

AUDUBON NATURALIST SOCIETY

Naturalist Quarterly

Winter 2019

ANSHOME.ORG



We need nature. Nature needs us.

p. 4 & 5

ANS NATURE ACTIVITIES & NEWS

The Audubon Naturalist Society inspires residents of the greater Washington, DC region to appreciate, understand, and protect their natural environment through outdoor experiences, education, and advocacy.

HEADQUARTERS

Woodend, a 40-acre wildlife sanctuary in Chevy Chase, MD

OFFICE HOURS

Monday-Friday 9 AM-5 PM

STORE HOURS

Monday-Friday 10 AM-5 PM

Saturday 9 AM-5 PM

Sunday 12-5 PM

GROUNDS HOURS

Dawn to dusk

ANS MEMBERSHIP

Student \$15

Individual \$50

Family \$65

Nature Steward \$100

Audubon Advocate \$200

Sanctuary Guardian \$500

Naturalists Council \$1,000

Preservationist \$1,000+

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Environmental Education x16

Membership x35

Publications, advertising x23

Rentals x38

Volunteers x20

Contributions x31

Special Events x12

Rust Sanctuary 703-669-0000

E-mail unusual bird sightings to

Voice@anshome.org

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Naturalist Quarterly

ANShome.org Winter 2019

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COVER Photo of Northern Cardinals from North American Birds in Photographs

STAFF UPDATES

We are delighted to welcome **Chidimma (Chidi) Achebe** as our 2018-2020 ANS Environmental Education Fellow. Chidi was born and raised in Chicago and recently graduated from Howard University with her Bachelor of Science degree in Biology and Chemistry. Chidi brings to ANS a passionate dedication to stewarding future generations through education, science, and business. **Alesha Mack** started in our Finance Department as a full-time Staff Accountant in September. Alesha has several years of experience in accounting in the construction industry, and looks forward to learning non-profit accounting. It is with great sadness, fondness, and respect that we bid **Monica Billger** farewell. Her position as Northern Virginia Advocacy Manager has been part-time, and she was offered a full-time and fantastic position doing community outreach with Alexandria Renew, the wastewater utility that serves Alexandria City and part of Fairfax County. We also say goodbye to **Katrina Kugel**, long-time Environmental Educator, and welcome new Environmental Educator **Debbie Borkowski** as well as Environmental Educator **Cortney Dillon** at Rust.

From the Director

The Power of Us

I don't cry often, so it was a complete surprise when I found tears streaming down my face during a recent ride into work. I had been listening to the radio during my morning commute, and my psyche must have finally reached its tipping point. The news of shootings and wildfires and constant political vitriol just broke my heart that morning, and I cried myself right into the office.



But when I reached Woodend Sanctuary and took a moment to pull myself together, I felt an overwhelming sense of GRATITUDE. There on the grounds I saw a group of differently-abled young people touring with our naturalists, fascinated by the sights and sounds of nature. At the same time, our nature preschoolers were hiking their classroom compost up the hill to the compost station, exchanging cheery greetings with Master Naturalist trainees who streamed into the building to give their capstone presentations on tree surveys, organic lawn care, a fruit orchard for the children's garden, and even a nature scavenger hunt. During these troubled times, we all can take pride in our shared mission that brings the JOY of nature to people of all ages.

How fortunate am I to set down my morning newspaper full of chaos and fear and come to work at Audubon Naturalist Society, where our entire community of members, staff, Board and volunteers pull together to do GOOD work for people and nature every day. This past year, I've marveled at the energy of our volunteers who donated 12,225 hours of their valuable time to plant trees, remove invasive plants, tend gardens, teach children, host events, test streams and herd deer (and herd deer, and herd deer!).

Thank you for raising your voice through our Action Network. You've spoken out this year on 40 environmental advocacy issues at the local, state and federal level. Last month, our spirited members and advocates stood up to a terrible plan in Fairfax County for a condo development in a nearly 100% flood plain. Because we joined together and sent 178 letters of opposition, that bad plan was withdrawn (for now!). (See page 8)

Our work on restoration, education and advocacy is based on facts, and our best thinking occurs when we pay attention to the science, convene thought leaders from across the region and remain curious to learn more. *Bringing Nature Home* Author Doug Tallamy recently presented to a packed house of ANS members. Doug taught us about the power of native trees to support the growth of caterpillars and other insects as the basis of complex food webs that feed our beloved birds, mammals and amphibians. Plant more trees was his battle cry!

Melanie Choukas-Bradley's recent talk on the *Joy of Forest Bathing* drew another standing room only crowd. Melanie inspired everyone to build a closer bond with forests around us. I am grateful to Melanie, Doug and all the champions of nature who are ANS members and instructors and leaders in the field.

Please know how much your involvement and support makes all of this good work possible. Enjoy the highlights of all we've accomplished together by reading our 2018 Annual Report (anshome.org/annual-reports). And as we enter this season of thanksgiving, please give generously to keep our mission work going strong. Even during these troubling times, I have confidence in the POWER of US (of ANS!). Together we are changing the world for the better.

With gratitude,

Staff Recommendations for the Holidays from the Naturalist Shop



Our note cards are my go-to item in the shop. We have holiday cards, thank you notes, and ones with cute animals on the front! Who doesn't love getting mail especially when the card is nature-themed!"

Nora "June Bug" Kelly, Camp Director

I love to shop for stocking stuffers for my children, nieces and nephews. The Shop has a wide selection of small books I can fit inside my 5-year-old's stocking, as well as puzzles, which she loves. I can pick up dinosaurs for my nephew, mood rings for my nieces and 12-year-old daughter, as well as nature-themed earrings that I know they will love. My 8-and-9-year-olds will get a big kick out of the Fossil set, Snake Egg, and Safari scopes. With so much to choose from, I can't wait to go shopping at the Shop!



Sherrice Ajebon, Senior Accountant and Benefits Manager



In my role as staff photographer for ANS, I take photographs in nature settings a few times a week. On a recent field trip to Dyke Marsh to take photos of Natural History Field Studies' fantastic Bird Life class, Instructor Mark England had a scope with him. I became fascinated with how transformative a scope can be on a birding outing. I am seriously looking at the Kowa Prominar TSN-883 in our Shop. I am particularly interested in "digiscoping,"

which means taking a picture through the scope.

Ben Israel, Staff Videographer and Photographer

Usually books are the object of my desire when I visit our Naturalist Shop. But these days, a basketful of small, balsa-wood animal carvings catch my eye and heart each time I pass through the Shop. Created a mano (by hand) by a cooperative of Nicaraguan farmers, the creatures are painted in simple but realistic detail. Birds, butterflies, turtles, frogs, and more are attached to a string for easy hanging on a holiday tree, festive mantelpiece, or welcoming door-knocker. My favorites? The Rose-breasted Grosbeak, Green Sea Turtle, Leaf-nosed Bat, and sleek Stingray. Or maybe it's the White-breasted Nuthatch, the Monarch Butterfly, the Snail and the...Do I really have to choose?



Stephanie Mason, Senior Naturalist

The Audubon Naturalist Shop's proceeds support our mission work. It is open Mondays-Fridays 10 am-5 pm, Saturdays 9 am-5 pm, and Sundays 10 am-5 pm. Call 301-652-3606 for more info on any of these gift ideas.

ANS knows nature. We know nature education and nature conservation. We know how to have fun in nature and how to steward nature. We've been doing it for a long, long time. But you know, there is so much more we can do and need to do. Nature needs us – all of us, and to answer nature's call, we need you. During this season of giving, we're moved to share a couple of stories that demonstrate some of the impact of what we do year 'round and invite you to help us do even more. Enjoy our stories of success connecting people to the environment, and please donate to help us keep going at www.anshome.org/donate.

Precious, rare, and powerful nature education

"I didn't want to leave. I felt like I belonged there." - Rocky, 13, nature lover

After his mom's death, a 10-year-old we'll call Rocky felt depressed and lonely. He also was misdiagnosed as educationally disabled or "slow." And then, along came an opportunity to experience nature with ANS's nature educators. We are delighted to share that our nature educators are something special. They teach children using a holistic, child-centered philosophy that is rare. It's rare at schools, and after-school programs, and camps.

As a result, ANS provided the first educational setting that allowed Rocky to see himself differently, and positively. Rocky was accepted by us as a child with a voracious appetite and capacity to learn, because, at ANS, we allow children to shape their education based on their passions. Rocky's passion was catching frogs. Every day, that's all he wanted to do. And so, we let him.

When Rocky's grief counselor saw him after his first summer at one of our nature camps, he said he had never seen such rapid progress and positive change in a child who had lost a parent.

Now a teen, Rocky has found his voice as an advocate for nature. Without ANS, Rocky might never have found a place to belong or a sense of purpose. Thanks to our precious, rare, and powerful philosophy for engaging children, Rocky did find a place to belong. He does now have a sense of purpose.

We thought you'd like to know how your gifts to us help make the dreams of children and teachers come true.

Thank you.



Rocky holding not a frog but Boris, the Russian Tortoise, beloved by all ANS campers.

Photo by EE

ANS has invented an app that allows little critters to do big things for clean water - the world over

At ANS, we don't just observe nature in action. We invent tools that allow us to be smarter about what we observe. Our Creek Critters app, which won the Bethesda Green Innovation Award this year, is a fresh example.

The Creek Critters app allows ordinary people, including elementary students, to identify small organisms – or critters – in local waterways. What lives at the bottom of streams -- benthic (meaning “bottom-dwelling”) macroinvertebrates – exhibit a range of sensitivities to pollutants and stressors. Which makes them helpful indicators of water quality. Among the many critters are crayfish, snails, aquatic worms, and a large variety of insect larvae. App users generate Stream Health Reports based on their findings, and the reports are displayed on an interactive map.

In just three years, ANS and its partners have used the app to engage nearly 8,800 people at more than 200 events and activities. Adding those who use the app independently of us, the app has turned more than 12,000 people into citizen scientists. Users post data from the Washington metro region, the United States, and abroad. Now, with real-time knowledge, we can better protect our precious waterways.

Sarah Morse, Executive Director of the Little Falls Watershed Alliance, recently said, “We have hosted six Creek Critters events and, at every one, I am still impressed with how this simple app, along with a few nets and buckets has grown a community of clean water enthusiasts. Most people come to our events thinking only fish live in the creek. We can hear the oohs and ahhs when they find their first macroinvertebrate, and, by the time they leave, they are asking questions about the health of the stream and what they can do.”

In a world where threats to clean water are mounting daily, this little app could be considered priceless. We thought you'd enjoy knowing about its impact.



Photo by Gregg Trilling



Creek Critters App – Latest Update

The latest update to ANS's award-winning Creek Critters app is available now! Please download the update from the Apple App Store or Google Play. If you haven't tried the free app, check it out! Learn how to find and identify stream critters and automatically generate stream health reports based on your findings.



Children and Nature



Photo by Serenella Linares



Preschoolers from Good Hope Community Center holding mushrooms.



Audubon Nature Preschoolers making mud soup.



Stream study at Kenilworth Aquatic Gardens.



Audubon Nature Preschool boy climbing a tree with glee.

Photo by Serenella Linares



@ANSNature

Conservation



Victory for Dogue Creek!

Photo by Midnight Rider on mapio.net

Policy and Advocacy News

By Eliza Cava, Director of Conservation

Virginia

Victory for Dogue Creek! After an intense battle beginning this summer, ANS and our allies fought a developer to a standstill in October over their plans develop a 43 acre parcel nearly 100% in the floodplain of historic Dogue Creek, which flows past George Washington's Mt. Vernon Estate. We hope that this pause becomes permanent, because building in a floodplain is never a good idea and if Fairfax County ultimately were to allow this development to go forward it would set a terrible precedent that could endanger streams, floodplains, and neighborhoods across the county.

Rainscapes Program rebate dollars dramatically increased:

Great news for Montgomery County residents! The rebates available through the Rainscapes program have recently increased dramatically: tripling for residential properties to a maximum of \$7,500, and doubling for institutional properties to a maximum of \$20,000. In addition to the rebates, get technical advice and lists of trained contractors at www.rainscapes.org. Send us photos of your new rain gardens, rain barrels, and permeable pavements—they all help our local streams stay healthy!



Photo by Ben Israel

Maryland

Visit with Secretary Grumbles: In September, ANS hosted Maryland Secretary of the Environment Ben Grumbles for a tour of Woodend Sanctuary (above). We were honored to tell him and his staff about our education programs, restoration plans, and policy and advocacy work. This was our first opportunity to demonstrate to a decision-maker how our new rain gardens and other stormwater management projects make Woodend a natural classroom for watershed restoration using green infrastructure. It won't be the last! We hope Secretary Grumbles comes back soon.



Photo by Ben Israel

Students at ANS's afterschool club for Daly Elementary School make Scary Trash Monsters for Halloween!

Washington, DC

Get the Plastic Out of Here: Did you hear that the European Union just passed a ban on single-use plastic items like "plates, cutlery, straws, balloon sticks or cotton buds"? Here locally, Washington, D.C. has a single-use plastic ban and is on the verge of passing another one, focusing on straws. ANS supports this new legislation (as long as it contains provisions for people with disabilities) and believes we need to do everything we can to Get the Plastic Out of Here!



Conservation Cafés

Join us for coffee and dessert while enjoying inspiring presentations on nature conservation topics. All winter Conservation Cafés are at Woodend Sanctuary from 7-8:30 pm. Your \$15 registration fee supports our Conservation Program! See detailed descriptions and register at www.anshome.org/conservation-cafe.

Upcoming Events:

- **Tuesday, December 11:** Tamara Toles O’Laughlin, Executive Director of Maryland Environmental Health Network: “Protecting Our Health from Environmental Toxins.”
Rescheduled from 11/15.
- **Thursday, January 10:** Dr. Sujay Kaushal, Associate Professor of Biogeochemistry, University of Maryland College Park: “There’s salt in the water: why we use so much road salt, how it impacts human and animal health, and what our region is doing to try to use less of it.”
- **Thursday, February 28:** Vocalist and Spoken Word Artist Karen Wilson-Ama’Echefu: “Nature Celebration through the Words and Music of African American Poets and Composers.”
- **Tuesday, March 19:** Julie Lawson, Director of the Mayor’s Office of the Clean City in Washington, DC, and founder of Trash-Free Maryland: “Talking Trash & Recycling.”

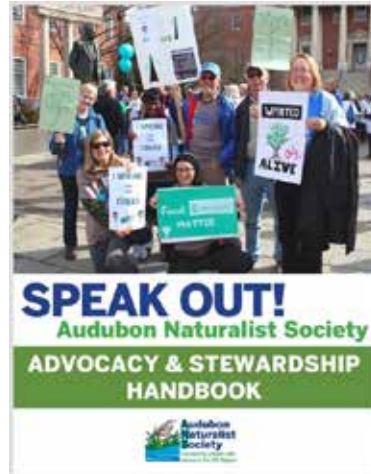


Help ANS Fight Climate Change and Save Nature in the DMV!

For the third year, Team ANS will be plunging into the Potomac at National Harbor in January (brrrrr!) to raise money to fight climate change. Our goal this year is \$8,000, which will be split between ANS Conservation and the Chesapeake Climate Action Network—please contribute at <https://www.keepwintercold.org/team/AudubonNaturalistSociety>. And thank you!

Upcoming Advocacy & Stewardship Workshops

Learn more and register at: www.anshome.org/training
Location: Woodend Sanctuary, Chevy Chase, MD
Prices below are for members/nonmembers



You’ll get our BRAND-NEW Advocacy & Stewardship Handbook at each of these workshops!

Advocacy 202: Using online tools and social media for organizing Thursday, January 24 (6:30-8:30 pm) \$15/\$20

When you need to get others on your side, you must first figure out how to find them. In today’s day and age, that often means online. How do you grow and use an email list to reach, and track, your neighbors and members? How can you know what your allies are saying to elected officials when you ask them to write letters? How do you even ask them to write letters? And what about social media—who’s on Facebook? Instagram? Twitter? Learn the answers to all this and more, expand your comfort zone, and get access to free online organizing tools at this workshop.

Watershed Advocacy & Stewardship 101 Tuesday, February 12 (10 am-2:30 pm) \$20/\$30

Join ANS experts for a fun and empowering workshop for an introduction to environmental advocacy & watershed stewardship! Includes a tour of Woodend’s watershed restoration projects and uses role play and scenarios to build confidence in speaking up for nature. The focus is on clean water but the skills can apply to any environmental issue—learn how you can raise your voice for local conservation.

Interested in getting involved or learning more?
Sign up for our Action Alert list and check out our Blog at
conservationblog.anshome.org.





Photo by Ben Israel

Master Naturalist Carmel Bullard delights in discovering insects in one of our meadows.



Photo by Ben Israel

Denisse Guitarra leads a group on our first Spanish language bird walk at Woodend.



Photo by Orietta Estrada/@Birds_Nature_Life

Is it a Golden Eagle or an immature Bald Eagle? This question pops up a lot, and it's a good one. The easiest way to tell the difference between a Golden Eagle and an Immature Bald Eagle at this stage in its development is by the white axillaries. What are axillaries? Axillaries are like armpits.



Photo by Ben Israel

Students from Sally Valdes's Wildlife Ecology NHFS class scan the landscape at Mason Neck National Wildlife Refuge and see Ruddy Ducks, Tundra Swans, and Lesser Scaup.



Early Childhood Programs

You and your kids can unplug and explore nature every day at Woodend and Rust nature sanctuaries, open dawn to dusk for free, 365 days a year. Our trained naturalists and excellent volunteers are eager to introduce children to nature through the Audubon Nature Preschool, Summer Camp, Nature Birthday Parties, Family Programs, and at your child's school through School Programs and GreenKids. Consider having your PTA or PTO sponsor a nature activity for your school!

Campfire and Craft

Saturdays (4-5 pm)

December 1, January 19, February 16, March 9

Fee: \$10 per child, adults free

Come join us for a Campfire and Craft. We will provide all of the s'more ingredients. \$10 per child, adults are free. Please bring cash or a check. RSVP to nora.kelly@anshome.org.



Fresh Air Kids at Rust Sanctuary!

Children are born naturalists. The Audubon Naturalist Society builds on children's inherent curiosity about the world by using hands-on, nature-based activities to foster social, physical, and academic skill development. Our Fresh Air Kids Class is for children ages 5 and younger, along with a parent or caregiver. Classes might involve crafts, songs, books and always a hike. Bring your lunch or snack. Mingle and meet other caregivers!

**Rust Sanctuary, Leesburg, VA
Fridays (10-11:30 am)**

April 5-May 31 (no class 4/19)

Cost: \$125 (siblings 21 months and older \$115, siblings under 21 months free)

Register at anshome.org/parents

Reservations not confirmed until payment received (checks only). Please mail checks made payable to ANS and send to ANS, Attn: Pam Oves, 8940 Jones Mill Rd, Chevy Chase, MD 20815.

Tales and Trails

Ages 2-4 with a caregiver

**Thursdays, January 10-March 14
(10-10:45 am)**

Winter Session: \$80 per child

This 10-week class invites young children to discover the wonders of nature as we journey through the changing seasons. We'll tap into children's deep connection with nature by reading stories, making fun crafts, and singing songs. Make sure to dress for the weather as we will explore our Sanctuary trails each class to see what new surprises we can find.



Feel free to relax and enjoy our trails, picnic areas, and bookstore before or after the program. Register online at www.anshome.org/parents.

Questions? Contact Gina at gina.ghertner@anshome.org.

Audubon Nature Preschool

The Audubon Nature Preschool features programs for children aged 5 years and younger. Children benefit from exploring the natural surroundings of the 40-acre sanctuary, which offer endless opportunities for investigation and discovery.



The Audubon Nature Preschool builds on children's inherent curiosity about the world by using hands-on, nature-based activities to foster social, physical, and academic skill development.

All Nature Preschool programs run September-May. Visit anshome.org/ans-preschool for more info or call Preschool Director Stephanie Bozzo at 301-652-9188 x32.

Story Hikes and Audubon Nature Preschool tours

RSVP online at www.anshome.org/events-calendar. Children encouraged to attend! Please dress to walk our trails. All open houses are on Saturdays from 9:30-11 am.

- December 1, 2018
- January 12, 2019
- February 2, 2019

Preschool Community Events (\$10 per family)

**Wonder and Wander
Saturday, May 4 (10-11am)**

Story hikes and art & crafts activities.

Camp Audubon

Important Dates for 2019 Summer Camp Registration

- **Friday, December 7, 2018**
Last day to become an ANS member and be eligible for members-only registration
- **Late December, 2018**
Catalog mailed to ANS members
- **Wednesday, January 30, 2019, 10 a.m.**
Registration opens to ANS members who joined by 12/7/18
- **Monday, February 4, 2019, 10 a.m.**
Registration opens to nonmembers and to new members who joined after 12/7/18

This summer we are making two changes to the registration process to update our software system and help ensure a smooth and error free registration experience for all.

One, we are changing the date of members-only registration to a weekday, Wednesday, January 30, at 10 a.m. to ensure we have tech support if needed.

Two, we are switching registration from Thriver to Camp and Class Manager (CCM). Thriver and CCM are both under the umbrella of Active Network, who we have worked with for over a decade, but CCM offers many advantages since it is a cloud-based system and not a flash-based system. CCM will work on any browser and any platform (computer, mobile phone, iPad, etc). In addition, CCM is equipped to take hundreds if not thousands of registrations a minute, unlike Thriver.

However, even though Thriver and CCM are under Active Network, you will need to set up a new account to register for summer camp. So, all parents will be new users for the 2019 summer camp season. You can still use the same email and password you had for Thriver, but again you will need to fill in all your info in CCM when you register. You will also need your member ID number.

If you have any questions or need to check your membership status or member ID number, please email pam.oves@anshome.org.

SUMMER NATURE CAMP

Burgundy Center for Wildlife Studies

Capon Bridge, WV

*Hike. Swim. Explore Appalachian wilderness.
Small groups. Independent projects.
Music. Arts. Games. Laughter.*

57th Season

- SENIOR PROGRAM (Ages 11-15)**
Two week sessions ♦ June/July/August
- JUNIOR PROGRAM (Ages 8-10)**
One week ♦ August
- ADULT WEEKEND (Ages 21+)**
One weekend ♦ July



SLIDESHOW PRESENTATIONS WINTER 2019

Burgundy Farm School
3700 Burgundy Rd ♦ Alexandria, VA

Audubon Naturalist Society ♦ Woodend
8940 Jones Mill Rd ♦ Chevy Chase, MD

FOR MORE INFORMATION
burgundycenter.org
michelem@burgundyfarm.org
703-842-0470

Spring Break Camp (Grades K-9)

Register online at
www.anshome.org/parents

Experience the wonders of Spring at Camp Audubon! Catch frogs in the pond, hike to Rock Creek, and get your hands dirty in our Children's Garden! Grades 6-9 can earn up to 20 SSL hours doing sanctuary stewardship activities.

**MCPS: Wednesday, April 17-
Friday, April 19, 2019**
(8:45 am-3 pm)
**Extended camp available from
3-5 pm (\$45)**
Members \$255; nonmembers \$310

**DCPS: Monday, April 15-Friday,
April 19, 2019**
(8:45 am-3 pm)
**Extended camp available from
3-5 pm (\$75)**
Members \$365; nonmembers \$450



Weekend Walks in the Woods

Join us the first Saturday of every month for a **FREE** naturalist-led walk in the woods. Explore the Woodend grounds and learn about different topics each month, such as birds, trees, insects, and fungi. All ages welcome! Walks run from 9-10 am. Meet at the gazebo by the Audubon Naturalist Shop.



School Programs in DC, MD & VA

14



Photo by Serenella Linares

Visit our sanctuaries in Maryland and Virginia or invite us to visit your school with hands-on environmental science programs designed to meet Next Generation Science Standards as well as Maryland Green School & Virginia Naturally green school certification requirements. Scholarships available.

View our programs and register online at anshome.org/teachers



Professional Development for Teachers

Would you like to enrich your curriculum with hands on activities for your students? Let us share our education with you! Each workshop will provide you with the tools necessary to implement the lessons in your own classroom or school yard. Workshops are held year-round.

Visit www.anshome.org/teachers for a schedule and to register online.

Donations are always appreciated to support our on-going programs for underserved schools and community centers in DC, Maryland, and Virginia.

Party With a Purpose



When you celebrate with a birthday party at Woodend Sanctuary, you support us in providing nature education to children all over the DC Metro area. ANS offers nature-themed birthday parties for ages 4-10 at our Chevy Chase Nature Sanctuary. Register online at anshome.org/parents.

- Choose from our party themes: Animal Clues, All About Birds, Reptiles & Amphibians, Wiggly Worms, Insect Investigations, Winter Detective, and Stayin' Alive When Winter Winds Blow.
- Parties are 1.5 hours and are held year-round on Saturdays and Sundays.
- Parties are \$230 for ANS members and \$265 for nonmembers (which includes a family membership).



Featured Grant Program

With generous support from the George Preston Marshall Foundation, we have the delight of providing nature programs for young children from the Montgomery Housing Partnership's Play & Learn programs this year. Each of their five community centers in the Silver Spring and Wheaton areas are receiving five naturalist visits and field trips to introduce some of our youngest community members to the joys of nature. We love this photo of a little girl finding a worm for the first time at Woodend! Your support of ANS, along with generous funding from foundations and individuals, makes this type of outreach possible. Thank you!

Nature Backpacks

Visit our Naturalist Shop to check out a backpack that will have tools and activities you and your family can use to explore nature right here at Woodend Sanctuary. Themes include birds, insects, trees, nature art, and more. Backpacks are free for check-out in the shop but must be returned by 4:30 pm.

Adult Nature Programs

These programs offer nature novices and experienced naturalists alike an array of opportunities to explore and learn about our area's natural history. All programs are led by experienced naturalists. Lectures are held at Woodend Sanctuary. Field trips are reached by private vehicle or carpool.

Wild places are closer than you think.®

ONLINE REGISTRATION FOR ADULT PROGRAMS

- Visit www.ANShome.org/adults.
- All changes/cancellations/transfers must be handled through the EE office.
- Want to become an ANS member and get the member rate? Join at the same time you register for a program.
- Questions? Call Pam at 301-652-9188 x16 or email pam.oves@anshome.org.

Birding the Shenandoah Valley

Saturday, December 1 (9 am-4 pm)

Leaders: Joe Coleman and Laura McGranaghan

Members (ANS & LWC) \$36; nonmembers \$50

Clarke County in Virginia's Shenandoah Valley is rich with excellent birding areas. Join two seasoned birders on a daylong search for hawks, sparrows, waterfowl, and other seasonal birds in the northeastern section of the Valley. We'll meet at the Snicker's Gap Hawkwatch in the Blue Ridge Mountains on the Loudoun/Clarke County border. From here we'll move along the Shenandoah River, and visit the Virginia State Arboretum and Blandly Farm. We'll wrap up the day with a return to Snicker's Gap Hawkwatch to see what's moving overhead. All levels of birders are welcome, and we will carpool/caravan from our meeting point to the return. Our field trip is cosponsored with Loudoun Wildlife Conservancy (LWC).

Geology at Long Branch

Saturday, December 1 (1-4 pm)

Inclement weather date: Sunday, December 9

Leader: Joe Marx

Members \$26; nonmembers \$36

Arlington's Long Branch Nature Center occupies a picturesque spot overlooking a short, misnamed tributary of Four Mile Run, itself a tributary of the Potomac. We will hike a mile or so out--and a mile back--down Long Branch and Four Mile Run, returning by the same route. A variety of rock units are exposed along the trail, including an undersea landslide frozen in time, long-vanished seaside flats, and the bottommost layer of the coastal plain. To add botanical icing to our geological cake, we will traverse an old-growth upland forest and a quicker-changing floodplain forest. The paved route is entirely on level to gently-inclined park trails. *Note: Our geology hikes move faster than our usual "naturalist's shuffle".*

A Year at TR Island

D: Late Autumn Tree Walk, Wednesday, December 5 (10 am-2 pm)

Leader: Melanie Choukas-Bradley

Members \$28; nonmembers \$38

Join Melanie Choukas-Bradley, author of *A Year in Rock Creek Park* and *City of Trees*, for an exploration of Theodore Roosevelt Island, a 90-acre island in the Potomac that serves as a fitting memorial to our conservationist and naturalist 26th president—and Audubon Naturalist Society member! Our fall tree walks will take us deep into the swamp and tidal inlet along the boardwalk where willows, bald-cypresses and cattails frame views of the city behind it. Our leader will share details of the island's fascinating history during these explorations and we'll witness the ebb and flow of the Potomac tides along with the changing seasons.

Natural History of Owls

Thursday, December 6 (7-9:30 pm)

Leader: Scott Baron

Free, but registration required.

FREE

Local owl populations swell during the winter as resident species are joined by northern migrants. Looking for owls and understanding their specialized adaptations is an exciting winter activity. This illustrated slide lecture at our Woodend Sanctuary, presented by a local birder and owl enthusiast, will cover field identification techniques, basic adaptations and natural history of owls.

Do you want to read your Naturalist Quarterly online and reduce paper use and printing costs? If so, email membership@anshome.org and ask to be taken off our mailing list.

Winter Birding at Black Hill

Section A: Saturday, December 8 (8:30-11 am)

Section B: Saturday, January 5 (8:30-11 am)

Section C: Sunday, February 3 (8:30-11 am)

Section D: Saturday, March 2 (8:30-11 am)

Leader: Mark England

Each walk: members \$24; nonmembers \$34

Entire series \$87/\$123

The winter months can be an ideal time to learn more about birds and birding, and Black Hill Regional Park, in upper Montgomery County, is an ideal outdoor classroom for this study. Each walk in our series, intended for beginning to mid-level birders, will visit one or more sites in the Park in a search for waterfowl, sparrows, raptors, and other both resident and overwintering species. The Park's habitats are varied and include wetlands and Little Seneca Lake, as well as forest and field. Join us for the entire series and observe the seasonal changes in numbers and species, or just sign up for individual walks.

Winter Weeds

Friday, December 14 (10 am-2:30 pm)

Leader: Stephanie Mason

Members \$28; nonmembers \$38

Not all herbaceous plants disappear in the winter. Many persist as dried stalks and seed clusters, with a beauty to match the season. Join ANS Senior Naturalist Stephanie Mason for an indoor/outdoor introduction to winter weed and wildflower identification at our Woodend Sanctuary. We'll also investigate seed dispersal strategies and examine plant skeletons for signs of summer insect activity, such as insect galls, chrysalids, cocoons, and egg cases.

Winter Walks Along the Canal

Wednesdays (10 am-12:30 pm)

Section A: January 9 - Carderock

Section B: January 23 - Widewater

Section C: February 6 - Swain's Lock

Section D: February 20 - Violettes Lock

Section E: March 13 - Pennyfield Lock

Leader: Stephanie Mason

Each walk members \$25; nonmembers \$35

Entire series \$113/\$159

Join our Senior Naturalist for one or all of these walks along the C&O Canal as we look for over-wintering birds and other wildlife, practice winter botany skills, and enjoy the expansive views along the Potomac River that this season provides. Carpooling will be available from Woodend.

**WAITLIST
OPEN**

Introduction to the Winter Night Sky

Thursday, January 10 (7:30-9:30 pm)

Leader: Richard Orr

Members \$24; nonmembers \$34

Can you spot Orion the hunter rising up just over the treetops? This alone is a sure sign that winter has come once again to the northern hemisphere. Being able to read the sky in winter can give you a unique sense of cosmological wonder since most of the brighter stars are, in fact, winter stars. While our leader is best-known for his expertise in dragonflies, he'll share his equally strong knowledge of astronomy in an indoor/outdoor presentation at our Woodend Sanctuary. We'll be introduced to sky guideposts and the dozen or so "winter" constellations. Assuming skies are clear, we'll bundle up to head outside and look for some of these wondrous celestial sights through a telescope.

Winter Hike Series: River and Rocks

A. Saturday, January 12 (3/4 day hike) Catocin Mountain Park, MD

B. Sunday, January 27 (3/4 day hike) Riverbend Park, VA

C. Saturday, February 9 (3/4 day hike) C&O Canal, MD

Leaders: Stephanie Mason and Lisa Shannon

Each hike: members \$34; nonmembers \$48

Entire series \$92/\$130

Take on two of your New Year's resolutions at once: spend more time outdoors exploring nature AND get more exercise by signing up for one or more of our winter hikes. This season's series traverses the rocky trails of Catocin Mountain Park just as the New Year begins. We'll hike between 3.5-5 miles here, either as one long loop or as a series of shorter hikes. Our next two hikes visit the scenic bottomlands along the Potomac River. Hike B will use the Potomac Heritage Trail, which is mostly flat, but offers a small amount of rocky terrain, for a round trip hike of 3.8 miles. On our last outing, we will hike upriver on the flat C&O Canal towpath from Pennyfield Lock near Potomac, MD to Violettes Lock—and back—for a round trip total of 5 miles. On all three of these hikes, we will search for over-wintering birds and other wildlife, while practicing our winter botany skills. *Hikes may be modified depending on weather and ground conditions, which could be muddy or snow-covered. These hikes are designed to offer a natural history experience for persons who want to move farther and faster than the pace of most ANS field trips. We will stop to observe and admire nature, but will keep a pace necessary to cover the distance stated.*

ANS greatly appreciates the in-kind donations received from the following organizations:

Corcoran Caterers, Catering by Seasons, Putting on the Ritz, Ikona Photography, Occasions Caterers, Wedding Photojournalism by Rodney Bailey, and Design Cuisine.



Winter Waterfowl Prowl

Sunday, January 13 (8 am-12:30 pm)

Leader: Mike Bowen

Members \$26; nonmembers \$36

Early in the year is the best time to search for and learn to ID overwintering waterfowl in our area. Basing our search at wetlands and waterways relatively close-in to the metro area, we'll visit sites in or near the District, Northern Virginia, or Montgomery County. Our exact locations will be determined closer to the date of the field trip, based on our leader's scouting expeditions. While our focus will be waterfowl, we'll keep an eye open for all birdlife. All levels of birders welcome.

Native Plant Gardening

Winter Walk: Wednesday, January 16 (10 am-Noon)

Spring Walk: Wednesday, April 17 (10 am-Noon)

Leader: Stephanie Mason

Each walk members \$25; nonmembers \$35

Explore the Blair Native Plant Garden, located just outside the Naturalist Shop, with our Senior Naturalist who helped develop the garden and its educational focus. Find out more about the values of gardening with native plant species, including: lower maintenance; more value to native birds, butterflies and other insects, including pollinators; reduced negative impact on local ecosystems, and more. We'll discuss native alternatives to popular non-native species such as English ivy, as well as resources for broadening one's knowledge and understanding of plants native to the mid-Atlantic.

Winter in Cape May

Saturday, January 19 (9 am) to

Sunday, January 20 (4 pm)

Leader: Mark Garland

Members: \$120; nonmembers \$168

Visit the varied coastal habitats of Cape May at the heart of winter to search for wildlife during this seaside resort's quietest season. We'll start with a walk at Cape May Point State Park on Saturday morning. If it's a mild winter there can be a good variety of lingering songbirds and waterfowl in the park. In harsh winters ice forms along the beaches, harbor seals rest on the floating ice, and woodcocks feed along the roadsides. After lunch, we'll travel north to look for shorebirds and waterfowl at one or two inlets along the Atlantic Ocean coast. Big flocks of Dunlins winter here, and there are good chances to see scoters, Long-tailed Ducks, two species of loons, and other water birds. We end the day at Jakes Landing, where sometimes Short-eared Owls are seen patrolling the marsh at dusk. If it's a calm evening we may try to call a Great Horned Owl or an Eastern Screech-Owl. We will plan to spend all day Sunday around the southern tip of the Cape, taking walks at several natural areas. If the weather is bitterly cold we will mix shorter walks with warming breaks inside. *Overnight options include motels, B&Bs, and lodges in and around Cape May, which are booked by participants themselves.*

Walking the Winter Woods and Wetlands

(10 am-1 pm)

Section A. Saturday, January 19: Kenilworth Aquatic Gardens, DC

Section B. Friday, February 15: Riley's Lock, MD

Section C: Sunday, March 17: Huntley Meadows, VA

Leader: Stephanie Mason

Each walk members \$28; nonmembers \$38

Entire series \$84/\$103

Winter is often considered the *quiet* season, but there is still lots to look and listen for in the natural world despite the cold temperatures. Our Senior Naturalist will lead this series of walks to observe winter wildlife and plants, all the while discussing their strategies for winter survival. *We'll work to cover between 2-3 miles on these walks in order to counter the cold.*

New Year's Moonwalk

Saturday, January 19 (6:30-8:30 pm)

Leader: Stephanie Mason

Members \$25; nonmembers \$35

Cross your fingers for clear skies as we celebrate the New Year with a brisk walk under the light of the year's first full moon. We'll head upriver on the C&O Canal towpath from Swain's Lock, enjoying the shadows of arching sycamore trees and listening for the calls of owls and winter-active mammals. Distance covered will depend on the weather and conditions underfoot.

Winter Birding at Oaks Landfill

A: Sunday, January 20 (3-5:30 pm)

B: Sunday, February 10 (3:30-6 pm)

Leader: Mark England

Each walk members \$24; nonmembers \$32

You'll want to bundle up for these birding treks to the now-closed landfill adjacent to the Blue Mash Nature Trail, a familiar birding spot in upper Montgomery County. As afternoon fades to dusk in the open terrain here, we'll search for resident and overwintering species, including Northern Harriers and Short-eared Owls. Our leader will bring along a scope for distant bird viewing. Our visit to this area which is "closed to the public" is by special permission. *Please register for one session only to allow for greater participation.*



This ANS service offers weekly reports of sightings of rare or notable birds. Email voice@ANShome.org or visit ANShome.org/voice.

Introduction to the ID of Gulls

Thursday, January 24 (7:30-9:30 pm)

Saturday, January 26 (3/4 day field trip)

Leader: Paul Pisano

Members \$48; nonmembers \$68

Lecture only members \$24; nonmembers \$32

The variable plumages of gulls frustrate many observers, yet their behavior often allows careful and studied observation. This foray, designed for beginning and mid-level birders, will study the gulls that most commonly occur in the mid-Atlantic region. Thursday's lecture will use slides to teach subadult and adult plumages, while Saturday's field trip by carpool will take us to locations in DC and Virginia where the birds can be studied at length.

Walk Among the Giants

A. Saturday, January 26 (9 am-1 pm)

B. Saturday, April 13 (8 am-Noon)

C. Sunday, July 21 (8 am-Noon)

D. Sunday, October 27 (8 am-Noon)

Leader: Stephanie Mason

Each walk members \$28; nonmembers \$38

Entire series \$112/\$156

Walk among the giant Sycamores, Oaks, and River Birches on this seasonal series of explorations along the Potomac River just upstream of Great Falls, MD. We'll keep our eyes and ears open for all manner of wildlife, and watch the winter woods turn green, and then summer sultry before fall colors herald the coming of another winter. Our floodplain trail, connecting with the Towpath, is mostly level, but could be muddy as we walk our loop of roughly 2.5 miles.

Winter Tree ID for Birders

Saturday, February 2 (2:30-4 pm)

Leader: Stephanie Mason

Free, but registration required.

FREE

We're reprising this popular field trip to help birders learn to recognize the field marks of many common trees through binoculars. The outdoor classroom will be Scott's Run Nature Preserve near McLean, VA, where we'll ID trees in their winter aspect, all the while keeping our eyes and ears open for birds moving amongst them.

Winter Tree Identification

Friday, February 8 (10 am-2 pm)

Leader: Stephanie Mason

Members \$28; nonmembers \$38

Using the clues of buds, twigs, bark, and fruit, we'll practice identifying trees in winter in this half day workshop at our Woodend Sanctuary in Chevy Chase, MD. We'll begin inside with a look at techniques of winter tree identification and then move outside to use our new skills to identify many species of woody plants that grow on the grounds.

Wonders at Woodend: Forest Bathing through the Seasons

Wednesdays (10 am-Noon)

Section A: February 13

Section B: May 15

Section C: July 10

Section D: October 16

Leader: Melanie Choukas-Bradley

Each walk members \$26; nonmembers \$36

Entire series members \$94; nonmembers \$130

Savor the natural joys of each season on forest bathing walks led by Melanie Choukas-Bradley, a longtime ANS field trip leader and the author of *The Joy of Forest Bathing—Reconnect with Wild Places & Rejuvenate Your Life*. Discover the magic of *shinrin-yoku*, translated as "forest bathing," a nature-oriented mindfulness practice that originated in Japan and has become popular all over the world. Our leader is a Nature & Forest Therapy Guide with certification from the Association of Nature & Forest Therapy Guides and Programs of Sonoma County, California. Experience the restoration of Woodend as we explore and commune with the living things in our meadows, forest, and Blair Garden. A serving of maple sap "tea" and a sharing of nature poetry will conclude each walk.

Winter Birds of the Coast

Saturday, February 16 (9:30 am-5:30 pm)

Leaders: Cyndie Loeper and Paul Pisano

Members \$36; nonmembers \$50

Bundle up and enjoy Ocean City, MD, without the crowds while we learn to identify birds that winter in and along the mid-Atlantic coast. Here and at other locations, including Cape Henlopen and Broadkill Marsh, we'll look for loons, sea ducks, raptors, and winter songbirds. We'll hope to find, identify, and discuss the natural history of birds such as the Red-throated Loon, Harlequin Duck, Northern Gannet, and Snow Bunting. This field trip is aimed at beginning and mid-level birders, but all are welcome. Our meeting point is about a 3-hour drive from Woodend.

Presidents' Day Hike on the Canal: Swain's Lock to Pennyfield Lock

Monday, February 18 (10 am-2:30 pm)

Leader: Stephanie Mason

Members \$28; nonmembers \$38

Got the day off? Join our half-day hike on the towpath along the C&O Canal from Swain's Lock to Pennyfield Lock. On this 3.5-mile stretch along the Potomac River, we'll hike through floodplain forests and beside wetlands. We'll keep our eyes and ears open for winter birds and other wildlife, while practicing our winter plant identification skills.



Date	Time	Activity	Fee	Page	Date	Time	Activity	Fee	Page
Dec 1	8 am	Beginner Bird Walk at Woodend		31	Feb 10	3:30 pm	Winter Birding at Oaks Landfill B	Y	18
"	9 am	Weekend Walk in the Woods		13	Feb 12	10 am	Watershed Advocacy & Stewardship 101	Y	9
"	"	Birding the Shenandoah Valley	Y	16	"	7 pm	Aquatic Insect Family ID C	Y	28
"	9:30 am	Story Hike and Preschool Tour		12	Feb 13	10 am	Forest Bathing at Woodend	Y	19
"	1 pm	Geology at Long Branch	Y	16	Feb 15	10 am	Walking the Winter Woods and Wetlands B	Y	18
"	4 pm	Campfire and Craft	Y	12	Feb 16	9:30 am	Winter Birds of the Coast	Y	19
Dec 5	10 am	Late Autumn Tree Walk at TR Island	Y	16	"	4 pm	Campfire and Craft	Y	12
Dec 6	7 pm	Natural History of Owls		16	Feb 18	10 am	Presidents' Day Hike on the Canal	Y	19
Dec 8	8 am	Huntley Meadows Free Birding Trip		29	Feb 19	7 pm	Aquatic Insect Family ID D	Y	28
"	8:30 am	Winter Birding at Black Hill A	Y	17	Feb 20	10 am	Winter Walk Along the Canal D	Y	17
Dec 14	10 am	Winter Weeds	Y	17	Feb 24	8 am	Hughes Hollow Free Birding Trip		29
Dec 19	7:30 am	Woodbridge/occoquan Bay Free Birding Trip		29	Feb 26	7 pm	Aquatic Insect Family ID E	Y	28
Jan 5	8 am	Beginner Bird Walk at Woodend		31	Feb 27	7:30 am	Woodbridge/occoquan Bay Free Birding Trip		29
"	8:30 am	Winter Birding at Black Hill B	Y	17	Feb 28	7 pm	Conservation Cafe	Y	9
"	9 am	Weekend Walk in the Woods		13	Mar 2	8 am	Beginner Bird Walk at Woodend		31
Jan 9	10 am	Winter Walk Along the Canal A	Y	17	"	8:30 am	Winter Birding at Black Hill D	Y	17
Jan 10	10 am	Tales and Trails begins	Y	12	"	9 am	Weekend Walk in the Woods		13
"	7 pm	Conservation Cafe	Y	9	Mar 6	4:30 pm	Riley's Lock and Hughes Hollow Free Birding Trip		29
"	7:30 pm	Introduction to the Winter Night Sky	Y	17	Mar 7	6:30 pm	Aquatic Insect ID Review & Quiz		28
Jan 12	3/4 day	Catoctin Mountain Park hike	Y	17	Mar 9	8 am	Beginner Bird Walk at Woodend		31
"	9:30 am	Story Hike and Preschool Tour		12	"	"	Patuxent River Park Free Birding Trip		29
"	10 am	National Arboretum Free Birding Trip		29	"	9 am	Weekend Walk in the Woods		13
Jan 13	8 am	Winter Waterfowl Prowl	Y	18	"	9:30 am	Aquatic Insect ID Review & Quiz		28
"	1 pm	Community Science Summit	Y	9	"	4 pm	Campfire & Craft	Y	12
Jan 16	10 am	Native Plant Gardening	Y	18	Mar 10	8 am	Late Winter Birding Trek in Northern Virginia	Y	22
Jan 17	7 pm	Conservation Cafe	Y	9	"	1 pm	Rockin' on the Mall	Y	22
Jan 19	9 am	Winter in Cape May	Y	18	Mar 12	4:30 pm	Riley's Lock and Hughes Hollow Free Birding Trip		29

Date	Time	Activity	Fee	Page
Jan 19	10 am	Walking the Winter Woods and Wetlands A	Y	18
"	4 pm	Campfire and Craft	Y	12
"	6:30 pm	New Year's Moonwalk	Y	18
Jan 20	8 am	Piscataway Park Free Birding Trip		29
"	3 pm	Winter Birding at Oaks Landfill A	Y	18
Jan 22	7 pm	Healthy Stream Biology A	Y	28
Jan 23	10 am	Winter Walk Along the Canal B	Y	17
Jan 24	6:30 pm	Advocacy 202 workshop	Y	9
"	7:30 pm	Introduction to the ID of Gulls	Y	19
Jan 26	9 am	Walk Among the Giants	Y	19
"	"	Geology begins	Y	30
"	1 pm	Rock Identification begins	Y	30
Jan 27	3/4 day	Riverbend Park hike	Y	17
Jan 28	6:30 pm	Land-Use Principles begins	Y	30
Jan 29	7 pm	Aquatic Insect Family ID A	Y	28
Jan 30	7:30 am	Woodbridge/Occoquan Bay Free Birding Trip		29
"	7 pm	Botany for Naturalists begins	Y	30
Feb 2	8 am	Beginner Bird Walk at Woodend		31
"	9 am	Weekend Walk in the Woods		13
"	9:30 am	Story Hike and Preschool Tour		12
"	2:30 pm	Winter Tree ID for Birders		19
Feb 3	8:30 am	Winter Birding at Black Hill C	Y	17
Feb 5	7 pm	Aquatic Insect Family ID B	Y	28
Feb 6	10 am	Winter Walk Along the Canal C	Y	17
Feb 8	10 am	Winter Tree Identification	Y	19
Feb 9	3/4 day	C&O Canal hike	Y	17
"	8 am	Riley's Lock Free Birding Trip		29

Date	Time	Activity	Fee	Page
Mar 12	6:30 pm	Aquatic Insect ID Review & Quiz		28
Mar 13	10 am	Winter Walk Along the Canal E	Y	13
"	10 am	Meadow Workshop	Y	25
Mar 14	4:30 pm	Ruley's Lock and Hughes Hollow Free Birding Trip		29
"	7 pm	Warbler Warm-up	Y	22
Mar 16	8 am	Beginner Bird Walk at Woodend		31
Mar 17	10 am	Walking the Winter Woods and Wetlands C	Y	18
Mar 19	7 pm	Conservation Cafe	Y	9
Mar 21	7:30 pm	Beginning Birding	Y	22
Mar 22	6 pm	Early Spring in Cape May	Y	22
Mar 23	8 am	Beginner Bird Walk at Woodend		31
"	9 am	Urban Watershed Restoration Challenges		23
Mar 27	7:30 am	Woodbridge/Occoquan Bay Free Birding Trip		29
"	10 am	Spring Saunter Along the Canal A	Y	23
Mar 28	7 pm	Healthy Stream Biology B	Y	28
"	"	Window into the World of Fungi		23
Mar 30	8 am	Beginner Bird Walk at Woodend		31
"	9:30 am	Field Workshop at Ten Mile Creek	Y	28
"	10 am	Early Spring Wildflower Hike	Y	23
Mar 31	7 am	Spring Early Birds A	Y	23

- Special Event
- Children and Family Program
- Adult Program
- Natural History Field Studies
- Rust (VA) Activities and Events

Y = Fee-based program



Woodcock Watch

Saturday, March 9 (5:15-7:15 pm)

Leader: Stephanie Mason

Members \$25; nonmembers \$35

In his Sand County Almanac, Aldo Leopold described the mating display of the American Woodcock as a “sky dance.” Announcing its presence with nasal “peents”, the male woodcock ascends high in the sky at dusk. To the accompaniment of a constant twittering, it circles, then plummets back to earth in a series of zigzag movements, wings whistling. On this field program to a natural area in upper Montgomery County, we’ll hope to be lucky enough to catch a performance of this seasonal drama.

Late Winter Birding Trek in Northern Virginia

Sunday, March 10 (8 am-12:30 pm)

Leader: Mike Bowen

Members \$26; nonmembers \$36

With winter winding down, we’ll bundle up for one last foray to wetlands and woodlands near Alexandria, VA in search of lingering winter waterfowl, resident birds, and some of the first returning migrants. We’ll check out Roach’s Run near National Airport, before heading down and along the Potomac River for an exploration of Dyke Marsh Wildlife Preserve. Our final destination is nearby Huntley Meadows Park, where a large, protected tract of forest and marsh sits amidst residential and commercial neighborhoods.

Rockin’ on the Mall

Sunday, March 10 (1-4 pm)

Leader: Joe Marx

Members \$26; nonmembers \$36

Many structures that border the National Mall in downtown Washington proudly wear the bedrock of other localities. We will meet at the 7th & Maryland SW entrance to the L’Enfant Plaza Metro station and do a two-mile loop—flat and easy—around the eastern end of the Mall. We will discuss the type, manner of formation and place of origin of the rock in various facades, fountains and walls. Limestone, often with fossils visible, is the most common building stone on the Mall, but we will also see good examples of granite, gneiss, marble and sandstone. To prevent geologic overload, the trip leader will bring a supply of amusing historical anecdotes about the sites we visit. *Note: Our geology walks move at a faster pace than our usual “naturalists’ shuffle.”*

Support ANS — Monthly!

It’s easy! Go to ANShome.org/Donate, or contact Loree Trilling at 301-652-9188 x35 or loree.trilling@anshome.org.

Warbler Warm-up

Thursday, March 14 (7-9:30 pm)

Leader: Mike Bowen

Members: \$24; nonmembers \$34

We think it’s never too early to start brushing up on the voices and field marks of the soon-to-be arriving warblers. Even for the most seasoned birders, finding and properly IDing them as they arrive or pass through between late March-May can be a real challenge. Since we all need an annual refresher, we’ve enlisted the help of a veteran ANS field trip leader to use slides and recorded songs to help prepare us for this rich, long-awaited period of birding.

Beginning Birding

Thursday, March 21 (7:30-9:30 pm)

Saturday, March 23 (8 am-1 pm)

Leader: Mark England

Members \$46; nonmembers \$64

Lecture only members \$24; nonmembers \$34



If you’re curious about birds and bird watching but don’t know where to begin, this class is for you. No experience is required! At our evening lecture, we’ll focus on the selection of field guides, binoculars, and other resources, and we’ll discuss the basic

techniques of birding finding and identification. The goal of our field trip, which visits Black Hill and Little Bennett Regional Parks in upper Montgomery County, is to develop the ability to find, study, and identify birds in their natural environment.

Early Spring in Cape May

Friday, March 22 (6 pm) to Sunday, March 24 (4 pm)

Leader: Mark Garland

Members \$120; nonmembers \$168

Savor the first blush of spring along the Atlantic coast at Cape May, New Jersey. We’ll begin our weekend activities on Friday evening with a search for Short-eared Owls and other marsh birds at a site about 45 minutes north of Cape May. On Saturday we’ll reconvene to visit forest, field, and wetlands in Cape May to search for songbirds, waterfowl, and, if it’s a mild March, frogs, turtles, and butterflies. We will also visit coastal areas where we can scan for scoters, loons, gannets, and other birds on and along the waters of the Atlantic and Delaware Bay. Saturday evening we will watch for displaying woodcocks and listen for owls and frogs. Sunday will give us another chance for exploring this rich area. We’ll send you information on overnight options in Cape May, including motels and B&Bs.

Urban Watershed Restoration Challenges - the Foundry Branch at Glover Archbold Park

Saturday, March 23 (9 am-1 pm)

Leaders: Neal Fitzpatrick and Bill Yeaman

Free, but registration required.

FREE

The Foundry Branch begins near the Tenley Metro Station and flows south into the Potomac River, just west of Georgetown. We will look at the natural features of the stream valley park and discuss long-term stormwater impacts and needed infrastructure rehabilitation, including an old DC Water sewer line. We will walk the watershed from north to south, looking at past problems and imagining the changes needed to restore water quality - a primary objective of the Clean Water Act. Reps of the National Park Service, DC Department of the Environment, and DC Water have been invited to join us. Participants can return to Tenley on a Wisconsin Avenue Metrobus and/or make plans for lunch in Georgetown.

Spring Saunters Along the Canal

Wednesdays (10 am-12:30 pm)

Section A: March 27 - Carderock

Section B: April 10 - Widewater

Section C: April 24 - Swain's Lock

Section D: May 8 - Riley's Lock

Section E: May 22 - Violettes Lock

Leader: Stephanie Mason

Each walk members \$25; nonmembers \$35

Entire series \$113/\$158

Enjoy one or all of these leisurely walks along portions of the C&O Canal. The focus of our walks, each beginning from a different location, will be general natural history of the varied habitats along the Potomac River and the Canal. We'll proceed at a slow "naturalist's shuffle" pace as we watch spring unfold. We'll stop often to observe birds, wildflowers, butterflies, snakes, turtles, and whatever else we might find. Carpool from Woodend with the leader if you desire.

Window into the World of Fungi

Thursday, March 28 (7-9:30 pm)

Leader: Tovi Lehmann

Free, but registration required.

FREE

Rooted, yet not plants, heterotrophs, but not animals (growing in fairy rings, yet not even fairies), fungi are members of another kingdom. Mostly hidden under the surface, fungi have evolved their own solutions to life's persistent problems. Gaining the recognition for their pivotal role in shaping the living world, they now reshape fundamental perceptions of biologists. In this lecture at our Woodend Sanctuary, we will explore the natural history and ecology of our local fungal neighbors, rather than focus on the edibility of particular species of mushrooms.

Early Spring Wildflower Hike

Saturday, March 30 (10 am-2 pm)

Leader: Sujata Roy

Members \$26; nonmembers \$36

Beat the winter blues by joining this search for the earliest signs of spring wildflowers in the woods and bottomlands along the Potomac River near Carderock Recreation Area, just outside the Beltway. We'll look for the greening leaves, swelling buds, and (fingers crossed) unfolding flowers of species such as Harbinger of Spring, Early Saxifrage, Spring Beauty, and Bloodroot. Our field Studies Spring flower ID instructor leads this hike over some *uneven, rocky and likely muddy natural surface trails on a roughly 2-mile walk.*

Spring Early Birds (7-10 am)

A. Sunday, March 31 - Kenilworth Aquatic Gardens, DC (Paul Pisano)

B. Sunday, April 14 - Huntley Meadows, VA (Lisa Shannon and Rob Hilton)

C. Saturday, April 27 - Dyke Marsh, VA (Mike Bowen)

D. Saturday, May 4 - Patuxent Research Refuge, MD (Mike Bowen)

E. Sunday, May 12 - Glover Archbold, DC (Jim Nelson)

F. Saturday, May 18 - Little Bennett, MD (Mark England)

G. Sunday, May 26 - Pennyfield Lock, MD (Lisa Davenport and Len Bisson)

Each walk members \$26; nonmembers \$36

Entire series \$155; nonmembers \$215

Immerse yourself in the phenomenon of spring migration with this series of short bird walks at nearby parks. These walks are designed for beginning and intermediate birders for whom the spring pulse of bird activity can sometimes be overwhelming. On each walk, we'll search for both resident and migrant birds by song and sound. We'll discuss the arrival sequence the spring travelers, practice spotting them in the field, and attempt to learn the songs of many species. Our trips include on natural surface trails and/or boardwalks, which may be muddy, slippery and uneven.

The Magic of Early Spring Woods

Monday, April 1 (10 am-12:30 pm)

Leader: Marney Bruce

Members \$24; nonmembers \$34

No fooling: even if it's a chilly day our leader is sure to find signs of spring in the woodlands of the Goldmine Tract at Great Falls Park, MD. With the colors and forms of unfolding leaves and blooms overhead and early spring wildflowers underfoot, the morning is sure to warm the spirits, regardless of the weather. Our leader describes this exploration, most likely on the Tract's Valley Trail, as relatively easy, but it may be muddy, slippery, and/or uneven under foot.



Introduction to Wildflower ID

Thursday, April 4 (7:30-9:30 pm)

Saturday, April 6 (9:30 am-3 pm)

Leader: Stephanie Mason

Members \$48; nonmembers \$68

Lecture only members \$25; nonmembers \$35

In April, spring wildflowers in the Washington area are dazzling! We'll spend Thursday evening at Woodend discussing books, equipment, and terminology for beginning wildflower identification. On Saturday we'll travel to the Carderock area along the C&O Canal and explore several short trails between the Canal and the Potomac River. We'll practice using keys to identify wildflowers and look for Virginia bluebells, dutchman's breeches, twinleaf, toad trillium, and many other species. Expect some rocky, uneven terrain on the field trip.

Geology Hike at Soldiers Delight

Saturday, April 6 (1-4 pm)

Leader: Joe Marx

Members \$26; nonmembers \$36

The Soldiers Delight Natural Environment Area, near Owings Mill, MD, preserves one of the largest patches of igneous bedrock that was lifted from beneath the sea floor and stranded in patches amidst the continental rock of the Piedmont. Soils here are thin, dry, and nutrient-poor, producing a landscape observably different from most of the mid-Atlantic. We'll hike around 3 miles on park trails (parts will be steep and possibly muddy), studying the bedrock, soil, and plant communities. *Note: Our geology hikes move farther and at a faster pace than our usual naturalists' shuffle.*

Spring in the Parks

(8:30 am-1 pm)

A. Sunday, April 7 - Watkins Regional Park, MD

B. Sunday, April 28 - Rock Creek Park, DC

C. Saturday, May 11 - Mason Neck NWR, VA

Leader: Stephanie Mason

Members \$28; Nonmembers \$38

Entire series \$84/\$114

Join our Senior Naturalist for these broad-based nature explorations of close-by parks rich in natural history. We'll walk between 2-3 miles in a search for spring wildflowers and seasonal wildlife activity, including birds, butterflies, and amphibians. Our first destination visits rich woodland and wetland habitats near Largo, MD. On our next expedition, we'll explore the surprisingly wild urban forest and streamside trails of Rock Creek Park in the District. As the pulse of spring change slows down and the woods stand green, we'll walk the bottomlands adjacent to Belmont Bay near Occoquan, VA. All of our trips include some uphill/downhill (steepest on walks A and B) on natural surface trails, which are likely to be muddy and possibly slippery this time of year.

Budbreak and Spring Wildflower Walk on Theodore Roosevelt Island

Wednesday April 10 (10 am-2pm)

Leader: Melanie Choukas-Bradley

Members \$28; nonmembers \$38

Join the author of *A Year in Rock Creek Park*, *City of Trees* and a forthcoming book about Theodore Roosevelt Island for an early spring exploration of this 88-acre island in the Potomac. The island park serves as a fitting memorial to our 26th President, who was a naturalist, an early conservationist - and a member of the Audubon Naturalist Society! We'll witness the miracle of budbreak amongst the island's remarkable trees and enjoy the floodplain forest's lovely Virginia bluebells, spring beauties, trout lilies, and other spring ephemerals. Our walk will take us around the island on woodland trails and through the swamp and tidal inlet on an elevated boardwalk trail. Bring a picnic lunch to enjoy under the towering sycamores as we look for great blue herons, wood ducks, belted kingfishers and returning osprey.

Bluebells and Budbreak at Boundary Bridge

Saturday April 13 (9:30 am-2 pm)

Leader: Melanie Choukas-Bradley

Members \$28; nonmembers \$38

We're delighted that the author of the award-winning book, *A Year in Rock Creek Park* and the critically acclaimed, *City of Trees*, will offer her 13th year of nature walks for ANS in the country's oldest urban national park. On our walk, we will witness the annual floral miracle of Virginia bluebells, spring beauties, and trout lilies in the floodplain forest, as we admire the leaves of tulip tree and American beech begin to spill from their buds. We'll hope to catch bloodroot, wild ginger, cut-leaved toothwort and other spring ephemerals in bloom as we explore both floodplain and upland woods at a leisurely pace. Our lunch stop, high above the creek on a dramatic rock outcrop offering, will offer spectacular views. Here, we'll do a bit of "forest bathing," time permitting. Throughout, we'll keep our eyes and ears open for belted kingfishers, wood ducks, migrating songbirds, and tiny spring peepers.



Photo by Ana Ka'ahanui

Hawks Aloft at Fort Smallwood Park

Saturday, April 13 (9 am-3 pm)

Leaders: Hal Wierenga and Lynn Davidson

Members \$32; nonmembers \$44

Fort Smallwood, situated at the mouth of the Patapsco River where it empties into the Chesapeake Bay, provides one of the region's premier hawkwatching sites for spring raptor migration. If weather conditions are favorable, we can hope to see good numbers of hawks passing over the park at this season. Though the focus of the day will be watching hawks, there may also be time to look for the earliest songbird migrants, butterflies, and even wildflowers, depending on the day's weather, the number of hawks aloft, and the interest of the group.

Smitten by Frogs

Thursday, April 18 (7:30-9:30 pm)

Saturday, April 20 (7-9 pm field trip)

Leader: Richard Schubert

Members \$42; nonmembers \$58

Lecture only members \$24; nonmembers \$34

Unlike the ideal Victorian child, frogs are mostly heard and not seen. We have 20 species of these anurans in Maryland, including the recently-discovered Kauffeld's (Atlantic Coast) Leopard Frog, the first new frog discovered on the east coast in over 130 years! We will discuss visual and auditory identification of local frogs, and review their varying habits, adaptations, and preferred habitat/location, with special emphasis on Montgomery County. To complement the evening lecture at Woodend Sanctuary, there will be an early evening field trip to McKee-Beshers Wildlife management Area near Poolesville. Our leader, an ANS member who is smitten by frogs, aims for hearing or seeing at least five species.

Evening on the Canal

Friday, April 19 (6:45-8:45 pm)

Leader: Stephanie Mason

Members \$25; nonmembers \$35

Early spring evenings can be alive with wildlife as you'll discover on this stroll from Swain's Lock up the C&O Canal towpath. We'll watch for wildlife as the sun sets, and as twilight gives way to the darkness of night, we'll listen for calling frogs and hooting Barred Owls while discussing the adaptations of these and other nocturnal animals.

Do you participate in the National Capital Area CFC?

The easiest way to support ANS is to designate the **Audubon Nationalist Society 75493** in the 2015

Combined Federal Campaign under EarthShare Mid-Atlantic.



facebook.com/audubonnaturalistsociety

River Herring Return to Rock Creek

FREE

Saturday, April 20 (9 am-1 pm)

Leaders: Neal Fitzpatrick and Bill Yeaman

Free, but registration required.

Tom Horton describes the annual Rock Creek migration of river herring in Bay Country: "No finer parade, or one more unappreciated, ever swung through this capital than the quicksilver legions of *Alosa pseudoharengus*, the common river herring." On our 22nd (!) annual herring walk, we hope to view the spawning run and discuss opportunities for restoring fish migration to Rock Creek. We will visit the fish ladder at Peirce Mill, then walk south on the hiker/biker path to the National Zoo. Meet at the Cleveland Park Metro Station. The walk will end at the Woodley Park/National Zoo/Adams Morgan Station.

Spring Butterflies of Hoyle's Mill Conservation Park

Saturday, April 27 (10 am-2:30 pm)

Leader: Stephanie Mason

Members \$28; nonmembers \$38

Hoyle's Mill Conservation Park in upper Montgomery County, preserves the largest diabase bedrock habitat in Maryland, making it a rich area of both common and uncommon plants. These plants are caterpillar hosts and nectar resources for spring butterflies, such as the pipevine swallowtail and its more common cousins: falcate orangetip; olive hairstreak; Eastern comma; and several species of duskywing skippers. We'll look for these species and their associated plant communities along a mostly flat dirt/gravel road in the Park on a walk of 2-3 miles.

Save the Date!

Meadow Workshop at Woodend Sanctuary

Wednesday, March 13 (10 am-3:30 pm)

Members \$25; nonmembers \$30

Join local experts to learn about methods of creating meadow habitat at every scale, and to help plan the future of Woodend's meadows. More details will be available soon at anshome.org/adults.



Feature Photos



Photo by Doug Tallamy

Noted University of Delaware Naturalist Doug Tallamy was guest speaker at ANS on November 8. Tallamy is also the author of two bestselling books, which we sell at the Shop, including "Bringing Nature Home: How You Can Sustain Wildlife with Native Plants." He kindly shared two of his many amazing nature photos with us: (Above) The goldenrod stowaway is a moth that develops only on *Bidens aristosa* (Ditch Daisy).

(Bottom right) A bluebird brings a grasshopper to its babies. Birds cannot rear young where there are not enough insects. Credit: Tallamy

(Top right) Blue Mist Flower, which blooms late into fall and attracts a variety of butterfly and insect species. Credit: Orietta Estrada



Photo by Orietta Estrada



Photo by Doug Tallamy

Stream Science

For 25 years, ANS has been teaching the natural history of aquatic ecology and training volunteer stream monitors who track the health of our region's streams. Learn from the experts: study stream science in our introductory classes, and you just might be inspired to become a stream monitor yourself! Our advanced classes are perfect for those interested in deepening their knowledge about biological stream monitoring and are taught by our Maryland Biological Stream Survey-certified instructor Cathy Wiss. To learn more about classes or becoming a volunteer, contact cathy.wiss@anshome.org or visit anshome.org/water-quality-monitoring.

Registration & Fee Information

Registration required: register online at www.anshome.org/adults. The classes are open to anyone 10 years and older. Except for Macro ID Review & Quiz, prices for all classes are \$15 Members/\$25 Nonmembers; waivers are available for existing ANS monitors and middle and high school students earning SSL credit—email cathy.wiss@anshome.org for details.

Introduction to Stream Science Series



Classroom Session

Healthy Stream Biology

Section A: Tuesday, January 22 (7-9:30 pm)

Section B: Thursday, March 28 (7-9:30 pm)

Both Sections A & B cover the same material

Woodend Sanctuary, Chevy Chase, MD



In the classroom, we will explore how “benthic macroinvertebrates” – organisms that live in the bottom of streams – help us assess a stream’s health. We will learn how to identify these organisms to the taxonomic level of order through a PowerPoint presentation and by examining preserved specimens through a hands-on session with microscopes.

Field Workshop

Section A: Saturday, March 30 (9:30 am-12 pm)

Ten Mile Creek, Boyds, MD

In the field workshop, we will visit a healthy stream to practice monitoring techniques and to collect and identify the benthic macroinvertebrates we find.

How to Read Your Stream



Tuesday, April 2 (7-9:30 pm)

Woodend Sanctuary, Chevy Chase, MD

Learn about the influence of land uses on streams, stream character and dynamics, bank erosion, bar formation, substrate composition, different velocity-depth regimes, and the importance of riffles and riparian vegetation. We will practice assessing stream habitat by using photographs of streams and the forms that monitors fill out in the field. This class is recommended for anyone who plans to participate in the ANS water quality monitoring program and is a good refresher on habitat assessment for experienced monitors.

Advanced Series: Aquatic Insect Family ID



Woodend Sanctuary, Chevy Chase, MD (7-9:30 pm)

A: Beetles, Megaloptera & Water Bugs, Tuesday, 1/29

B: Caddisflies & Aquatic Moths, Tuesday, 2/5

C: Dragonflies, Damselflies & True Flies, Tuesday, 2/12

D: Mayflies, Tuesday, 2/19

E: Stoneflies & Review, Tuesday, 2/26

Learn how to identify aquatic insects to the taxonomic level of family through this series of five classes. Identification to family level greatly enhances our understanding of stream ecology and the power of our monitoring data. These classes are great for fly fishermen, citizen science program or team leaders, aquatic resource biologists, and anyone interested in monitoring and understanding stream health.

Aquatic Insect ID Review & Quiz

Woodend Sanctuary, Chevy Chase, MD (No fee)

Section A: Thursday, March 7 (6:30-9 pm)

Section B: Saturday, March 9 (9:30-noon)

Section C: Tuesday, March 12 (6:30-9 pm)

(Sections A, B, and C cover the same material)

Time to separate the mayflies from the stoneflies! Those who wish to be certified to identify macroinvertebrates in the field in ANS' program must demonstrate their ability annually by taking a quiz using preserved specimens. Those who do not take the quiz may still be assigned to a monitoring team to assist with data collection and other field logistics, but only those who have taken and passed the quiz will identify macroinvertebrates for data recording.

Is There BACTERIA in Rock Creek?!

For decades, ANS has been testing the waters in Rock Creek Park, but we have never had the ability to test for bacteria that might make people sick until now. As part of a consortium led by the Anacostia Riverkeeper, we are preparing to train and deploy volunteers across the District of Columbia every week next May – September to sample the water at streams and rivers, and then test it for E. coli. **Do you want to get involved?** Send an email to cleanstreams@anshome.org with your full contact information and what ward you live in if you are a D.C. resident. You'll hear from us when it's time to start training! Learn more at www.conservaionblog.anshome.org.

Free Birding Trips December-March

These free, volunteer-led walks offer birders a chance to explore new areas with other birding enthusiasts. Visit ANShome.org/Adults for complete directions, additional trips, and more information. Turn to page 16 for the list of fee-based, instructional classes and field trips for beginning to mid-level birders. **Register online at www.anshome.org/adults.**

DECEMBER

Saturday, December 8 Huntley Meadows, Fairfax County, VA

Half day. Wintering waterfowl and other winter residents, Bald Eagles a possibility. **Meet time/place:** 8 am at parking lot by the Visitor's Center. For more info, contact leader Ben Jesup at benbrep@gmail.com (12-person limit).

Wednesday, December 19 Woodbridge/Occoquan Bay NWR, VA

Half day. Songbirds, waterfowl, eagles and other raptors. **Meet time/place:** 7:30 am inside the refuge at central parking lot. For more info, contact leader Jim Waggener at 703-567-3555 (6-person limit).

JANUARY

Saturday, January 12 National Arboretum, Washington, DC

One-third day. Winter and resident songbirds, raptors. **Meet time/place:** 10 am at park entrance on R Street just east of the intersection of R Street and Bladensburg Rd, NE. Trip may be postponed if bad weather. Check with leader. For more info, contact leader Paul Pisano, 703-685-3790 or cheep@allealle.com (15-person limit).

Sunday, January 20 Piscataway Park and Hard Bargain Farm, Prince George's Co., MD

One-third day. Joint trip with SoMDAudubon. Winter waterfowl and resident birds. Varied habitat of water, woods, farm fields, and edges provides a great variety of birds. No facilities. **Meet time/place:** 8 am. See fergusonfoundation.org for directions. Meet Bill Townsend, HBF Educator Associate, at the entrance (red Chevy). No fee. For more info, contact leader Lynne Wheeler at somdaudubon@yahoo.com or text 301-751-8097. Mark Rositol will co-lead (20-person limit).

Wednesday, January 30 Woodbridge/Occoquan Bay NWR, VA

See December 19 listing for details.



Christmas Bird Counts

Visit our Free Birding Trips webpage for a full listing of local (and some not so local!) Christmas Bird Counts, including:

- Saturday, December 15 (Washington, DC)
- Sunday, December 16 (Seneca, MD & VA)
- Friday, December 28 (Central Loudoun, VA & MD)
- Sunday, December 30 (Sugarloaf, MD)



FEBRUARY

Saturday, February 9 Riley's Lock, C&O Canal, Montgomery Co., MD

Half day. Winter residents, possible raptors and wintering ducks. Leaders will have scope for a view from the bridge at Riley's. **Meet time/place:** 8 am at Riley's. For more information, contact leaders Lisa Shannon and Rob Hilton, lpshannon@gmail.com (15-person limit).

Sunday, February 24 Hughes Hollow, Montgomery Co., MD

One-third day. Mixed habitat of water, fields, and edges with good variety of wintering species—sparrows, raptors, and waterfowl. **Meet time/place:** 8 am at parking lot on Hughes Rd off River Rd. For more information, contact leader Jim Nelson, kingfishers2@verizon.net or 240-515-4517 (15-person limit).

Wednesday, February 27 Woodbridge/Occoquan Bay NWR, VA

See December 19 listing for details.

MARCH

Wednesday, March 6, Tuesday, March 12, and Thursday, March 14 Riley's Lock and Hughes Hollow, Montgomery Co., MD Informal late afternoon bird walks until dusk

Joint trip with Montgomery Bird Club. **Meet time/place:** Meet promptly at 4:30 pm at the end of Seneca Rd at Riley's Lock "on the bridge." We'll be checking out the river for waterfowl, gulls, terns, etc. Next stop will be Hughes Hollow. Highlights here include waterfowl flying into roost. We'll finish with displaying woodcock if they are in the vicinity. Bring scope and flashlight and wear "muddy conditions" footwear. For more info, call the leader Jim Green, 301-742-0036 (no limit - all are welcome!).

Saturday, March 9 Patuxent River Park, Jug Bay Natural Area, Prince George's Co., MD

Half day. Joint trip with Montgomery Bird Club. Waterfowl, Wilson's Snipe, winter and early spring songbirds. Ospreys displaying. **Meet time/place:** 8 am at parking lot by park hdqtrs. Wear muddy conditions footwear. For more info, contact the leader Clive Harris at cliveharris@yahoo.com (15-person limit).

Wednesday, March 27 Woodbridge/Occoquan Bay NWR, VA

See December 19 listing for details.

Online Registration

Register for Free Birding Trips online at www.anshome.org/adults.



Natural History Field Studies



This popular program, cosponsored by the Audubon Naturalist Society and the Graduate School USA, provides a comprehensive and stimulating view of our region's natural history and conservation issues. Taught at the college freshman level, these courses are open to anyone 18 years of age or older, professionals and amateurs alike. A Certificate of Accomplishment is awarded for completion of a required curriculum of 39 Continuing Education Credits (CEUs). Classes are offered at several locations around the DC metro area, including the Audubon Naturalist Society's Woodend Sanctuary in Chevy Chase, MD, and nature centers and other locations in Virginia, as well as the Capital Gallery in downtown DC, which is Metro accessible. For a complete list of the classes in the NHFS program, plus instructor bios, visit ANShome.org/adults.

Land-Use Principles

NATH8255E, 3 CEUs

Class night and time: Mondays, 6:30-8:45 pm

Class meetings: January 28-April 1, 2019

Field trip dates: February 9, March 2 and March 23 (all 9 am-1 pm)

Location: Woodend Sanctuary, Chevy Chase, MD

Tuition: \$365

Instructor: Katherine Nelson

Land use planning decisions made in your community affect you every day: your decision to walk, drive or bike; the placement of parks and green space; your sense of place and connection to the past. Gain a working understanding of the legal and regulatory principles as well as the political forces at work in making land use decisions. Sustainable design and smart growth propose solutions to the tradeoffs between land and people, economic development and environmental protection. This course integrates aspects of ecosystems, conservation, and human ecology to explore how you can influence our existing and future built environment to fit into the natural environment. Field trips allow you to see how the principles and practices are being applied close to home. *If minimum student enrollment is not reached by one week before the scheduled start date, the course may be canceled.*

Botany for Naturalists

NATH7125E, 1.5 CEUs

Class night and time: Wednesdays, 7-9 pm

Class meetings: January 30-February 27, 2019

Field trip dates: February 2 and 16

Location: Woodend Sanctuary, Chevy Chase, MD

Tuition: \$269

Instructor: Sujata Roy

This course will provide the nature enthusiast with a grounding in the science of plants. Green plants (and algae) provide the oxygen that supports life as we know it on earth. Learn about the internal workings of vascular and avascular plants, their life histories, special adaptations for growth and reproduction and their place in ecological cycles. Two field trips are planned to local sites of great plant diversity. Students should have a 10x hand-lens. *If minimum student enrollment is not reached by one week before the scheduled start date, the course may be canceled.*

Geology

NATH7175E 3 CEUs

Class day and time: Saturdays, 9 am-12 noon

Class meetings: January 26-March 30, 2019

Field trip dates: March 9 and March 24

Location: Capital Gallery, Washington D.C. (L'Enfant Metro)

Tuition: \$365

Instructor: Joe Marx

We may not have the Rockies in our back yard, but we have the roots of mountains that were as high as the Alps. Although local earthquakes are rare now, this area broke in two twice and oceans flowed in. Central Atlantic geology tells a story as fascinating as any place on the planet. Course lectures introduce the landscapes, subsurface structures and geologic history of our region. Two field trips emphasize the recognition of local landforms and of the geological processes that created them. ACE College Credit Recommendation Service Reviewed. *If minimum student enrollment is not reached by one week before the scheduled start date, the course may be canceled.*

Rock Identification

NATH7160E, 3 CEUs

Class day and time: Saturdays, 1-4 pm

Class meetings: January 26-March 30, 2019

Field trip dates: during every class

Location: Capital Gallery, Washington DC (L'Enfant Metro)

Tuition: \$365

Instructor: Joe Marx

The field identification of rocks requires knowing how to conduct a simple chemical test, recognize six common minerals, and distinguish about ten aspects of rock texture and appearance. In this course, we will learn these skills and then apply them systematically to identify the twenty-five or so types of rock common in the Mid-Atlantic. A hand lens or magnifying glass with a magnification of 6 to 10x is required. Each class session will include a walk outside to look at rock samples. *If minimum student enrollment is not reached by one week before the scheduled start date, the course may be canceled.*

Winter Courses January-March



Congratulations to the 2018 NHFS Certificate of Achievement awardees, who were recognized at the ANS Annual Meeting on October 18. From left to right: Rita Thompson, Tom Aurelio, Lisa Shannon, Judy Gallagher, Jennifer Cox, and Bill Browning.

Free Beginner's Bird Walks Saturdays, 8-9 am at Woodend

Have you ever wanted to learn about the birds you see regularly around Washington? Did you know that about 250 birds either pass through or make this area their home?

Join us Saturday mornings at Woodend for our Beginner Bird Walks. An excellent place to come for those just starting out or for those who want to learn more about our area's birds. From 8-9 am a volunteer leader will guide you through the important how tos: from how to use binoculars to how to identify our most prevalent resident birds.

Meet at the Audubon Naturalist Shop parking lot. Bring binoculars or use ours. Register at www.anshome.org/adults.

These gentle walks happen every Saturday morning from March through June, and September through November. Walks take place only on the first Saturday of December through February. There are no walks in July and August.

Be sure to visit the Audubon Naturalist Shop after the bird walk. The shop opens at 9 am on Saturdays and if you let the cashier know you attended that morning's bird walk they will provide you with a coupon for a discount in the shop.



This ANS service offers weekly reports of sightings of rare or notable birds. Email voice@ANShome.org or visit ANShome.org/voice.

Find details on Spring NHFS classes, starting in April, at ANShome.org/adults

The Living Soil

Mondays, Capital Gallery, DC (L'Enfant Plaza)
Instructor: Katherine Nelson

Biology for Naturalists

Tuesdays, Woodend Sanctuary, MD
Instructor: Paula Wang

Butterflies of Late Spring

Tuesdays, Woodend Sanctuary, MD
Instructor: Rick Borchelt

Introduction to Ornithology

Wednesdays, Woodend Sanctuary, MD
Instructor: Gemma Radko

Reptiles and Amphibians

Thursdays, Capital Gallery, DC (L'Enfant Plaza)
Instructor: Rachel Gauza

Rising CO2 and Global Warming

Fridays, Woodend Sanctuary, MD
Instructor: Bert Drake

Registration Info for Natural History Field Studies Classes

Experience gained on field trips is essential to these courses, so students should not register for classes when field trips overlap.

Registration may be completed:

- in person at the Grad School Registrar's Office, 8 am-7 pm, Monday-Friday
- online at graduateschool.edu
- by phone at 202-314-3300 or toll-free at 888-744-GRAD
- by FAX: 866-329-4723
- by mail: Registrar's office, Suite 120, 600 Maryland Ave. SW, Washington, DC 20024

BOOKSHOP OPEN!

Our Naturalist Shop will be open 30 minutes prior to the first night of classes at Woodend. Students can buy books and other items at a 20% discount! We usually carry textbooks for classes, but call 301-652-3606 to confirm.

Nature Travel

ANS's Nature Travel program offers our members and friends opportunities to search for wildlife and explore the wonders of nature at places outside the mid-Atlantic region. Group size is typically limited to 15 people, and many trips fill early. Call Carol Hayes at the ANS travel desk at 301-652-9188 x10 or email carol.hayes@anshome.org for complete itineraries and registration information or visit ANSHome.org/travel.

Panama: Travels to the Canopy Tower and Canopy Lodge

WAITLIST OPEN

January 30-February 7, 2019
Leaders: Terry Lawson Dunn & Carlos Bethancourt

This trip is full but call to be added to the waitlist.



Photo by Stephanie Mason

Costa Rica: A Trove of Tropical Birds—and Much More

WAITLIST OPEN

February 22-March 4, 2019
Optional extension to March 7
Leaders: Stephanie Mason & Carlos "Charlie" Gomez

This trip is full but call to be added to the waitlist.

Galapagos Islands: Darwin's Wild Classroom

June 21-30, 2019
Leaders Stephanie Mason, Michael O'Brien, Louise Zemaitis & local guides

A trip to Ecuador's Galapagos Islands is one of the world's greatest natural history excursions. ANS is happy to be collaborating once again with industry leader Victor Emmanuel Nature Tours for our 4th collaborative trip to this fascinating archipelago. The 2019 cruise itinerary will visit eight islands on board the M/V Evolution, providing a premium travel experience. An optional pre-trip visit to the Tandapaya region of mainland Ecuador and two optional post-trip extensions (one to Peru's Machu Picchu and one to Napo Wildlife Center in Ecuador's Amazonian lowlands) are also being planned. Contact carol.hayes@anshome.org or 301-652-9188 x10 for information on how to register for the trip. Prices per person will vary, depending on the size and location of individual cabins on the boat.

New Mexico: A Natural History Exploration

May 15-22, 2019
Leaders: Terry Lawson Dunn and Paul Pisano

New Mexico is known as the land of enchantment, but it's also a land of great diversity-- diverse wildlife, diverse ecosystems influenced by a huge range of elevations and past geological events, diverse cultures where Native American and Spanish influences dominate, and a history that is unlike any other. Visiting New Mexico in May means catching the birds while they are migrating and the desert blooms when they are opening! Contact Carol at carol.hayes@anshome.org or go to www.anshome.org/adult for itinerary and costs.



Photo by Terry Lawson Dunn

Oregon: Columbia River Gorge to the Scenic Coast

August 16-25, 2019
Leader: Mark Garland

Search for birds and enjoy natural history in a diverse set of habitats on our new Oregon itinerary. We'll visit the scenic Columbia River Gorge on our way to Bend, a pleasant town along the Deschutes River at the eastern foot of the Cascades. Here we'll explore the sagebrush steppe of the high desert, the riparian corridor along the river, and montane forests and meadows of the Cascade Mountains. We then head to Newport along the scenic Oregon coast, searching for birds and marine mammals. A leisurely drive north along the coast takes us back to Portland, where the trip concludes. Contact carol.hayes@anshome.org if you'd like to receive info on the trip when it's available.

Tanzania: East African Wildlands and Wildlife

Early November 2019

Leaders: Stephanie Mason and local guides



Photo by Stephanie Mason

Our Senior Naturalist can't stop talking about the sights and sounds she experienced on a wildlife safari to Tanzania late last year. From giraffes to bee-eaters, from leopards to hornbills, an amazing assortment of animals were encountered and photographed in their natural environments. Planning is nearly completed for an ANS trip to this stable East African nation with visits to the renowned Ngorongoro Crater and vast Serengeti grasslands. Contact Carol

at carol.hayes@anshome.org if you'd like to receive information on the trip when it's available.




For ANS Travels...or Your Own!



Consider travel insurance for any trip with our insurance partner Travelex. By using our code **20-6029** you will also be supporting ANS. Contact Carol at 301-652-9188 x10 for more information, or go to the Travelex website: travelexinsurance.com.


2nd NATURALLY LATINOS CONFERENCE

MARCH 27, 2019
8:30 AM - 5:00 PM
WOODEND SANCTUARY
8940 JONES MILL RD
CHEVY CHASE, MD

Learn more at
anshome.org/conferences



catering by
SEASONS 

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Thanks for Joining Us!

The 2018 ANS Annual Meeting was Bee-utiful!

On October 18, we celebrated our 121th anniversary with an electrifying keynote address about what's really killing our bees and what we can do to intervene by Dr. Samuel Ramsey, aka Dr. Buggs. Executive Director Lisa Alexander christened our nature-loving organization as "the Good Place." Honoring the wonderful people and groups that make our mission work possible took center stage on the program.

- President Scott Fosler took pleasure in recognizing and thanking four Board members who were instrumental in helping bring ANS to where we are today and who ended their service as of that night: Wendy Anderson, Jane Davenport, Tim McTaggart, and Bonnie VanDorn.
- Board Secretary Rebecca Turner presented four candidates for election to the Board: Susan Blaha, Patricia Hernandez, Gregg Petersen, and Nancy Voit. Turner and Alice Ewen were up for re-election. All candidates were voted in unanimously.
- Highlights from the year included record-breaking attendance and earnings with summer camps; national and regional conservation advocacy; working for green development in the Route 1 Corridor in Virginia; new restoration plantings and ongoing work in the Native Plant Garden and restored meadow; installation of the deer fence; embracing new voices with our Naturally Latino and Taking Nature Black conferences, and our strong communications and social media outreach dividends in memberships, renewals, and Shop revenue.
- Marcia Sward Environmental Educator Award went (in absentia) to Patricia Herr, who has been instrumental in promoting environmental literacy through her role as Elementary Science Resource Teacher for Loudoun County Public Schools (LCPS).
- That same night on another stage, our own Gregg Trilling received a *Bethesda Magazine* Green Innovation Award for developing the Creek Critters smartphone app and managing the program that's brought 10,000 users worldwide to a new kind of water quality monitoring.
- The Volunteer of the Year Award was presented to Kathy Benjamin who spent nearly 150 hours volunteering for ANS. Kathy's service transcended departments and included time spent in Conservation, Administration, Development and Restoration.
- Senior Naturalist Stephanie Mason introduced the Natural History Field Studies program, now in its 57th year and new graduates: Tom Aurelio, Bill Browning, Jennifer Cox, Judy Gallagher, Lisa Shannon, and Rita Thompson (see page 31 for picture).

Special thanks to Catering by Seasons and Ikona Photography for donating their services to the event.

Learn more about our accomplishments in the FY18 Annual Report at www.anshome.org/annual-reports/.

See the entire talk by Dr. Samuel Ramsey on our YouTube page, www.youtube.com/audubonnaturalistsociety.



Keynote speaker Samuel "Dr. Buggs" Ramsey, flanked by his parents, gave an engaging presentation on how to help pollinators.

Photo by Ben Israel



Carol Anderson, Bob Mecklenburg, ANS President Scott Fosler, and David Mecklenburg arrive at the Annual Meeting.

Photo by Ben Israel



Executive Director Lisa Alexander speaks with long-time ANS member FK Millar.

Photo by Ikona Photography

Photo by Ikona Photography



Development Director Jacky Wershable greets Gerry Schneider, former ANS Executive Director in the 1960s.



Photo by Ben Israel

ANS members Patty O'Malley and Helen Patton sell a raffle ticket to Anne Cottingham. They, along with Sue Duffy, helped ANS raise \$475 for environmental education and conservation programs.

Photo by Ikona Photography



New ANS Board Members Nancy Voit, Susan Blaha and Gregg Petersen are sworn in. Not pictured: Patricia Hernandez.



Photo by Ikona Photography

Kathy Benjamin is presented the "2018 Volunteer of the Year" award by Volunteer Coordinator Mitch Greene.

Brambles, Heat, and Hedges No Match for ANS Restoration Volunteers this Year

A new ecological trajectory of Woodend Nature Sanctuary is being set as I type. In addition to professional contractors, our volunteers are making it possible. This past year, our volunteers waded through the brambles of our meadows during deer drives, persevered with pick mattocks and shovels against hard clay soils to plant young trees, cleared thick hedges of honeysuckle in the intense July heat, and struggled to differentiate mockernut hickories from pignut hickories in their field guides.

Thanks to their generous supply of good cheer and hard labor, we completed a new deer exclusion fence and driveway grates to stem the forest degradation caused by decades of over-browsing. We undertook a massive removal of invasive shrubs, like bush honeysuckle and burning bush, to create space for the native plants that are the foundation of a healthy food web. We planted more than 200 native shrubs and trees to support the forest of the future. We installed a new raingarden along the entryway to slow and filter stormwater runoff before it leaves the property. And, finally, we started a comprehensive vegetation survey of the Woodend forest to inform management and track restoration progress into the future.

We're learning together through this ambitious restoration project and would love to have more of you on our journey! If you would like to get involved in the adventures of restoration, please visit www.anshome.org/volunteer. Thank you.



Photo by Allison Pearce



Volunteer Corner

An occasional feature that highlights ANS volunteers

by Mitch Greene, Volunteer Coordinator

This quarter's column is for the birds. Sorry, low-hanging fruit is great for dad jokes and birds alike. (I can't help myself!)

Really, though this column is about saying thank you, publicly and formally to several people. I'll start with ANS Free Bird Trip leaders. These folks are dedicated volunteers, birders all, who go out of their way to lead birding trips throughout the region. From Spring Migration to Overwintering Guests, our volunteer trip leaders are there to spot common and rare birds alike and to help others do the same. Thank you.

Next, I would like to thank Janet Bogue and Denisse Guitarra for their efforts to arrange and lead ANS's first bilingual Beginner Bird Walk. On Saturday, October 20, Denisse and Holy Brevig simultaneously led walks in Spanish and English respectively. Denisse worked with our friends at Latino Outdoors to spread the word about this opportunity. We had a wonderful walk with several beginners and first-time visitors to ANS. Fully 40% of the walk participants joined Denisse on her Spanish language walk! Thank you, Denisse, Janet, and Holly for making this first (of many to come!) bilingual walks a success. Thanks also to Albert Arevalo for helping us to spread the word.

Spotlight on Volunteer John Bjerke



This month, we'd like to shine a spotlight on a very special volunteer, John Bjerke. John has been an Audubon Naturalist Society member since 1979 when he moved into the DC region.

It's our good fortune that John was referred to ANS by someone from National Audubon! As a long-time federal employee, John knows and has embodied service in his professional career and in the many volunteer roles he has played and continues to fill at ANS. As John modestly puts it,

"After a few years of enjoying ANS programs (especially the bird walks), I felt it was time to give back. I had learned a lot and wanted to help my favorite organization. In March 1984 I began leading bird walks—my first was to Jug Bay."

Since that first trip, John has gone on to lead more than 400 programs for ANS – taking people everywhere from free bird walks around Woodend, to Bombay Hook National Wildlife Refuge to find shorebirds, and into the wilds of South Florida, South Texas, West Texas, Pacific Northwest, Yellowstone, and Newfoundland on ANS nature travel trips!

Being one of our most prolific instructors is not enough for this hard working volunteer. John has also given ANS a whopping 12 years of service as a Board member, including serving four years as Board President. But John isn't afraid to roll up his sleeves and pitch in on

any project, big or small, that supports the work of ANS. He's put in time working holiday fairs and stuffed countless ANS membership envelopes with our Monthly Mailing Group. John says,

"I always get a feeling of accomplishment when the Mailing Group puts another set of membership renewal reminders in the mail. It may seem like a small task, but it benefits the Society and helps support the infrastructure that provides us with all those wonderful moments outdoors."

John continues to serve on the ANS Programs Committee after many years as a member of our Education Committee – providing strategic guidance on our wonderful education, conservation and communications programs. He looks forward to fundraising with fellow volunteer and Executive Director Emeritus, Neal Fitzpatrick, as they once again take up their years-long tradition of counting birds for donations during the "low-carbon footprint" Bird-a-thon they invented. If you come out on a Beginner Bird Walk some Saturday morning at Woodend, you just may have the pleasure of finding John as your leader. John is someone who always enjoys being outdoors and sharing the wonders of the natural world with others. He is living proof that once you volunteer with ANS, you'll find great satisfaction in volunteering again and again. John puts it this way,

"My most memorable experience as a volunteer has been repeated hundreds of times. It is the joy that comes from spending time in nature. Feeling the worries and duties slip away and becoming open to the beauty that surrounds us. And one of the great things about being a volunteer is that you get to share that joy with a group of fellow ANS devotees."

John Bjerke is an example of a volunteer who started with ANS decades ago and has become an integral part of all that we do. The Audubon Naturalist Society is indebted to John Bjerke and a cohort of dedicated volunteers like him. Volunteers enable us to fulfill our vision of creating a larger and more diverse community of people who treasure the natural world and work to protect. Thank you!

If you want to join John on a volunteer path that is sure to bring you joy, please sign up today at anshome.org/volunteer.

Community Science Summit

Sunday, January 13 (1-4 pm)

Optional reception from 4-5 pm

Woodend Nature Sanctuary

Cost: \$10 per person

Hear ye, hear ye! Calling all ANS Community (Citizen) Scientists! Are you a Water Quality Monitor? Master Naturalist? Meadow Surveyor? Creek Critters enthusiast? Frog Watcher? Butterfly Tracker? Heck, do you have a rain gauge in your front yard? Well then you are WELCOME to ANS's first Community Science Summit!

Please join us to share your projects and learn about others'. There will be presentations, volunteer opportunities, volunteer appreciation, and opportunities to chat and network. You'll find out about the programs above, plus cool community science apps like iNaturalist and Water Reporter.

Contact eliza.cava@anshome.org with a presentation idea you'd like to share. Your \$10 registration covers refreshments and snacks. Register at anshome.org/events.

MEMORIAL AND TRIBUTE CONTRIBUTIONS

August-October 2018

IN HONOR OF:

Lena Cava
Debra Prybyla

Mark England
Thomas Blaik; Leslie & Hampton Dejarnette; Susan Hunt;
Gurujet Khalsa; Mary & Larry Kroll; Kathleen Maher;
Stephanie Mason; Don Messersmith; Martha Morris;
Pam & Chris Oves; Barbara Young

Mark Garland
Don Messersmith

Ava Oboler
Allyn and Richard Prosten

Shoshana Risman & David Manowitz
Mary Beth Saffo

IN MEMORY OF:

Cliff Adelman
Paula McMartin

Anne Conover Carson
Kristie Miller

Yoli Del Buono
Julie Beaugrand; Cynthia Falke; Linette Linder; Mary Massey;
Elizabeth Read-Connole; Elizabeth Wooster;
Lisa Zuckerman Gamshad

Paul DuMont
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Jane Johnston; Mike & Becky Latta; The Walters Family;
Jacky Wershbaile

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Rangamini Murthy

Dianne Fellman Schachner
Judith Landau

Stan Shetler
Don Messersmith

William Douglas Wade
Book Club Friends

Thomas Webb
Donna Citrin

Hugh Young
Jacky Wershbaile

IN REMEMBRANCE



With fondness and a heavy heart, Audubon Naturalist Society announces the passing of former Board member, **Michael B. Trister**, on October 28, 2018.

An avid birder, Mike was a member of ANS for more than 20 years taking on a leadership position in 2011 when he joined the Governance Committee and then joining the Board a year later. Mike

was widely respected throughout the non-profit world as a lawyer, teacher, and passionate advocate for civil rights.

At the University of Mississippi Law School in the 1960's, Mike taught and operated a legal services program for the poor for several years after which he went on to become the first Executive Director of North Mississippi Rural Legal Services where he transformed poverty law practice in Mississippi. Mike moved to Washington DC in 1970 to join an organization that became the Children's Defense Fund in 1973. He later served as Vice President and then as General Counsel for the Children's Defense Fund until his medical leave began in December 2017.

Through his own firm, Trister, Ross, Schadler & Gold, PLLC, Mike counseled progressive advocacy, labor, charitable and political organizations as well as grant-making foundations on tax, campaign finance, lobbying and general nonprofit corporate matters.

ANS certainly benefited from Mike's expertise as he guided us through an amendment of our Articles of Incorporation in 2015 and most recently provided advocacy training to our advocacy team. We are grateful to Mike for his dedication to ANS and send our heartfelt condolences to Mike's wife, Duffy, and their children and grandchildren.

QUALIFIED DISTRIBUTION FROM AN IRA*

As you consider your year-end giving, keep in mind that you can make a gift to ANS from your IRA. These gifts may help lower your adjusted gross income and count towards your Required Minimum Distribution.

All you do is instruct your IRA administrator to make a transfer from the IRA directly to Audubon Naturalist Society. Most administrators already have forms and procedures in place to make this transfer.

For more information about these gifts, go to: www.anshome.org/ways-to-give or contact Jacky Wershbaile at jacky.wershbaile@anshome.org.

*ANS does not provide tax, legal or accounting advice. You should consult your own tax advisors before engaging in any transaction.



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REGISTRATION INFORMATION

Education programs are held at Woodend, the Audubon Naturalist Society's 40-acre Headquarters, 8940 Jones Mill Road, Chevy Chase, MD 20815, unless otherwise noted. All education programs except Nature Travel have online registration. You may also register in person in the EE office Monday-Friday, 9 a.m.-4 p.m. You will be notified immediately if the program is full; otherwise, confirmation letters will be emailed 1-2 weeks before the scheduled program.


Lectures are held at our Woodend Sanctuary, and field trip transportation is by private vehicle or carpool unless otherwise noted. Most programs are limited to 16 participants and also have a minimum enrollment, so early registration is important to ensure that programs run. Unless otherwise noted, weekend adult foray program fees do not include meals or lodging.

Because our programs rely on registration fees for funding, we have adopted this policy:

- Cancellations must be made at least six working days before the beginning of the program to be eligible for a credit to your account, less a \$5 administrative fee.
- If an adult foray is cancelled by ANS due to low enrollment, you will receive a full refund. If a weather-related concern or another issue outside of ANS's control forces a cancellation, you will receive a full credit to your account.
- Nature travel programs have different cancellation policies, explained on the information sheet sent on request.

ANS is committed to addressing problems when they occur. Program participants are encouraged to bring problems or concerns of any kind directly to the staff member in charge of the program. Staff members will try to resolve the problem immediately or as soon as reasonably possible. If staff is unable to do so, they are expected to bring the problem to the attention of their immediate supervisor or member of the Senior Management Team, who will take responsibility for seeking a resolution. Program participants are welcome to bring unresolved problems or concerns to the attention of the Executive Director. The Executive Director's decision on resolution of the problem is final.

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New Year's Resolution: Help the Environment!

Here are three top ways to help sustain our planet:

1) Eat More Beans and Less Meat. Recent research tells us that a plant-based diet could cut greenhouse gases in half and the use of land by as much of 75 percent and would make one of the biggest impacts on combatting climate change. Plus, plant-based diets will inspire creativity - and weight loss - allowing you to feed two birds with one hand.

2) Use Alternatives to Plastic Produce Bags. Keep large produce, such as cabbage loose, and for smaller and more vulnerable produce, such as pears, use natural, sustainable, biodegradable, reusable, and recyclable bags. Simple Ecology sells a cotton muslin bag that we like.

3) Get Outdoors for Your Workout. Of course, we'd recommend this! Yet, truth is that more time outside is good for our minds, bodies, and spirits - even when it's cold outside. So, consider upping your outdoor workout game in the winter by an extra 30 minutes a day, for starters. Getting your workout outdoors vs indoors at a gym means you're also saving electricity.

Here's to a Happy and More Environmentally-Sustainable New Year!



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