

NEST Program 2006

Below is an overview of all activities included in NEST 2006. The list is organized by date within the five NEST categories:

- I. Stream Valley Ecology: Watersheds, Streams, Plants
- II. Stream Valley Ecology: Soil and Native and Invasive Plants
- III. Land-based exploration: walk, hike, or bike ride
- IV. Water-based exploration: kayaking, canoeing, or boating
- V. Outdoor arts: music, photography, creative writing/journaling, or meditation

I. STREAM VALLEY ECOLOGY: WATERSHEDS, STREAMS, AND PLANTS

Attend one of the sessions listed below. This is a hands-on outdoor session that will teach you about your watershed, basic stream ecology, and the difference between native and invasive plants. You will have a chance to see some stream critters. You will use a watershed model to learn how what we do on the land impacts the water. This category is optional for certified stream monitors.

March 26: 9 a.m. - noon (Cub Run Stream Valley, Chantilly)
April 1: 9 a.m. - noon (Big Rocky Run Stream Valley, Fairfax)
April 2: 9 a.m. - noon (Cub Run Stream Valley, Chantilly)
April 8: 9 a.m. - noon (Big Rocky Run, Fairfax)
April 9: 9 a.m. - noon (Cub Run Stream Valley, Chantilly)
April 9: 1 p.m. - 4 (Cub Run Stream Valley, Chantilly)
April 14: 4 p.m. - 7 (Big Rocky Run)
April 16: 9 a.m. - noon (Cub Run Stream Valley, Chantilly)
April 28: 4 p.m. - 7 (Big Rocky Run) - JUST ADDED
April 30: 2 p.m. - 5 p.m. (Big Rocky Run) - JUST ADDED
May 6: 9 a.m. - noon (Big Rocky Run, Fairfax)
May 31: 6 p.m. - 9 p.m. (Big Rocky Run, Fairfax)

RSVP for directions! Directions are in your confirmation email.

This program will be led by Joanna Cornell. RSVP to [Joanna](#)

II. STREAM VALLEY ECOLOGY: SOIL AND NATIVE AND INVASIVE PLANTS

Attend one of the sessions listed below. This is an indoor session, with a hands-on component, that will teach you about soil and plants. RSVP to **Meghan** at Meghan.fellows@fairfaxcounty.gov

April 2: 8:00 a.m. - 11:30 a.m.

Location: Fairfax County Government Center, Fairfax

April 18 6:30 - 10 p.m.

Location: Green Springs Gardens Park, Alexandria

Directions: <http://www.fairfaxcounty.gov/parks/gsgp/directions.htm>

April 29 1-4:30 p.m.

Location: Frying Pan Park, Herndon

June 2, 2006 10 a.m. - noon

Location: Herrity Building, Fairfax

III. LAND-BASED EXPLORATION (CHOOSE AT LEAST ONE)

March 25, 2006 (Saturday)

Buttermilk Creek Nature Trail Exploration

10:00 - 11:30 a.m.

Reston, Uplands Pool parking lot, 11032 Ring Road

RSVP to 703-435-6530

Raccoons and soapstone and pines, oh my! Enjoy a leisurely stroll to explore the natural and cultural history of Buttermilk Creek. We'll pass out and use the new trail guide and map. Reservations required by March 22.

Fee: \$3 RA members, \$5 non-residents

Every Monday

Bird Walk

7:00 - 9:00 a.m.

Eakin Community Park, Fairfax

More information: 703-941-1065 (This is the only program that does not require a RSVP. Call for directions.)

Discover the resident birds of the Accotink Stream Valley. Bring binoculars. Meet at Prosperity Ave. parking lot. Walks canceled in case of rain or severe weather.

March 25, 2006 (Saturday)

Riverbend Bird Strolls

8 - 10 a.m.

Riverbend Park, Great Falls

RSVP to 703-759-9018 (Riverbend Park).

Hike with a naturalist through the park's distinct habitats in search of songbirds, raptors, and others. Discover why Riverbend attracts so many different species of birds and why it is an important stopover and nesting area. Beginning birders welcome. Bring binoculars. Reservations required.

March 27, 2006 (Monday)

Birding 101 (Pt. 1 Birding Class)

10:00 a.m. - noon.

Reston

RSVP to 703-435-6530

Did you know that more people in the US participate in bird watching than any other sport? Over 63 million Americans watch birds in parks, forests and natural areas or in their own yards. If you're curious about this popular sport, join the flock to learn more. This two-part program includes an indoor class and an outdoor bird walk. Learn how to use field marks, behavior and habitat to identify the birds you see. We will also cover equipment and field guides, and share some personal reasons for pursuing this wonderful activity.

Fee: \$10 RA members, \$15 non-residents

April 1, 2006 (Saturday)

Apprentice Naturalist – Amphibians 101 (12 yrs. and up)

10 a.m. - noon

Cub Run RECenter, Chantilly

RSVP to 703-817-9407

Did you know amphibians are considered environmental indicators? Explore in depth the exciting world of amphibians, specifically our local species, during this hands-on mini-course. Meet some live animals and learn about the life cycles, habits, and habitats. Learn and practice techniques for finding and studying them. Reservations required

Fee: \$7

April 3, 2006 (Monday)

8:00 - 10:00 a.m.

Birding 101 (Pt. 2 Bird Walk)

Reston Association, 1930 Isaac Newton Sq., Reston

Pt. 2 Bird Walk- TBD

RSVP to 703-435-6530

Did you know that more people in the US participate in bird watching than any other sport? Over 63 million Americans watch birds in parks, forests and natural areas or in their own yards. If you're curious about this popular sport, join the flock to learn more. This two-part program includes an indoor class and an outdoor bird walk. Learn how to use field marks, behavior and habitat to identify the birds you see. We will also cover equipment and field guides, and share some personal reasons for pursuing this wonderful activity.

Fee: \$10 RA members, \$15 non-residents

April 8, 2006 (Saturday)

Scotts Run Wildflower Walk

9:30 -11:30 a.m.

Scotts Run Nature Preserve, McLean

RSVP to 703-759-9018 (Riverbend Park)

Spring ephemerals are blooming! Walk along the trails of Scotts Run Nature Preserve in search of spring beauty, Virginia bluebells and many more lovely wildflowers of these rich woods. Meet in the West Parking lot. Wear sturdy hiking boots or shoes. Canceled if rain. Reservations required.

April 8, 2006 (Saturday)

Spotted Salamander Spring (5 yrs. and up with adult)

1-3 p.m.

Cub Run RECenter, Chantilly

RSVP to 703-817-9407

Spring pools are teeming with salamanders. Explore the wild and special habitat of this cold weather amphibian. We will carpool to a nearby wetland site and uncover the life that teems inside. A short slide show precedes the outdoor fun. Wear boots for this hands-on wetland exploration. Reservations required.

Fee: \$7

April 9, 2006 (Sunday) - Register by April 6

Early April Bird Walk

7:30 to 10:30 a.m.

Runnymede Park, Herndon.

RSVP to 703-435-6530

Whether you are a beginner or an experienced birder, join us. Our efforts usually produce a good variety of local birds. And we always have a great time! This park adjoins Reston and has been home to nesting Yellow-crowned Night Herons in the past. These walks are jointly sponsored by Reston Association and its Environmental Advisory Committee, the Audubon Society of Northern Virginia (formerly Fairfax Audubon Society) and The Bird Feeder store. There are no fees for these volunteer led walks. Thanks to Reston Association for their assistance and to all three sponsors for publicizing these walks.

Leaders: Carol and Jay Hadlock, frequent bird walk leaders and Certified Master Naturalists with Audubon Society of Northern Virginia (formerly Fairfax Audubon).

April 15, 2006 (Saturday)

Fairy Spuds and Ramps - Edible and Medicinal Wildflowers of the Floodplain

9:30-11:30 a.m.

Riverbend Visitor Center, Great Falls

RSVP to 703-759-9018

Native wildflowers were used for food and medicine for thousands of years by Native Americans, and helped to sustain the early European Settlers. Take a walk along the riverbank and discover some of the past and present uses of Riverbend's beautiful spring ephemerals. Canceled if rain. Reservations required.

April 15, 2006 (Saturday)

Watershed bike ride

Time 10 a.m. - noon

Cub Run Stream Valley Park, Chantilly

RSVP to [Joanna](#).

Come explore the Cub Run watershed with several stream monitors and residents who know their backyard stream valley well. We will ride at a leisurely pace on mostly paved and level bike trails, stopping to discuss areas like tornado alley, eroded stream banks, restoration projects, and more. Bring your bike and wear a bike helmet.

Leaders: Kim Angeli, Blythe Merritt, Karen Stein Monroe

April 15, 2006 (Saturday)

Wildflower and Geology Walk with Eco-Stewards Alliance

10 a.m. - Noon-ish

Riverbend Park, Great Falls, VA

RSVP to [Marney](#) or 301-652-0492

Join us to see the wonderful display of Virginia bluebells at Riverbend Park on the Virginia side of the Potomac just beyond Great Falls Park. Meet our wildflower guide, Marney Bruce, on the deck of the Visitor Center at 10AM. Depending on how quickly folks assemble, we should be through a little after noon. Riverbend is a wonderful example of a Potomac River floodplain which supports a wide variety of wildflowers, birds, butterflies and other wildlife. Geologist Bob Root will explain why the mighty Potomac narrows from a flood plain to a gorge. This is a level trail, but depending on the weather it can be muddy at times; be prepared. Bring a lunch and stay for an optional walk in the afternoon down the trail next to the Potomac towards Great Falls with Jim Fremont of the Sierra Club.

April 16th, 2006 (Sunday)

Bull Run Bluebell Walk

2 p.m.

Bull Run Regional Park, Centreville

RSVP to Bull Run Regional Park at 703-631-0550

Enjoy a spectacular show of bluebells, spring beauties and other spring wildflowers along a 1 ½ mile path! Join Northern Virginia Regional Park Authority for this 30+ year tradition. All ages.

April 21, 2006 (Friday)

Geology and Wildflower Hike: Difficult Run to Riverbend Park

9 a.m. - 2 p.m.

Riverbend Visitor Center, Great Falls

RSVP to 703-759-9018

The geology and botany of the Potomac Gorge are two reasons why The Nature Conservancy named the area "one of the most significant natural areas in the eastern United States." Along this 4-mile hike look at some defining geologic features and enjoy the abundance of common and unusual spring ephemerals. Reservations and advanced payment required by 4/13. Fee: \$15

April 22, 2006 (Saturday)

Riverbend Bird Stroll

8 - 10 a.m.

Riverbend Visitor Center, Great Falls

RSVP to 703-759-9018

Hike with a naturalist through the park's distinct habitats in search of songbirds, raptors, and others. Discover why Riverbend attracts so many different species of birds and why it is an important stopover and nesting area. Beginning birders welcome. Bring binoculars. Reservations required.

April 23, 2006 (Sunday)

Explore Turkey Run - Watershed Walk

1 - 3 p.m.

Turkey Run Stream Valley Park, McLean

RSVP to [Joanna](#)

One of the healthiest streams in the McLean area, Turkey Run runs to the Potomac through a thickly wooded valley. We'll walk upstream from Turkey Run Park on the GW Parkway in search of migratory songbirds, spring wildflowers, and early butterflies. This will be a moderate walk with some rough terrain.

This watershed walk series is co-sponsored with Fairfax County Department of Public Works and Environmental Services, Northern Virginia Soil and Water Conservation District, Audubon Naturalist Society, and Northern Virginia Conservation Trust.

April 23, 2006 (Sunday) - Register by April 20

Late April Bird Walk

7:30 to 10:30 a.m.

Reston

RSVP to 703-435-6530

Location: Sunrise Valley Wetland. Park on the left (west) side of the ASG Software Solutions building on Sunrise Valley Dr. just beyond the Park and Ride.

Leader: Carolyn Williams is returning to lead another walk as she continues to work on the Northern Virginia Bird Survey which takes place annually in June.

April 27, 2006 (Thursday)

Amphibians Afoot

7:00 - 9:00 p.m.

Loudoun

RSVP to Nicole Hamilton at 540-882-4839 or nhamilton@loudounwildlife.org.

Under rocks, in the grasses, on the trees, in the water - the wild is alive with amphibians! While April showers may bring May flowers, they also bring a host of frogs, toads and salamanders. Returning from the forests to their primordial breeding pools, these amphibians are continuing a cycle of life that has gone on for thousands of years. Join us for a two-part training event to learn about these creatures and kick off our amphibian-monitoring program. On Thursday, April 27, we will begin with an introduction to the frogs, toads and salamanders of Loudoun. We will review the various species known to live here, listen to their calls, and discuss their habitats and lifecycles. Their biology and role in the forest and wetland ecosystems will be discussed, also. See April 29 for information about part 2. Although donations are appreciated to help defray the costs of launching this program, the two-day training is free.

April 28, 2006 (Friday) - Register by April 21

Birds on the Move (Adults)

9 a.m. - 5 p.m.

Riverbend Visitor Center, Great Falls

RSVP to 703-759-9018.

Spring migration is in full swing and birds are on the move. We will try to keep pace as we visit a variety of important stopover spots throughout Loudoun County, VA and Montgomery County, MD in search of songbirds, shorebirds, and raptors. Bring a snack, bag lunch and water. There will be a quick stop for lunch. Dress for the weather. Reservations and advance payment required.

Fee: \$25

April 29, 2006 (Saturday)

Amphibians Afoot

3:00 - 9:00 p.m.

Loudoun

RSVP to [Nicole Hamilton](#) at 540-882-4839

Under rocks, in the grasses, on the trees, in the water - the wild is alive with amphibians! While April showers may bring May flowers, they also bring a host of frogs, toads and salamanders. Returning from the forests to their primordial breeding pools, these amphibians are continuing a cycle of life that has gone on for thousands of years. Join us for a two-part training event to learn about these creatures and kick off our amphibian-monitoring program. See April 27 for information about part 1. On Saturday, April 29, we will spend the afternoon and early evening visiting some local breeding ponds. We will search for frogs, toads and salamanders and practice using our amphibian-monitoring protocol. Following the training, anyone interested in being a part of the amphibian-monitoring program will be invited to stay for a short discussion of next steps and our plan to begin monitoring. Although donations are appreciated to help defray the costs of launching this program, the two-day training is free.

April 29, 2006 (Saturday)

Apprentice Naturalist – Flower and Tree Identification (12 yrs. and up)

10 - 11:30 a.m.

Cub Run RECenter, Chantilly

RSVP to 703-817-9407

Are you curious about what trees you have been seeing? Would you like to learn more about how to tell one tree from another? Attend this lecture/hike to work on your identification skills. Learn about leaf, twig, fruit and bark characteristics that will help you identify the trees around you. Reservations required.

Fee: \$7

April 29, 2006 (Saturday)

Spring Wildflower Walk

1:00 - 2:00 p.m.

Walker Nature Education Center Wildflower Trail, Soapstone Dr. between Glade Dr. and Lawyers Rd, Reston

RSVP to 703-435-6530

Take a walk on the wild side - the Wildflower side, that is! Observe a variety of spring wildflowers such as Virginia bluebells, spring beauties, jack-in-the-pulpits, trillium and more. Learn identification, folklore and growing requirements. The wildflower trail is a showcase for spring ephemerals. Reservations required by April 26.

Fee: \$3 RA members, \$5 non-members

May 6, 2006 (Saturday)

Trilliums and warblers

9:00 a.m.

Thompson Wildlife Management Area (WMA) in northwestern Fauquier County

RSVP to [Joe Coleman](#) at 540-554-2542

Spring bursts forth with incredible energy and show at the Thompson Wildlife Management Area (WMA) in northwestern Fauquier County. Join Bill Cour and Mary Ann Good for a wildflower and warbler walk at this beautiful location on the eastern slopes of the Blue Ridge Mountain, near both Linden and Sky Meadows State Park. Acres of large-flowered trilliums along with a number of other wildflowers bloom in early May along the mountain trails in the Thompson WMA at the same time migrating warblers move through the area. While we will meet in one of the parking lots at the Thompson WMA, car pooling from some locations in Loudoun County will also be possible.

May 6, 2006 (Saturday)

Birds in Migration Hike

8 am to 10 am

River Center at Lockhouse 8, C&O Canal National Historical Park, Cabin John, Maryland

Join bird experts from American Bird Conservancy for a morning hike along the C&O Canal during migration season. To RSVP, contact [Heather Montgomery](#).

May 7, 2006 (Sunday)

Spring Bird Walk (Adults)

7-10 a.m.

Riverbend Visitor Center, Great Falls

RSVP to 703-759-9018

Hike with a naturalist through the park's distinct habitats in search of migrating warblers, raptors, and others. Discover why Riverbend attracts so many different species of birds and why it is an important stopover place and nesting area. Bring binoculars. Reservations required.

May 7, 2006 (Sunday)- Register by May 4

Early May Bird Walk

7:30 to 10:30 a.m.

Reston

RSVP to 703-435-6530

Location: Twin Branches Nature Trail. Please park at the Sunrise Valley Elementary School on Cross School Road (at Sunrise Valley Dr.). We will leave some cars there and carpool back to the trail head at the intersection of Twin Branches Rd. and Glade Dr. (If you're late and miss us at the school, drive around to the trail head.) Please note that the first part of the trail is steep, rocky and downhill. Wear sturdy shoes or boots.

Leader: Matt Bender. In August 2005 Matt showed us a juvenile Yellow-crowned Night Heron near the nest on this trail. If we're lucky, they may be nesting here again!

May 12, 2006 (Friday)

Bat Walk - FULL

7 p.m. - 9 p.m.

Linway Terrace Park, McLean

RSVP to [Leslie](#)

Learn about our mysterious, night-flying neighbors, the bats. We'll discuss bat natural history and conservation, learn about local species, and explore the acoustic world of these amazing nocturnal predators. Leader: Leslie Sturges, Director, Bat World NOVA and licensed Virginia wildlife rehabilitator.

NOTE: Offered exclusively for NEST participants.

May 13, 2006 (Saturday)

Explore Holmes Run - Watershed Walk

10 a.m. – noon

Annandale area

RSVP to Joanna at jcornell@gmu.edu

Join a team of naturalists and scientists as we explore the Holmes Run Stream Valley Park between Annandale Rd. and Sleepy Hollow Rd. to see how stream corridors can provide a haven for wildlife even in urbanized areas. Easy walking.

This watershed walk series is co-sponsored with Fairfax County Department of Public Works and Environmental Services, Northern Virginia Soil and Water Conservation District, Audubon Naturalist Society, and Northern Virginia Conservation Trust.

May 19, 2006 (Friday) - Register by 5/1

Geology and Wildflower Hike in the Massanutten (Adults)

8 a.m. - 3 p.m.

Riverbend Visitor Center, Great Falls

RSVP to 703-759-9018.

Stunning synclines and other geologic features await you on this 5-mile hike. Along the way we'll enjoy the mountain spring ephemerals and panoramic mountain views. Reservations and advanced payment required by 5/1.

Fee: \$25

May 20, 2006 (Saturday)

Dragonfly Survey at Riverbend Park (Adults or 8+ yrs. with an adult)

10 - 11:30 a.m.

Riverbend Visitor Center, Great Falls

RSVP to 703-759-9018.

Assist with Riverbend's on-going dragonfly survey by collecting cast skins (exoskeletons) along the Potomac River. Search for emerging dragonflies and may see some early season adult dragonflies on the wing. Canceled if rain. Reservations required.

May 20, 2006 (Saturday)

Butterflies and dragonflies at banshee

10:30 a.m.

Banshee Reeks, Loudoun County

RSVP to: [Joe Coleman](mailto:Joe.Coleman@loudoun.gov) at 540-554-2542

Join the Loudoun Wildlife Conservancy and the Friends of Banshee Reeks for one of our free butterfly and dragonfly walks. We will investigate some of Banshee's many diverse natural areas and identify all of the butterflies and dragonflies we can find. If you own binoculars, please bring them.

May 21, 2006 (Sunday)

Sunday in the Banshee Reeks preserve

2:00 p.m.

Banshee Reeks Nature Preserve, Loudoun County

RSVP to: Banshee Reeks Nature Preserve at 703-669-0316.

Join Phil Daley of the Friends of Banshee Reeks and the Loudoun Wildlife Conservancy for an informal, family walk around the preserve. Search for the many natural wonders that make this such a special place in spring.

May 21, 2006 (Sunday)

Explore Donaldson Run

1– 4 p.m.

Arlington

RSVP to [Joanna](#)

Arlington's Donaldson Run was the scene of a devastating toxic release four years ago, as described in The Washington Post magazine last November. Together with the Friends of Donaldson Run and the No. Virginia Conservation Trust, we'll see how its life is recovering, inspect a new stream restoration project, and enjoy the beautiful forested stream valley. Mostly easy walking. This watershed walk series is co-sponsored with Fairfax County Department of Public Works and Environmental Services, Northern Virginia Soil and Water Conservation District, Audubon Naturalist Society, and Northern Virginia Conservation Trust.

May 28, 2006 (Sunday)

Late May Bird Walk

7:30 to 10:30 a.m.

Reston

RSVP to 703-435-6530. Register by May 25

Location: Bright Pond and the Beaver Swamp. Park in the cul de sac at the end of Bright Pond Ln. off Reston Pkwy.

Leader: Andy Rabin (see March 19th walk).

June 4th (Sunday)

Watershed-Friendly Garden Tour (Living Lightly - Living Green Series)

1:00 p.m. to 5:00 p.m.

To get the tour booklet after May 1st, please visit www.arlingtonenvironment.org or call 703-228-6427.

Join us for the fourth-annual Watershed-Friendly Garden Tour. You will have an opportunity to visit properties in Arlington, Alexandria, Fairfax, and Falls Church that feature watershed-friendly elements such as cisterns, rain barrels, rain gardens, wildlife habitats and native species. Talk with local residents about their experience making gardens more watershed- and eco-friendly. Pick up a free resource booklet with ideas for your own yard. Tour booklet with locations available in early May. A \$5 donation is suggested.

Sponsor: Arlingtonians for a Clean Environment, Arlington County, City of Alexandria, City of Falls Church, Fairfax County.

IV. WATER-BASED EXPLORATION (CHOOSE AT LEAST ONE)

NOTE: Some of our water based programs have associated costs because of high insurance costs to run the programs. Since the "core" of the NEST program is free, we have free options available. If you don't mind paying a bit to enjoy our waters, then you have more options.

May 27, 2005 (9am - noon) June 4, 2006 (5:30 p.m. - 8:30 p.m.)

Kayak Trip on the Potomac River at Riverbend Park

Riverbend Park, McLean

Enjoy a guided trip with a naturalist on the Potomac River. More information to come.

Note: Exclusive for NEST participants and Free for NEST participants

Maximum of 10 participants at each program. Enjoy paddling on the Potomac with Fairfax County Park Authority staff. RSVP to 703-759-9018 - ask for John.

May 27, 2006 and June 17, 2006

Sunset boat cruise on Lake Accotink

7:30 p.m. (May), 8 p.m. (June)

Lake Accotink Park, Springfield

RSVP to 703-569-0285 (mention that you are part of NEST to wave fee)

Free for NEST participants

Limited to 20 participants ages 16 and older.

Admire the sunset and relax as you cruise the beautiful shoreline of Lake Accotink. You may spot a heron settling in for the night or a deer coming down to water's edge for a late drink. An interpretive history of Lake Accotink Park and the area is included in the tour. The lake is being dredged this summer - why? What could be happening in the Accotink Creek watershed so that the lake has to be dredged? Where is all that soil coming from? Beverages served on board.

Note: Participants will be taken out in a large, steady, motor-driven boat. If you are uncomfortable on water, then this is the best option for you.

Every other Saturday, starting on May 20 - October 21

Kayak Trip with the Northern Virginia Conservation Trust's Adventures in Conservation Program

Contact NVCT for more information at 703-354-5093

May 20th: Kayaking Dyke Marsh 1-4pm

June 3rd: Kayaking Pohick Bay 12-3pm

June 17th: Kayaking Belmont Bay 12-3pm

July 1st: Kayaking Dyke Marsh 12-3pm

July 15th: Kayaking Pohick Bay 9-12am

July 29th: Kayaking Belmont Bay 9-12am

RSVP to 703-354-5093

\$50

May 20th, Saturday

Northern Virginia Conservation Trust Kayaking Trip

1-4pm

Dyke Marsh, Alexandria

We'll be launching from Belle Haven Marina in Alexandria for a tour of the Dyke Marsh wetlands. A naturalist will speak about the history and ecology of the marsh, and how essential it is to migrating birds and waterfowl. This uniquely beautiful natural resource is just a few minutes south of the city of Alexandria! Heading south on the George Washington Memorial Parkway, turn left into Belle Haven Marina and park in the lots to the left. Walk down to road towards the water and bear right into the marina; we will meet at the far end next to the boat launching ramp.

Registration is required and these trips fill up fast, so please contact us soon to reserve your spot!

Cost is \$50 per person to cover our expenses, and if you would also like to make an additional donation to the Trust, it would be very much appreciated! To register or for more information, contact Whitney Bailey at 703-354-5093 or wbailey@nvct.org

April 29, May 20, 28, June 4, 2006

Morning Tours - Canoe or Kayak Ecological Tours and Paddling Adventures with the Regional Park Authority

8:00 a.m. - noon

Location: Pohick Bay (April 29, May 28), Fountainhead (May 20, June 4)

RSVP to 703-339-6104.

Get out on the water before the hustle and bustle of boaters. See eagles in the morning light as they hunt for the day. This very popular tour is with a naturalist from Potomac Overlook Regional Park. You can choose to use a two-person Mad River canoe or a single or double Perception kayak. No experience necessary.

Cost \$25 for NEST participants (mention NEST when you register to get the NEST discount rate).

May 13, June 11, 2006

Moonlight Tours - Canoe or Kayak Ecological Tours and Paddling Adventures with the Regional Park Authority

7:00 - 9:30 p.m.

Location: Pohick Bay, Lorton

RSVP to 703-339-6104.

This 2.5 hour tour will let you use all of your senses as you glide through the water. You can choose to use a two-person Mad River canoe or a single or double Perception kayak. Must be 18 years of age or older. No experience necessary.

Cost \$25 for NEST participants (mention NEST when you register to get the NEST discount rate).

June 3, 10, 2006 (Note: June 10th is the new date)

Bull Run Creek Tour - Canoe or Kayak Ecological Tours and Paddling Adventures with the Regional Park Authority

8:00 a.m. - 4 p.m.

Location: Bull Run, Clifton

RSVP to 703-339-6104.

Explore the stories and history of this scenic waterway. Hear tales of Doag Indians and Civil War skirmishes. This is a moving water adventure that starts at Rt. 28 and ends at Bull Run Marina. This small creek has a few Class I rapids and several riffles. This trip will depend on stable water levels - the trip will be cancelled if water levels are too high/low. You can choose to use a two-person Mad River canoe or a single or double Perception kayak. Must be 18 years of age or older. You must have some paddling experience.

Cost \$60 for NEST participants (mention NEST when you register to get the NEST discount rate).

May 6, 13, 27 and June 3, 10, 2006

Discover the Potomac with Potomac Paddlesports

8:45 a.m.

Pennyfield Lock, C&O Canal National Historic Park, Potomac Maryland

Register online or at 301-831-8270. Mention that you are a NEST participant to receive the discount.

Enjoy a four-hour guided trip of a serene and scenic section of the Potomac River. Our professional instructors and guides will teach you all about flatwater kayaks, how to paddle with correct technique, and will help you discover the flora and fauna of our local treasure and learn the rich history of the C & O canal. Catch a glimpse of heron, kingfisher, white-tailed deer, and painted turtles, and see and learn about the many other wild inhabitants of our river ecosystem. This four hour excursion includes a one hour "quick start" lesson for beginners and is easy paddling for the entire family! Discover The Nation's River!

Cost: \$76 (20% discount off normal price for NEST participants).

May 14 (7 PM), June 11 (7:30 PM), 2006

Full Moon/Night Sounds Paddle with Potomac Paddlesports

7 or 7:30 p.m. (see above)

Angler's Lot, C&O Canal National Historic Park, Potomac Maryland

Register online or at 301-831-8270. Mention that you are a NEST participant to receive the discount.

Enjoy a quick start beginner paddling lesson followed by a breathtaking trip on the mysterious "Widewater" section of the C&O Canal. We'll listen for evening sounds such as owls, bull frogs, and many other sounds of the night. (Please note: We have had Barred Owls reply to our calls on this trip!) This beginner friendly excursion is easy paddling and perfect for the entire family. Paddle by moonlight!

Cost: \$76 (20% discount off normal price for NEST participants).

June 10, 2006

How to Identify Erosion Control and Chesapeake Bay Act Violations

Note: This classifies as a NEST water-based program ONLY if you go tubing afterwards :)

Time: 9:00 am - 4:30 p.m.

Location: Friends of the Rappahannock, 3219 Fall Hill Avenue, Fredericksburg.

This is a **FREE** 3 hour workshop, and is limited to only 20 participants, so hurry up and claim your spot! Included in the workshop is a picnic lunch. Directly following the lunch, you may opt to join the "River Running Free" tubing trip (12:30 pm – 4:30 pm). Normal price for the tubing trip is \$15.00, but will be offered free of charge to those attending the full workshop!

What This Workshop is About:

This workshop will give citizens an overview of good and bad erosion and sediment control practices at construction sites, and will also cover other Chesapeake Bay Act violations.

Because the workshop is only three hours long, it is not intended to replace formal erosion and sediment control training, and will not qualify anyone to be able to officially inspect construction sites. However, it will enable participants to recognize major problems and will give them information on how to report these concerns to the proper authorities.

Contact: Friends of the Rappahannock at 540-373-3448 to register for the training.

V. OUTDOOR ARTS (CHOOSE AT LEAST ONE)

Nature Photography

June 8th, 2006 - **JUST ADDED!**

7 p.m. - 9 p.m.

Location: Ellanor C. Lawrence Park, Chantilly

Instructor: Megan Draheim

RSVP to [Joanna Cornell](#)

Join us as we go for a leisurely stroll through Ellanor Lawrence Park and talk about composition, basic exposure information, and learn some tips on how to take beautiful outdoor photographs. We'll be concentrating on looking at the details of outdoor life. Bring any type of camera--digital, film, manual or automatic. If you have an owner's manual for your camera, bring that along as well.

About the instructor:

Megan Draheim earned a BA in Fine Arts, with a concentration in Photography, from George Washington University. She is currently working on her PhD in environmental science and policy from George Mason University, and loves exploring the intersection of art and science.

The Outdoor Orchestra

May 20, 2006 (Raindate: May 21, 2006)

Instructor: Anne Burson

Location: Hemlock Overlook Regional Park, Clifton

Time: 4 - 6 p.m.

NOTE: Offered exclusively for NEST participants.

RSVP to [Joanna Cornell](#).

In this workshop we will develop our creativity and personal sense of connection with nature as we tune into the richness of the sounds of our natural surroundings and use them as both inspiration and source for our own musical improvisations. This workshop will stretch the traditional idea of "musical instrument," as we will be exploring the nature of different kinds of sounds, finding our own unique "instruments," and then playing along with the natural soundscape and each other. Be prepared to listen deeply. You may bring an instrument if you'd like, but it is not necessary. People of all levels of musical ability and experience are welcome!

NOTE: Offered exclusively for NEST participants.

About the instructor:

Anne Burson, an avid hiker and nature lover, finds inspiration and wholeness by being in the wilderness and loves to find interesting rhythms and timbres in the daily sounds around her. Anne studied music at UC Santa Cruz, including drums and percussion with George Marsh and Arthur Hull. A former facilitator at Hemlock Overlook, she is currently playing djembe with Tam Tam Mandingue and studying music education at Towson University.

Nature Photography with Audubon at Home - FULL!

May 28, 2006

Instructor: Kevin Monroe.

Location: Huntley Meadows Park

12:30 - 3:30 p.m.

RSVP to [Kevin](#).

NOTE: Offered exclusively for NEST participants.

Ever wondered how to sneak up on a dragonfly or convince a snake to sit still long enough to have its picture taken? Join Kevin Munroe, program Coordinator and Staff Naturalist for The Audubon Society of Northern Virginia, as we take a nature walk through Northern Virginia parkland and photograph as many different creatures as we can. To photograph animals you first have to know where to find them - Kevin will show you how even a neighborhood park is full of colorful, fascinating creatures that make amazing photo subjects. We'll turn over rocks and logs, examine wildflowers and hunt through the trees looking for spiders, caterpillars, salamanders, toads and dragonflies and learn how to take interesting pictures of these often bizarre looking animals. Total beginners and experts alike are welcome. Bring any camera you have; digital or film, \$10 disposable or \$1,000 SLR, it doesn't matter. Be prepared to explore off trail as we search for interesting subjects.

As an added bonus, Kevin will give tips on how to attract these beneficial creatures to your own yard using the principals of the Audubon at Home program. With a few native plants and a little water you can bring these animals into your property for up-close photo sessions.

About the instructor:

Kevin Munroe is the Program Coordinator and Staff Naturalist for the Audubon at Home in Northern Virginia program. Previously, he worked for twelve years as the Environmental Resource Specialist for the Reston Association where he led bird, butterfly and dragonfly field trips. He's currently working on a field guide to dragonflies of Northern Virginia, with friends Tony Robison

and Andy Rabin, which they hope to complete by 2007. Of the 70 species to be included in their guide, they've photographed 55 and hope to find the remainder this summer. Kevin's photographs can be seen in interpretive signs along the W&OD bike trail, in the new series of brochures and posters created by Fairfax County Park Authority and in Audubon Society of Northern Virginia's recent book, *The Nature of Change* – free copies of which will be available through the NEST program.

Nature Photography and Geology Hike

April 15, 2006

2-5 p.m.

Location: Great Falls Park, Virginia

Instructor: Ed Neville

RSVP to ed@edneville.com

We will walk about 5 miles on the Virginia side of the Potomac River Gorge. Along the way we will discuss the geology of the area and take pictures of the landscape and any flowers or wildlife we come upon. Photographers of all levels are welcome.

About the instructor:

Ed Neville has ten years of experience providing individuals and organizations with professional photography services, including usage rights for advertising and marketing and small group photography workshops (see www.edneville.com for more information). His work has been featured in *Blue Ridge Outdoors Magazine*, *Virginia Wildlife*, and *Virginia is for Lovers Travel Guide*. Ed has been recognized by the Potomac Conservancy for his artistic contributions to their environmental mission over the last five years and, most recently, they nominated Ed for the WETA of Greater Washington, DC, "Hometown Heroes." Ed is pursuing his degree at George Mason University in Earth Systems Sciences and is an avid hiker and kayaker.

Wildlife Photography at Huntley Meadows

April 29, 2006 **(DATE CHANGED)**

7-9 a.m.

Location: Huntley Meadows Park, Alexandria, Virginia

Instructor: Ed Neville

RSVP to ed@edneville.com

If you want to photograph egrets, herons, hawks, and many other migratory birds, then you have to get there early when the lighting is favorable. We will walk along the boardwalk and trails in search of waterfowl and discuss the challenges of wildlife photography. This area is handicap accessible. Photographers or birders of all levels are welcome.

About the instructor:

Ed Neville has ten years of experience providing individuals and organizations with professional photography services, including usage rights for advertising and marketing and small group photography workshops (see www.edneville.com for more information). His work has been featured in *Blue Ridge Outdoors Magazine*, *Virginia Wildlife*, and *Virginia is for Lovers Travel Guide*. Ed has been recognized by the Potomac Conservancy for his artistic contributions to their environmental mission over the last five years and, most recently, they nominated Ed for the WETA of Greater Washington, DC, "Hometown Heroes." Ed is pursuing his degree at George Mason University in Earth Systems Sciences and is an avid hiker and kayaker.

Art in the woods: Andy Goldsworthy methods and Philosophy

May 20, 2006 (Raindate: May 21, 2006)

Instructor: Eric Celarier

Location: Hemlock Overlook Regional Park, Clifton

Time: 1:30 - 3:30 p.m.

RSVP to [Joanna](#)

NOTE: Offered exclusively for NEST participants.

This workshop will develop participant's creativity and personal sense of connection with nature by exploring the artwork of landscape artist Andy Goldsworthy. Goldsworthy is a British artist and photographer living in Scotland who produces site specific sculpture and land art situated in natural settings. Participants will learn how Goldsworthy manipulates found materials from the land to create ephemeral works that portray his personal understanding of the physical processes of the earth. Join us while we employ Goldsworthy's techniques to create and photograph similar works. No prior experience required.

About the instructor:

Eric Celarier holds a master degree in fine arts from the University Cincinnati. He currently teaches art for Montgomery County Public Schools and Montgomery College. His personal body of work portrays the theme of biological evolution as it is affected by environment and human interaction. He has recently shown at the Takoma Park Community Center and is represented by Alvear Studio.

Soil Art

April 30, 2006

10 a.m. - noon

Riverbend Park, McLean

Instructor: Dan Schwartz

RSVP to [Dan](#) (link fixed!)

NOTE: Offered exclusively for NEST participants.

This hands-on presentation will allow participants to both learn the history of soil art and create their own artwork using local soils. From antiquity to the present, people have made use of soil as a means for artistic expression. From pottery to building construction to claymation to painting, soil has proved to be a versatile and aesthetic medium for nearly every civilization. The first half of the workshop will give participants a brief overview of the history of soil art, starting with ancient pottery and mudbrick and progressing to the current works of Janis Lang, a US Department of Agriculture employee who uses soil-based paints for her surprisingly colorful artwork. The chemical and physical explanations for why soil can be used for such varied artistic purposes will also be discussed. For the second half of the workshop, participants will create their own artwork using local Fairfax County soils. Provided with dried soil samples, brushes and paper, the participants will create their own paints and use them to make original artwork. Samples of naturally clayey soils will also be on hand to create simple pottery. No artistic talent is needed for this workshop. The only things required are interest and enthusiasm.

\$5 for supplies

About the instructor:

Dan Schwartz is a soil scientist with the Northern Virginia Soil and Water Conservation District. His primary duty is to update the aging Fairfax County Soil Survey, but he frequently speaks to school and community groups about the importance of soil. Dan does not have a background in art or art history, but is interested in the subject and would love to share his interest and knowledge with others.

Nature Exploration and Journaling

May 20, 2006 (Saturday)

(10 yrs. and up), 10-11:30 a.m.

Cub Run RECenter, RSVP to 703-817-9407.

Join us for a how-to discussion and hands-on workshop about nature journaling. Explore methods of journaling examples through history and discover their benefits to science. In honor of the Jamestown 400th Anniversary we will use Captain John Smith's journal of his Virginia explorations as an example. Reservations required. \$5

Meditation

May 4, 2006 (Thursday) and June 1, 2006 (Thursday) - **JUST ADDED**

Marie Butler Leven Preserve, McLean

6:00 - 8:00 p.m.

Instructors: Lisa and Chris Bright, Earth Sangha

RSVP to [Lisa Bright](#)

NOTE: Offered exclusively for NEST participants.

Meditation is an effort to discover who we really are. That effort can lead us to a better understanding of our relationship with other living things. The Earth Sangha, a Buddhist environmental nonprofit, was founded for the purpose of helping people achieve that understanding—and inspiring them to act on it. Please join Lisa and Chris Bright, the Earth Sangha's founders, for an introduction to meditation and a discussion of its implications for environmental work.

About the instructors and Earth Sangha:

The Earth Sangha operates an ecological restoration program to help stabilize streams, restore native plant communities, and control invasive alien plants. In 2005, they worked on about 25 parks and schoolyards in the greater Washington area. At the heart of their restoration work is their Wild Plant Nursery, where they are growing over 100 native-plant species, all from seed that they collect from local, wild populations (local ecotypes). The use of local ecotypes is a standard best practice in ecological restoration because it helps to maintain genetic diversity and local adaptation in the species planted.

The Earth Sangha was founded in 1997, by Lisa and Chris Bright, both long-time students of Zen meditation. Lisa is ordained as a Dharma teacher in the Korean Chogye Order of Zen Buddhism; Chris is an environmental analyst, formerly at the Worldwatch Institute in Washington.

Drawing from Nature - FULL

June 1, 2006 (Thursday)

6:30 p.m. - 8:30 p.m.

Fairfax County Government Center

Instructor: Tanya Amrhein

RSVP to Tanya.amrhein@fairfaxcounty.gov or 703-324-5654

This program will be limited to 15 participants, so sign up early!

NOTE: Offered exclusively for NEST participants.

No experience or talent necessary! Come spend a couple of hours discovering the small patch of woods and ponds behind the Fairfax County Government Center. Gain a new appreciation for the details in nature as you are led through a series of drawing exercises. Learn how a drawing doesn't have to be "perfect" in order to communicate to the viewer what the artist saw.

This program will be held outside and there will be some easy, brief walking. Please dress appropriately. Suggested items to bring: folding/portable chair, hard writing surface (like a

clipboard), drawing supplies and paper. Some paper and pencils and a few clipboards will be available.

About the instructor:

Tanya Amrhein is a freshwater ecologist with Fairfax County's Department of Public Works and Environmental Services, Stormwater Planning Division. Before her current position she was a naturalist at Bull Run Mountains Conservancy, where she taught programs on a wide variety of nature-related subjects. She was raised by two artistic parents and has loved drawing since she was a kid.

GRADUATION CELEBRATION

NEST GRADUATION

June 23rd, 2006

Meadowlark Gardens, Vienna

6 - 9 p.m.

Location and Directions

Meadowlark Botanical Gardens Visitor Center

9750 Meadowlark Gardens Court

Vienna, Virginia 22182

703-255-3631

Website: <http://www.nvrpa.org/meadowlark.html>

The gardens are located off of Beulah Road, between Route 7 and Route 123, south of the Dulles Access Road. To reach Meadowlark Botanical Gardens from the Beltway, take Route 7 toward Tysons Corner. Drive 3 miles west on Route 7, turn left onto Beulah Road and drive two miles to garden entrance on the right.

Food & Drinks

This is a potluck event. Please bring something to share and any utensils needed to serve your dish. I will provide plates, forks and cups (yes – I cringe at the idea that they will be throw-away). If you want to bring a reusable plate/fork/cup – great! I will provide some snacks and drinks, although you are welcome to bring additional drinks.

If having to bring something will keep you away, then feel free to bring just yourself.

Evening Program

6:00 – 7:00 Gardens and food and conversations

7:00 – 8:30 Personal Sustainability Interactive Discussion, presented by Beverly Winterscheid

8:30 – 9:00 Certificates and door prizes and concluding remarks

Feel free to arrive early to enjoy the gardens.

Thanks to the Northern Virginia Regional Park Authority for providing us with such a beautiful facility.

ENRICHING NEST

CONNECTING WITH NATURE: A GUIDED EXPLORATION OF SELF-DISCOVERY

Presented by Beverly Winterscheid, Ph.D., Institute for Nature and Leadership

An important goal of the NEST program is to give you opportunities to connect with the natural world in a variety of ways, whether as part of a group, or on your own. As part of NEST, you will have a great opportunity to do some individual, but guided exploration and reflection about the natural world and your relationship to it. At the kick-off, you will receive a packet describing the Connecting with Nature program, a guided program of six take-home activities that you can even do in your backyard that should take you no more than fifteen minutes at a time. These will be done independently. If you have any questions, please contact [Joanna](#).

Download and read/print **Connecting With Nature: A Guided Exploration of Self-Discovery**. If you prefer to pick up a printed version, it will be available at the Stream Valley Ecology I session upon request.

About Dr. Winterscheid:

Beverly Winterscheid is the founder of the Institute of Nature and Leadership, a non-profit organization that provides stakeholder involvement, education and implementation services for organizations, and promotes the sustaining effects of nature for individuals through research, writing and workshops. Her education includes a Ph.D. in Business Strategy, and post-doctoral work in ecopsychology. After a career as a business executive and college professor, she now is an independent educator, consultant and writer who enjoys sailing on the Bay and winter sports in the Rockies.

OPTIONAL PROGRAMS

There are a variety of wonderful programs happening in the region. Below is a list of program that may be of interest. These are not required for NEST participants and are not part of the core NEST program. If you do participate in any of these programs, you will be asked to note that on your survey (in June).

Invasives Management Area (IMA) Program

Learn how to adopt a half acre of Park Authority property and manage it for invasive plants. You will learn to identify and remove invasive plants, plant native plants, and coordinate volunteers at your site.

April 5, 2006. 7:30 p.m.

Fairfax County Government Center

Invasives Management Area (IMA Training - required for IMA Volunteers)

Learn about the details of becoming an IMA Leader. This program will discuss the details of IMA, including coordinating volunteers, choosing your site, and more. RSVP to the **Danielle**, the IMA coordinator.

April 25 10:00 a.m. - noon Huntley Meadows

April 26 6:45 - 8:45 p.m. Cub Run RECenter

Living Lightly – Living Green

An education and workshop series on earth-friendly living, building, and getting around in Northern Virginia. Want to make your home healthier and less polluting? Cut your energy bills in half? Learn about natural building techniques and the latest news on fuel- efficient cars? Northern Virginia's local governments, the Northern Virginia Regional Park Authority, Virginia Sustainable Building Network, Virginia Cooperative Extension, and Arlingtonians for a Clean Environment invite you to attend the Living Lightly-Living Green series this spring. You'll gain fresh ideas—both big and small—for reducing environmental impact on the planet and creating a healthier environment for yourself and your family.

Programs are included in the land-exploration options above and optional programs and are marked as the Living Lightly - Living Green series. For information about entire program: (link coming soon).

Deconstruction: A Very Constructive Conservation Practice

(Living Lightly - Living Green Series)

Saturday, March 25th 2:00 pm to 3:30 pm

Spend the afternoon learning about the ways in which we can take recycling and re-use to the next level. Paul Hughes, president of Deconstruction Services, will demonstrate how recycling is not limited to just bottles and soda cans—recycling now encompasses entire buildings! To prove the point, we will discuss plans to “deconstruct” the park’s comfort station.

Location: Potomac Overlook Regional Park

Free. Limited to 30 participants. Reservations required. To RSVP and for directions call 703-528-5406.

Sponsor: Potomac Overlook

Green Roofs (Living Lightly - Living Green Series)

Sunday, April 23rd 2:00 pm to 3:30 pm

Join us for a fun and informative talk and demonstration about the conservation practice at the top of everyone’s minds—green roofs! Nancy Striniste, landscape designer and green roof owner, and green roof expert Greg Long will share their experience with green roofs in Arlington and other places around the world. The case study of Ms. Striniste’s green roof will provide home and business owners with practical information and guidance for exploring possibilities for their own projects.

Location: Potomac Overlook Regional Park

Free. Limited to 30 participants. Reservations required. To RSVP and for directions call 703-528-5406.

Sponsor: Potomac Overlook

Demonstrating Innovation Tour (Living Lightly - Living Green Series)

Saturday, April 29th 10:00 am to 12:00 noon

Join us for a tour of a rain garden, green roof, and permeable parking lot at Fairfax County’s Providence District Government Building. Local experts will lead a guided tour of these three innovative “Low Impact Development” (LID) projects which collect rain for the purpose of reducing stormwater runoff and protect local sources of drinking water. Find out how the innovative techniques used at the Providence building can be used in your own projects and around your home.

Location: Providence District Government Building

8739 Lee Highway, Fairfax

Free. No reservations required. For more information contact 703-324-5821 or SWPDMail@fairfaxcounty.gov.

Sponsor: Fairfax County

Renewable Energy and Energy Efficiency in Your Home

(Living Lightly - Living Green Series)

Tuesday, May 16th 7:00 pm to 9:00 pm

Join local experts to learn how you can make your home the most energy efficient and comfortable it can be! This presentation will cover both simple, inexpensive methods as well as “cutting edge” technologies such as solar and wind energy.

Location: Arlington Central Library

1015 N. Quincy Street, Arlington

Free. No reservations required. For more information call 703-528-5406.

Sponsor: Potomac Overlook

"Climate Change: What You Can Do to Turn Down the Heat"

George Mason University Earth Day Events - open to the public

April 19th (Wednesday)

Renowned environmental author Bill McKibben will speak at George Mason University, Fairfax Campus for Earth Day 2006

10:30-12noon: "The Environment as a Moral Issue: How Big Should People Be?"

Location : SUB II Ballroom, GMU Fairfax Campus

7-10pm: Keynote Address: "Deep Economy: A Slightly Hopeful Version of What Might Come Next"

Location: SUB II Ballroom, GMU Fairfax Campus

For more info, contact Susie Crate scratel@gmu.edu or Dave Kuebrich dkuebric@gmu.edu

Strawbale Shed Construction Workshop

(Living Lightly - Living Green Series)

Saturday, May 20th 9:00 am to 5:00 pm

Participate in an old-fashioned, yet new-fangled "shed-raising" using just strawbales and wood beams! The sturdy shed will be topped with a vegetated green roof. Volunteers will use natural materials and simple construction techniques to build a sturdy shed. Volunteers will also learn about "green" roof technology and will help plant the living roof. This simple time-honored construction method can also be applied to home additions, garages, and playhouses.

Location: 1305 N. Jackson Street, Arlington
(behind the Clarendon Presbyterian Church)

Free. Limited to 10 participants. For Arlington residents. Adults only. Lunch and drinks provided. RSVP to 703-228-3599 by May 10th.

Sponsors: Arlington County and Clarendon Child Care Center

Native Tree and Shrub Planting (Living Lightly - Living Green Series)

Saturday, May 27th 10:00 am – 11:30 am

Come learn how to plant native trees and shrubs along stream banks for the purpose of protecting streams and property while providing habitat for wildlife. If you live near a stream or love trees, don't miss this opportunity to see local plant gurus demonstrate and explain the what, why, and where of ecologically-sensitive planting projects and the creative use of native trees and shrubs. You'll receive a free Citizen's Guide to Tree Planting and learn how to organize a tree planting event in your neighborhood.

Location: Lake Fairfax Park; 1400 Lake Fairfax Dr.; Reston, VA 201

Free. No reservations required. For more information contact 703-324-5821 or SWPDmail@fairfaxcounty.gov.

Sponsor: Fairfax County

Energy and Transportation (Living Lightly - Living Green Series)

Saturday, June 3rd 2:00 pm to 3:30 pm

This program will focus on the ways in which we use energy in the United States. You will be invited to consider and discuss different sources of energy and their benefits and drawbacks with guest experts as we look into the 21st century and beyond. As fossil fuels begin to wane, what renewables will take their place? An exploration of the future of the automobile will round out the program. The program includes a slideshow and hands-on energy demonstrations.

Location: Potomac Overlook Regional Park

Free. Limited to 40 participants. Reservations required. To RSVP and for directions call 703-528-5406.

Sponsor: Potomac Overlook

Natural Materials Playhouse Construction

(Living Lightly - Living Green Series)

Learn how to build a sturdy playhouse using mud, sand, and straw. Called "cob" construction, this technique uses well-mixed mud that is applied to the foundation in continuing layers. Each layer must dry so that it can support the next layer (thus, the project is spread over several weeks). When dry, the walls are very hard and provide sufficient load bearing capacity for the roof. The low-impact environmentally friendly construction technique involves mixing mud with your feet and building up the walls. Cob construction can be used for sheds, playhouses, and homes! Join us for some good muddy fun—a perfect activity for families looking to spend a few hours outdoors! You can attend as many of the workshops as you like. For Arlington residents.

Location: 1305 N. Jackson Street, Arlington
(behind the Clarendon Presbyterian Church)

Free. RSVP to 703-228-3599.

Sponsors: Arlington County Government and Clarendon Child Care Center

River-friendly Living

Attend a workshop about the tips included in the Good Neighbor Handbook. The Potomac Conservancy, in partnership with The Nature Conservancy's Maryland/DC chapter, presents the Good Neighbor Handbook: Tips and Tools for River-Friendly Living in the Middle Potomac Region. Designed to help landowners build on their desire to explore and better understand their land, this book is filled with simple practices individuals can adopt to ensure a healthier and more natural Potomac River.

To download a free copy or for more information.

Post NEST (not part of dissertation): OPTIONAL PROGRAMS

Low and High Ropes Adventure at Adventure Links

June 24, 2006

10 a.m. - 3:30 p.m.

Information about Adventure Links: <http://www.adventurelinks.net>

Calling all NEST participants! Just because you're "grown up" doesn't mean you can't still play like a kid. Here are two opportunities to play outside, engage in a dynamic team process and learn more about yourself and others in this program. Adventure Links is sponsoring an exclusive Low and High Ropes event at a special discounted price for those involved in the NEST program. Spend the day in the Blue Ridge Mountains above Paris, Virginia experiencing team problem solving initiatives that foster laughter, trust, intriguing dialogue and camaraderie amongst the team. Team initiatives consist of solving physical and mental "puzzles" while experientially discovering your leadership and participatory style within a group. Also integrated into the day is the High Ropes Course which creates an atmosphere of mutual support and exciting challenges. Adventure Links employs the "Challenge by Choice" philosophy in which each participant is responsible and respected in their ability to set their challenge and chose their path.

Course Times: 10am-3:30pm

Cost: \$45/person (bring a check with you to the program)

Please wear comfortable, weather appropriate clothing and shoes that tie (no sandals). Bring a lunch, snacks and water with you for the day.

To sign up:

Email Joanna at jcornell@gmu.edu

Summer Solstice Walk

Take a break out of your hectic week, honor the summer solstice, and join CHEARS and the Institute for Nature and Leadership for the 3rd in our series of Mindful Walks this Wednesday, June 21st from 7 - 8:30 pm!

This walk's topic will be "The Trail as Life's Metaphor" and will be held at Rock Creek Park, meeting just off of Beach Drive near the MD/DC line.

Come join our guide, Beverly Winterscheid Ph.D., to reflect upon the year's longest day, the trail, and your life.

We begin the hike with a short group dialogue setting the frame for the evening, then set off in silence to experience what nature has in store for us. We'll conclude with a brief sharing of our discoveries. See you there!

Registration deadline is Tuesday, June 20th by noon. Contact 703-795-7302 or go to www.natureleadership.org to register and get directions to meeting place. Cost is \$6.

For information about the Chesapeake Education, Arts and Research Society (CHEARS), go to www.chears.org

Yorktown Gardens Project - Green Roof, Rain Garden, and Native Habitat

June 4th, 2006

Time TBD

Join Jeanette Steward for a tour of her condo association where she was the driving force to put on a green roof (yes on a condo building), put in a rain garden and a natives garden. Come be inspired about what you could do in your townhome or condo neighborhood. This tour is sponsored by Lands and Waters. (You may enjoy the Power Point presentation about these projects that will be presented on May 30 or 31st).

Volunteer Wildlife Mapping Program

June 10, 2006

(Adults), noon-5 p.m., Ellanor C. Lawrence Park, 703-631-0013. Become a valuable resource to Virginia Wildlife. This state-sponsored program introduces you to wildlife mapping and the skills you need to participate in this important citizen science program that monitors the range and occurrence of a variety of animals in the Commonwealth. Reservation Required. \$25 materials fee payable to the state program. See their website for details:
<http://www.dgif.state.va.us/wildlifemapping/index.cfm>

Workshop: Uncovering Our Roots in Nature: Discovering Your Ecological Identity

Fall, 2006

6:30 - 10:00 p.m.

Led by Dr. Beverly Winterscheid, founder of the Institute of Nature and Leadership.

\$25

What is the concept of ecological identity? How can you determine your own? How can you use this knowledge to enrich your life and the lives of those you care about? An experiential workshop conducted by Dr. Beverly Winterscheid, Institute of Nature and Leadership.

RSVP to jcornell@gmu.edu

National Wildlife Federation's Green Building Tour and Programs

June 10, 2006

10 a.m.

Reston

Come on a tour of the National Wildlife Federation's Green Building in Reston and then learn about their stewardship programs. You will learn how to certify your yard as a wildlife habitat. Come learn about the project and how you can certify your yard by providing food, water, shelter, and places for wildlife to raise their young. RSVP to Melinda Hughes at hughes@nwf.org.

June 25, 2006

Horseback Riding in Clifton - another view of your NEST

3-5 p.m.

Location: Scattered Acres School of Horsemanship. 13009 Evans Ford Ct. Clifton, Va.

Instructor: Autumn Rae

RSVP to scattered_acres@yahoo.com

\$55

6 person limit

Located in the beautiful woods adjoining Hemlock Overlook Park, this class will serve as an introduction to working with horses. Participants will become familiar with the language of horses and began to understand the signs and reciprocal gestures needed to communicate. Participants will also learn basic skills in tacking a horse up and riding. In interest of everyone's safety and comfort (including the horse's) this is not a guided trail ride or opportunity to rent a horse. Participants who are interested in furthering their abilities and skills with horses can sign up for more classes and will then have the opportunity to explore the fields and forests on horseback.

Creating Backyard Habitats: National Wildlife Federation's Backyard and Community Wildlife Habitat Certification Programs

June 11, 2006

3:00 p.m. at Hidden Oaks Nature Center, 7701 Royce Street, Annandale:

<http://www.fairfaxcounty.gov/parks/nature.htm>.

Scott Bidwell, President of Friends of Hidden Oaks Nature Center, will discuss: the NWF's Backyard Habitat Program, demonstrate how local homeowners, businesses, and others can create a thriving ecosystem on their properties while protecting the stream valleys and Chesapeake Bay, and the efforts to certify Mason District as a Community Wildlife Habitat. After the program we will also tour a nearby stream valley property certified as a wildlife habitat. For more information and to RSVP contact Scott at sbirdwell@cox.net or Hidden Oaks Nature Center at 703-941-1065.

Click here to download flier with additional information - goal is to have 1000 certified backyard habitats - YOU CAN HELP!

Introduction to Mountain Biking

June 17, 2006

Location: For Love of Children Outdoor Education Center, Harpers Ferry WVA

Learn the basics of ethics, techniques, and maintenance of off-road cycling. Then participate in a group ride on the Center's trails. (Limited to 16 participants and a request to help cover costs of bike maintenance we ask for a \$10.00 tax deductible donation.)

Note: This center is beautiful and my friend is the director and other friends work there. Although the main focus of programs is on high-risk inner city youth, they do have adult programs and a beautiful facility and grounds. For more information or to RSVP contact Kevin Hughes. More information about FLOC visit: www.flocoutdoors.org

Dendroecology on the Neck

June 17 , 2006 (Saturday)

9:00 a.m. - noon

Mason Neck National Wildlife Refuge

RSVP to Steve Paull (stevepaull@yahoo.com)

What is dendroecology? In a few words, it is the study of tree rings to learn about ecological processes. Come out to Mason Neck to find out what the rings can tell us, and how ecologists are using this information to learn more about our forests. We will also devote time to tree identification as we walk the refuge. Reservations required. Limit of 5 people.

Potomac Bio-Blitz

June 23-25, 2006

More information: <http://fwie.fw.vt.edu/vnhs/bioblitz.htm>

The Potomac Gorge BioBlitz will be held along the Potomac Gorge, the fifteen-mile river corridor from Great Falls to Georgetown, including portions of Virginia, Maryland, and Washington D.C.

Despite its location in the D.C. metro region, the Potomac Gorge is one of the biologically rich natural areas in the eastern United States, providing habitat to more than 200 recorded rare species and natural communities. We are currently recruiting taxonomic group team leaders who will be essential to making the 2006 Potomac Gorge BioBlitz a success.

The BioBlitz is an extension of the Virginia BioBlitz and is a joint venture between the National Park Service and The Nature Conservancy and is designed to survey poorly known groups of organisms on NPS lands along the Potomac River in Virginia, Maryland, and the District of Columbia. Survey sites include Great Falls National Park, Turkey Run Park, and the Chesapeake & Ohio Canal National Historical Park. The base camp for the event will be located in the heart of the Gorge at historic Glen Echo Park in Glen Echo, Maryland, where survey teams will be able to spend Friday and Saturday nights and set up specimen preparation and identification labs. Meals (Friday dinner through Sunday lunch) will be provided to all participants.

Visit the website to register

Team Development Course and Zipwire and Team Invasives Removal

July 15, 2006

9:30 - 2:00 p.m.

Location: Hemlock Overlook Center for Outdoor Education, Clifton

Limited to 30 participants for TDC/zipwire

Free for NEST participants.

Get to know other NEST participants while experiencing a Ropes Challenge Course. We will have 2 teams of up to 15 participants on each team. You will work through a series of activities and challenges that take you out of your everyday setting and into an environment of unknown outcomes and often surprising results. After lunch (provided by Hemlock Overlook), you will help Hemlock tackle their invasive plants challenge by working on removing Autumn Olive from a site as a team.

9:30-12:30 Team Development Course

12:30-1:00 Lunch

1:00-2:00pm Invasive species removal

To read more about the ropes course and to see photos and to find out more about Hemlock's programs, visit their Website.

If you are interested in participating, RSVP to Joanna. You can sign up online (directions were provided in Update #7). Or if you can't figure that out or get into the website, then RSVP to **Joanna**. Since more than 30 people will be interested in this program, participants will be chosen randomly

out of those who register. (We'll use computer generated random numbers - yes, very scientific). You'll know if you have been chosen by June 10th. If there is lots of interest in this program, then we can do more team development courses - with a fee. Joanna will suggest some additional options if we have lots of interest in this!

Edible and Medicinal Plant Hike

July 22, 2006

Location: For Love of Children Outdoor Education Center, Harpers Ferry WVA

Take a guided hike on our trails and learn to identify edible and medicinal plants native to our area. Note: This center is beautiful and my friend is the director and other friends work there. Although the main focus of programs is on high-risk inner city youth, they do have adult programs and a beautiful facility and grounds.

For more information or to RSVP contact Kevin Hughes. More information about FLOC visit: www.flocoutdoors.org

Go Bats!

Friday, July 21; 8--9 pm.

Delve deep into the night world of bats in this special adult session. Using a high-tech sound recording and analysis system, we'll look at the acoustics of bat calls and contemplate the physics of flight. Registration required.

Ages 14 & Up; \$5/person

Location: Locust Grove Nature Center

7777 Democracy Blvd, Bethesda, MD 20817

Register at www.ParkPass.org or call 301-299-1990

Total Team Challenge and Team Invasives Removal

July 29, 2006

1:00-6:00 p.m.

Location: Hemlock Overlook Center for Outdoor Education, Clifton

Limited to 30 participants for total team challenge

Everyone welcome for team invasives removal (arrive at 12:30)

Free for NEST participants.

Get to know other NEST participants while challenging yourself on the high ropes course. After lunch (provided by Hemlock Overlook), you will help Hemlock tackle their invasive plants challenge by working on removing Autumn Olive from a site as a team.

To read more about the total team challenge and to see photos and to find out more about Hemlock's programs, visit their Website. You can read a Washington Post article about the event.

You can sign up online (directions were provided in Update #7).

1:00 - 1:30pm Lunch

1:30-3:00pm Large group initiatives

3:00-3:30pm Prep for TTCI

3:30-5:00pm TTCI

5:00-6:00pm Invasive species removal

If you are interested in participating, RSVP to Joanna. Since more than 30 people will be interested in this program, participants will be chosen randomly out of those who register. (We'll use computer generated random numbers - yes, very scientific). You'll know if you have been chosen by June 10th.

If there is lots of interest in this program, then we can do more team development courses - with a fee. Joanna will suggest some additional options if we have lots of interest in this!

Orienteering and Team Invasives Removal

August 12, 2006

9 a.m. - 2:00 p.m.

Location: Hemlock Overlook Center for Outdoor Education, Clifton

Limited to 30 participants for orienteering

Everyone welcome for team invasives removal (arrive at 12:30)

Free for NEST participants.

Get to know other NEST participants while learning orienteering skills. After lunch (provided by Hemlock Overlook), you will help Hemlock tackle their invasive plants challenge by working on removing Autumn Olive from a site as a team.

To read more about the orienteering program and to see photos and to find out more about Hemlock's programs, visit their Website.

You can sign up online (directions were provided in Update #7).

9:00-12:30 Orienteering

12:30-1:00 Lunch

1:00-2:00 Invasive species removal

If you are interested in participating, RSVP to Joanna. Since more than 30 people will be interested in this program, participants will be chosen randomly out of those who register. (We'll use computer generated random numbers - yes, very scientific). You'll know if you have been chosen by June 10th. If there is lots of interest in this program, then we can do more orienteering courses - with a fee. Joanna will suggest some additional options if we have lots of interest in this!

Greening a Condominium Environment

Come hear Jeanette Steward of Lands and Waters give a presentation about how she worked with her condo association and many partners to install a green roof, a rain garden, and a native garden - all on common property. Presentation sponsored by Lands and Waters.

Adventure Links Programs for kids

Learn about adventure camps for your kids and find out how a company can be run with environmental practices in mind.

Earth Sangha's Native Forests Program

Learn about how you can get involved with conserving and restoring the native plants in Northern Virginia.

Virginia Master Naturalist Program

Learn about how you can participate in the new program and become a Master Naturalist.

Master Gardeners Program

Learn about how you can participate in the popular Master Gardeners program.

Outdoor Celebration - Camping, Hiking, Kayaking, and more

The Northern Virginia Regional Park Authority is organizing an exciting special event for NEST participants. More information to come. See Northern Virginia in a new light.

Sustainable and Green Living

September 16, 2006

Location: For Love of Children Outdoor Education Center, Harpers Ferry WVA

Join us to learn and expand your knowledge on the subjects of composting, organic gardening, renewable energy sources, and sustainable living. Note: This center is beautiful and my friend is the director and other friends work there. Although the main focus of programs is on high-risk inner city youth, they do have adult programs and a beautiful facility and grounds.

For more information or to RSVP contact Kevin Hughes. More information about FLOC visit:
www.flocoutdoors.org