangered Species Assessment (2016)** - Conduct a habitat and rare, threatened and endangered species assessment for a multiuse trail proposed along the northern border of Eisenhower Park, Nassau County, New York.
- **Canal to Southampton ROW Restoration Plan (2018—2019)** - Design a restoration plan as mitigation for a utility project located in the ROW between the Canal electrical substation and the Southampton electrical substation. Restoration included a native warm season grass mix. Oversee implementation of restoration, and ensure successful establishment of species was achieved.
- **Riverhead to Eastport Grassland Restoration (2017—2018)** - Design a restoration plan for a portion of the ROW damaged by a utility project, which included upland and wetland buffer areas. Oversee implementation of the restoration plan, and ensure establishment of species were successful. Upland restoration included native grassland species and wetland buffer restoration included native grass plugs.
- **Suffolk County Integrated Marsh Management Program (2016—2017)** - Prepared the response to the RFP issued by Suffolk County to successfully obtain the award to conduct the work. Prepared the site assessment methodology and work with the County on site selection for project implementation. Assessment methodology included inventory and analysis of marsh types within each site, analysis of hydrology in the marsh (including channels, runnels, and mosquito ditches), utilizing GIS data to further refine habitats and critical elevations for successful marsh restoration. Collaborate with coastal engineers for initial mapping and design efforts.
- **Nassau County Police Rare Habitat and Endangered Species Assessment (2015—2016)** - Design and conduct a rare, threatened and endangered species vegetation assessment for remnant Hempstead Plains slated for development with a Nassau County Police facility. Design and conduct an avian survey to determine presence/absence of the NYS listed Upland Sandpiper.

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Significant Professional Achievements (cont'd):

- **Longwood Public Library Restoration Plans (2014 & 2016)** - Designed restoration areas throughout the library, which considered a variety of ecosystem types, including pine-oak woodland, freshwater wetlands, and meadow/grasslands.
- **NEIWPCC GI/LID Project for Stewardship Sites (2014—2016)** - Project manager and lead author for the report generated for the project which entailed selection of two Long Island Sound Stewardship Sites that would receive a design for a Green Infrastructure/Low Impact Development project. Conducted technical analysis, coordinated with stakeholders, conducted project presentations, supervised staff assignments, collaborated with staff and engineer on project design, prepare QAPP, provide QA/QC for documentation and data.
- **Tuthill's Creek Watershed Management Plan (2014—2016)** - Lead author for the watershed management plan. Present information to the public and the stakeholder working group. Plan development tasks included data collection, review, and analysis, analysis of laws and policies, and preparation of the final report and associated recommendations.
- **Bristal at Jericho Endangered Species Assessment and Permitting (2015—2016)** - Conduct a habitat assessment and rare, threatened and endangered species assessment for a development located in Jericho, Nassau County, New York. Habitat assessment included inventory and cataloging of species encountered, and a determination of habitat suitability for endangered species. Coordinate with NYSDEC on permits required.
- **EPCAL Endangered Species Assessment, Habitat Assessment and Permitting (2015—2016)** - Conduct a habitat assessment for a proposed health facility located on a portion of the EPCAL property in Calverton, Suffolk County. Habitat assessment included vegetation species inventory and assessment, coordination with NYSDEC, and meeting with NYSDEC to review the potential for Northern Long Eared Bat hibernacula habitat in unused bunkers. Make recommendations for preservation areas on the property and obtain permitting for development of the facility.
- **The Hills at Southampton Ecological Investigations (2009—2016)**—Conduct ecological investigations for the proposed development located in East Quogue, Suffolk County, New York. Investigations included surveying of over 600 acres of undeveloped property, cataloging species encountered, delineation of habitat types on the property, and preparation of the ecological analysis section for the DEIS. Coordinate and oversee the buck moth survey conducted for the property.
- **Easton Property 3-parameter wetland delineation, Muttontown (2015)** - Conduct a USACE 3-parameter wetland delineation and assessment of 21 depressions located on the Easton property located in Muttontown, Nassau County. Vegetation, soils, and hydrologic information were collected within each depression and within a nearby representative upland area for comparison purposes.
- **EPCAL Grassland Restoration (2013—2015)** - Assessed damage of highly sensitive grassland habitat utilized by several rare, threatened, and endangered wildlife species. Designed, oversaw implementation, and monitored restoration of a portion of the grassland at EPCAL damaged by car storage after Superstorm Sandy. Coordinated with NYSDEC on violation resolution and ensuring restoration goals met the Order on Consent.
- **Lake Montauk Watershed Management Plan (2013-2014)** - Lead author for the watershed management plan. Present information to the public and the stakeholder working group. Plan development tasks included data collection, review, and analysis, analysis of laws and policies, and preparation of the final report and associated recommendations.
- **Manorhaven Beach/Sheets Creek Restoration Plan and Wetlands Permitting (2011—2014)** - Design restoration plan for the municipal shore-front improvement project. Obtain permits from federal, state, and municipal agencies for plan implementation.
- **Blue Point Pond Watershed and Wetland Assessment and Restoration Recommendations Report (2013)** - Conduct a habitat assessment, drainage inventory, and hydrologic connectivity analysis for Blue Point Pond located in Blue Point, Suffolk County, New York. Prepare a restoration recommendations plan for the pond. Prepare habitat restoration plans for the stormwater improvements designed for the pond.
- **Shelter Island Watershed Management Plan (2012-2013)** - Lead author for the watershed management plan. Present information to the public and the stakeholder working group. Plan development tasks included data collection, review, and analysis, analysis of laws and policies, and preparation of the final report and associated recommendations.
- **Town of Oyster Bay Local Waterfront Revitalization Plan (2012)** - Prepare Local Waterfront Revitalization Area descriptions and the Inventory and Analysis for the Town of Oyster Bay Local Waterfront Revitalization Plan. Tasks included utilizing GIS based maps and data to write boundary descriptions and reviewing natural, cultural, and regulatory resources and laws to describe each reach for the plan.
- **Enchanted Forest Open Space Management Plan (2012)** - Prepare an Open Space Management Plan for land dedicated as open space as mitigation for a subdivision. Plan elements included habitat management and invasive species management.
- **Dix Hills Fire Department Map (2011)** - Utilize GIS to prepare a map for the fire district.
- **Montauk Avenue Improvements, Wetland Permits (2011)** - Design vegetative restoration areas and obtain permits for pavement reduction for the road end.
- **Shore Road/Scott's Cove Culvert Wetland Permits (2011)** - Obtain federal, state, and municipal wetlands permits for the reconstruction of the road an associated culvert.
- **DeForest Williams Hedge Garden Survey & Expanded EAF (2011)** - Design a survey methodology for habitat identification and quality assessment for a formal hedge garden located on the DeForest Williams estate. Conduct the survey and prepare a report detailing findings of the survey. Prepare the Expanded EAF to satisfy the municipal SEQRA requirements.
- **North Manor Estates, Expanded EAF, ACOE Wetland Delineation (2011)** - Conduct a USACE 3-parameter wetland delineation for a wetland on the property. Coordinate with USACE staff regarding jurisdiction. Prepare an Expanded EAF to satisfy municipal SEQRA requirements for the project.
- **Great Cove Watershed Management Plan, Town of Islip (2011)** - Contributing author to the watershed management plan. Prepared select portions of the Inventory and Analysis for the watershed. Tasks included review and analysis of existing natural and cultural resource data.
- **Willow Wood at Coram Revegetation Plan (2011)** - Design a restoration plan for a multifamily development in conformance with the Central Pine Barrens Joint Planning and Policy Commission. Restoration plan included transplant of vegetation located in areas to be developed. Oversee transplant activities.
- **Artist Lake RTE Species Investigation (2011)** - Conduct a rare, threatened and endangered species investigation for areas surrounding Artist's Lake located in Middle Island, Suffolk County, New York in support of site redevelopment. Results summarized and included in SEQRA documentation.

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Significant Professional Achievements (cont'd):

- **Goldsmith's Inlet Draft EIS, Habitat Assessment, Endangered/Threatened Species Assessment (2010)** - Conduct habitat assessments and rare, threatened and endangered species investigations for the reconstruction of a jetty located at Goldsmith's Inlet in Southold, Suffolk County, New York. Lead author on the DEIS for the reconstruction of the jetty.
- **Eastport Hamlet Centre Draft EIS (2010)** - Lead author for the DEIS for a mixed use development located in Eastport, Suffolk County, New York.
- **Cenacle Sisters Convent Expanded EAF, Endangered Species Permit, Wetlands Permits (2009-2010)** - Conduct a wetland delineation, habitat assessment, and associated permitting for the reconstruction of a convent located in Ronkonkoma, Suffolk County, New York.
- **Hempstead Plains Invasive Species Assessment (2009)** - Conduct a field visit identifying and delineating invasive species present on the Hempstead Plains Preserve located in Nassau County, New York.
- **Lighthouse Development Wetland Delineation and Habitat Assessment (2008—2009)** - Conduct a habitat assessment and wetland delineation for the proposed Lighthouse at Long Island development located in Uniondale, Nassau County, New York. Delineate over 1.5 miles of wetland along the Meadowbrook Parkway. Catalogue vegetation and wildlife species in undeveloped areas and determine habitat types present.
- **Calverton Naval Property Avian Surveys (2008-2009)** - Conduct NYSDEC approved avian surveys for two summers at the EPCAL property in Calverton, Suffolk County, New York. Surveys included pre-dawn and night time surveys for rare, threatened, and endangered avian species. Habitat assessments of the property were conducted over the timeframe as well.
- **South Shore Estuary Reserve Diadromous Fish Passage Project (2007)** - Conduct stream walks of five rivers located along the south shore of Long Island, New York. Data collection included plant and invertebrate species present, habitat quality, culvert/crossing information, stream depth and velocity, and whether the crossing was a barrier to diadromous fish passage. Assist in the preparation of the findings and recommendations report for the project.

Professional Presentations:

Long Island Invasive Species Management Area Conference Presentation (2017)

Long Island Natural History Conference Invasive Species Presentation (2016)

Longwood Public Library Invasive Species Education Presentation (2016)

NEERS Presentation—A Method for Mapping and Prioritizing Diadromous Fish Passage Restoration (May 2011)

Certifications and Professional Associations:

Certified Senior Ecologist, Ecological Society of America
Project Management Professional, Project Management Institute
NYSDEC 4-Hour Erosion and Sediment Control Course

Additional Skills:

Proficient in ArcGIS, AutoCAD
Knowledge of RAMAS, MaxEnt, InVEST