

ADULT PROGRAMS

The National Wildlife Federation focuses our conservation and education efforts in five main core areas: endangered habitats, sustainable communities, wetlands, land stewardship, and water quality. Through participation in the classes and field trips at the Summit, you will undoubtedly come away with a heightened awareness of these environmental and natural resource issues, and a solid base of knowledge about the natural history of the Adirondacks.

As you read through the class descriptions look for the  to identify course's core area connections:

Sustainable Communities (SC)



Land Stewardship (LS)



Water Quality (WQ)



Wetlands (W)



Endangered Species (ES)



Adirondack Museum Field Trip

Described as "... the best of its kind in the world" by the *New York Times*, the Adirondack Museum offers visitors an unique opportunity to discover how this remote region of upstate New York led the nation and the world in environmental issues, health care, wood crafts, boat building, furniture making, and forest conservation. Located in Blue Mountain Lake, a two hour bus trip from Silver Bay, the Museum contains twenty-two individual buildings, indoor and outdoor exhibit areas which explore several central themes such as boating, logging, road and rail transportation, early schooling, and rustic furniture. You'll have ample time to explore all aspects of the Museum on a self-guided tour.

- Fees:** \$12 per person, payable by cash or check as you board the bus.
The fee covers admission to the museum and transportation.
- Schedule:** 7:30 a.m. - 4:30 p.m. field trip
- Bring to Class:** Comfortable walking shoes, camera, snack/beverage for the bus ride.
- Instructors:** Staff of the Adirondack Museum will provide information on the site.

Animal Tracks® Sampler

Explore hands-on activities from the Animal Tracks Action Packs—environmental action curriculum units for the classroom. Participants will investigate environmental issues including habitat, water, wetlands, urban communities, and forests. The session will feature hands-on activities that can be easily incorporated into the curriculum including modeling experiments, role playing activities, and nature studies. Activities will be presented with modifications and extensions for multiple disciplines and age levels ranging from elementary to middle school. All participants will receive a free copy of one of the Animal Tracks Action Packs.

Animal Tracks® is a nation-wide program of the National Wildlife Federation designed to increase environmental awareness and understanding in classroom students and provide hands-on support to groups involved in community-based environmental initiatives.

⇒ W, CS, LS, EH, WQ

Schedule: 3-hour workshop

Bring to Class: Note pad and pencil.

Instructors: **Margaret Tunstall**, Director of Classroom-related Programs at NWF, combines her life-long commitment to environmental issues with a 15-year career in public and private schools. She held leadership positions in science education, including science lead teacher for Fairfax County, Virginia, followed by five years in science curriculum development and teacher training as a program manager for a non-profit science association. She holds both Bachelor's and Master's degrees in Education from George Mason University.

Shelbey Cooper joined NWF in December to coordinate various Internet programs within the Classroom Programs Division. While completing a graduate degree at the University of Florida, she taught English courses using computers in the classroom. She also provided training and technical support to K-12 teachers at a school district in Colorado, helping educators with ideas for using the Internet in the classroom. She loves hikes, maps, poetry, natural history, dramatic landscapes, cooking, campfires, and almost any kind of music you can think of. There's probably a song going through her head right now.

Sara Bradley is the Assistant Coordinator for the Animal Tracks program and has worked for the National Wildlife Federation for the past 5 years. Sara is excited to be attending her first Summit. She has a B.A. in Art History with a minor in English from George Mason University and a lifelong interest in enjoying and preserving the natural world.

Basic and Intermediate Fishing

This course is for both the beginning and experienced fisherman who wish to explore new fishing techniques and methods. We will cover open-faced spinning, bait casting, closed-faced casting and fly fishing. We will also discuss knot tying and landing and releasing fish. In addition, we will look at a number of other fishing accessories including waders, hip boots, belly boots, and lure selection. (This class is especially helpful to all the mom's who wish to get their children involved in fishing.)



WQ, EH

Schedule: 2 hours

Bring to Class: Nothing needed, however if you do plan to fish while at the Summit, you need to purchase the appropriate fishing license and bring own equipment. Licenses are available at all town clerk offices, many village and county clerk offices, and at sporting good and retail stores. Some fishing can be done from the lake shore, nearby streams, and from boats. The equipment used in class, is for demonstration purposes only.

Instructor: **Ken Hunter** is an avid fisherman with over 30 years of experience. He has guided many successful fishing trips throughout the northeast and his home state of Pennsylvania. As an outdoor writer, Ken has had many stories and photos published in numerous state and national magazines, as well as the Japanese magazine, "*Tackle Box*". Ken has been conducting fishing seminars for many years at sport shows, Summits, and private sportsman's clubs.

Birding for Beginners

Puzzled over the birds visiting your yard and community? Constantly asking yourself "what's that bird at my feeder?" Come and find out how to answer your questions and recognize common birds. Birding is a fun and exciting hobby for every season and is enjoyed by people of all ages all over the world. Beginning birders will learn how to select the right binoculars, field guides, and other resources. Using a selection of spectacular slides, we will practice identification of some common birds (while they sit still!) before heading outside to practice identifying real birds using binoculars.



EH

Schedule: 3-hour session beginning with an indoor lecture and concluding with an outdoor birding excursion.

1½ hour session taught by Ralph Dimmick

Bring to Class: A field guide for eastern North American birds, binoculars, and comfortable walking shoes.

Suggested Reading:

Chandler S. Robbins et al. *Birds of North America*. New York: Golden Press, 1984

Roger Tory Peterson. *Field Guide to Eastern Birds*. Boston: Houghton Mifflin, 1990.

Instructors: **Jim Lockyer** is an illustrator and graphic designer for the U.S. Forest Service in Pennsylvania. He specializes in urban forestry, has illustrated several books and nature journals, and is well versed in bird ecology. He is a native of California and holds a Bachelor's degree in biology with a minor in art.

Ralph Dimmick is Professor of Wildlife Science at the University of Tennessee-Knoxville. Ralph teaches courses in bird ecology and wildlife science at UT. He has taught birding classes at NWF Summits in North Carolina, New Hampshire, and Colorado.

Birds and Wetland Wonders

Wetlands are diverse ecosystems that provide habitat for many animals. Many different species of birds make their homes in wetlands. What makes these habitats so rich for wildlife? Why are birds so attracted to these areas? The interaction between the ecology of a wetland and avian ecology will be studied while enjoying an excellent birding location. Get a bird's perspective on wetlands during this half-day field trip.



W, EH

Schedule: 3½ hour field trip

Bring to Class: Binoculars, field guides for plants and birds, pencils, paper and clipboard and, outdoor clothing - be prepared for any weather.

Instructors: **Jim Lockyer** (biography under *Beginning Birding*) and **Judy Ross** (biography under *The Wonders of Wetlands*).

Birdwatching Walks and Field Trips

Summit guests will have the opportunity to observe and learn about many of the birds nesting in the vicinity of Silver Bay and nearby Adirondack Park. Early morning walks will concentrate on the birds found on the Silver Bay Association grounds. Longer morning field trips will venture into different habitats of the park, observing birds of the forest, meadow, or marsh. Topics will include identification, behavior, and life histories. Walks will be at a comfortable pace, but may be over uneven ground.



EH, W

Schedule: 6:00 a.m. walk (1 hour), 8:30 a.m. field trip (3½ hours)

Bring to Class: Binoculars, sturdy walking shoes, and your favorite field guide to eastern birds.

Instructors: **Jim Lockyer** and **Ralph Dimmick** (see biography under, *Birding for Beginners*), **Frank Knight** (See biography under, *Far and Near: Landscape & Close-up Nature Photography*).

Black Bears of the Adirondacks

For the past 30 years, Dr. Pelton and his graduate students have been delving into the life history and ecology of black bears in the eastern United States. Much of his work has focused on the Appalachian mountains. How many bears live in these mountains? What do they eat? How far do they travel? Where do they den in winter? Why do they mark trees? Also being explored, are human-bear interactions. What does a person do when they come in contact with a bear on a hiking trail? How should you behave around bears? How are humans impacting bears in terms of garbage, developments, roads, timber harvest activities, and hunting? What can we do to ensure a future for bears in our region? Through a lecture/slide presentation, the above questions and many others will be discussed.

Join Dr. Pelton for a hands-on field course on how bears are studied in the wild. Participants will learn the identifiable signs bears leave in the forest as well as how to monitor the movements, activities, and behaviors of bears. The class will hike a short "bear trail" to see typical habitat of the area and to identify foods eaten by bears in the mountains. Research equipment used by bear scientists will also be demonstrated.



EH


Schedule: 1½ hour lecture
3-hour field course - Limit of 20 participants
(lecture is required in order to attend the field course)

Bring to Class: Notebook and pencil. Comfortable walking/hiking shoes and outdoor clothing are recommended for the field course.

Instructor: Dr. Mike Pelton is a Professor of Wildlife Science in the Department of Forestry, Wildlife & Fisheries at the University of Tennessee in Knoxville. He has been studying black bears in the Appalachians and other areas of the U.S. since 1968. He has worked on brown bears in Spain, Norway and Russia, and cooperated on studies of the giant panda in China. Dr. Pelton is on the governing council of the International Association for Bear Research and Management.

Butterflies for Beginners

Learn how moths and butterflies are different, how many legs a caterpillar has, and the shape of a painted lady's wing, what makes a silvery blue butterfly blue, and how to tell a male from a female monarch. This course will cover basic butterfly biology, life history, anatomy, classification, and identification tips. Participants are encouraged to take the *Butterfly Walk* and the *Pollinator Garden* courses offered later in the week.

-  LS, EH
Schedule: 2 hours
Bring to Class: Paper and pencil.


Suggested Reading:

The Audubon Society Handbook for Butterfly Watchers; Peterson's First Guides: Butterflies and Moths; Peterson's First Guides: Caterpillars; The Audubon Society Field Guide to North American Butterflies.

Instructor: Priscilla Callahan graduated from Marlboro College, located in southern Vermont, with a degree in biology. She has worked in England with a large organic gardening organization doing research with heirloom varieties of garden vegetables. Priscilla has also spent time in the San Juan National Forest in southwestern Colorado conducting a survey of the flora. Currently, she works with the educational programs at NWF, where she has spent much of her time working in the Backyard Wildlife Habitat Program. However, this fall she will leave NWF to pursue a Master's degree in botany and grassland ecology at the University of Oklahoma.

Butterfly Walk

Come on a walk to see, observe, and identify butterflies around Silver Bay. We will conduct a mock 4th of July Butterfly Count, a census of the butterflies of North America. We will also show how to tag monarchs for Monarch Watch, a volunteer organization investigating aspects of the monarch migration phenomenon. We will be walking through various habitats to see different species, but walking will not be difficult or strenuous.

-  LS, EH
Schedule: 3½ hours
Bring to Class: A field guide to butterflies, binoculars, comfortable walking shoes, notebook, and pencil (Prerequisite: Participants should take the "Butterfly for Beginners" course or have some previous knowledge of butterfly identification, before taking this course).

Instructor: Priscilla Callahan (biography under, *Butterflies for Beginners*).

Campus Ecology

In the past few years, the campus greening movement has picked up tremendous speed, and NWF's Campus Ecology Program has played an important role. This course will introduce many exciting ways that campuses across the nation are becoming more ecologically sound, including developing recycling and composting programs, increasing energy efficiency, implementing environmental procurement policies, and designing sustainable buildings and alternative transportation systems. We will discuss the issues, look at case studies and develop organizing tactics tailored to participants' specific interests.

☞ SC

Schedule: 1½ hours

Bring to Class: Pen and Paper.

Suggested Reading:

Keniry, Julian. *Ecodemia*. Washington: National Wildlife Federation, 1995.

Instructor: Kelly Sheehan is presently the Northeast Field Coordinator for NWF's Campus Ecology Program. She graduated in May 1997 with a B.S. in Environmental Studies from the University of Vermont, where she co-founded the Burlington Rainforest Action Group and led weekly discussion groups for introductory environmental studies courses.

Canoeing On Lake George

Complete your Summit week by exploring the area from a unique vantage point: a canoe! After a short introduction or refresher on canoeing techniques, we'll head out onto the Lake to paddle along the shore or head out for one of the islands in the middle of the lake. During this leisurely canoe trip around the lake, you'll have a chance to watch birds, take photographs, and learn more about the natural history of the area. Prior canoeing experience is recommended.

☞ WQ

Schedule: 3-hour outdoor class

Bring to Class: Wear comfortable active clothes and bring a windbreaker, sunscreen, and a hat.

Instructor: Kari Dolan is the project manager for the National Wildlife Federation / Northeast Natural Resource Center's Vermont Water Resources Project, a multi-year special project focusing on the economic benefit of water-based recreation. She represents NWF on regional hydropower issues, a statewide task force examining water use fee options, a statewide ecotourism task force, the NRC's workgroups on water quality and wildlife habitat, and in local watershed planning initiatives. She is an outdoor enthusiast with years of experience hiking, canoeing, and peak climbing.

Crazy Critters

Create crazy critters using all natural dried plant materials. Each participant can practice by making a classic "critter" based on the famous Brandywine River Museum critter display. Then try your hand at elk, deer, rabbits, owls, ducks, or any other creature of your own imagination. Participants will use a variety of materials such as teasel, pine cones, seeds, grasses, and berries. All workshop supplies are provided. This workshop will focus on teaching adults how to create these critters with youth classes or even your own kids. There is an afternoon session scheduled for families during the week.



SC

Schedule: 1½ hours

Bring to Class: All materials are supplied - just bring your imagination.

Instructor: Judy Lockyer has a degree in elementary and special education from Ohio State University. She has been an educator most of her life - enjoying all ages from kindergarten to college. Judy has always enjoyed exploring all variety of crafts and is now excited by the creativity of using natural dried materials to create Crazy Critters. Judy enjoys gardening, reading, and any place close to water.

Earth Action Today

Have you wondered how you can make a difference in your community? It may seem like a huge undertaking at first, but being part of a community project gives you a focused and satisfying way to make a difference. Two service learning projects will be available for all Summit participants on **Thursday, July 9th**. The Youth and Teen programs will be involved in a project at the Silver Bay Association and another project will be taking place at the "Up Yonda Farm". The projects will range from Earth poster design, trail maintenance, gardening, easy repair work, and clean-up.

We are inviting adults to take part in these projects and join the kids in making a difference. This project, along with the *Defenders of Wildlife-Activist Workshop*, *Mentoring to Action* and *Follow the Tracks to Action*, *Trouble Shooting Nature Photography Field Trip*, and *Service Hikes*, are designed to provide tools and programs which may be used in your communities. Join us in one or more of these activities to give back to this Adirondack community and environment.



LS

Schedule: A variety of classes and activities on **Thursday, July 9th**
from 7:00 a.m. until noon.

Bring to Class: Work gloves, comfortable shoes that provide some protection for your feet.

Instructors: Read individual class descriptions for instructors. The service learning projects will be run by Youth and Teen faculty, volunteers, faculty of Up Yonda Farm and of the Silver Bay Association.

Ecology of Vegetarianism

You likely recycle, try to buy less with less packaging, carpool, have an energy efficient car and belong to environmental organizations. Have you ever thought about what impact your food choices have on the environment and ecology of the planet? We will explore this question, as well as touch on topics of poverty, social justice, economics, and animal rights. Explore how what you eat influences our global ecology.

⇒ SC

Schedule: 1½ hour lecture

Bring to Class: Paper and pencil.

Instructor: Judy Ross (biography under *Wetland Wonders*).

Enjoying Wildflowers

The pleasure of a walk in the woods or along the road is enhanced by the knowledge of some of the flowers along the way. This class will begin indoors with hands-on activities to identify and observe leaf shapes and arrangements, flower types, etc., used to identify plant species. Participants will dissect a simple flower and observe its parts. Relevant botanical terms will be explained. An introduction to field guides and their use will be included. Some field guides will be available for purchase. A good percentage of the class will be spent outdoors on a walk to observe and identify plants in a variety of settings.

⇒ EH, LS

Schedule: 3-hour lecture/field trip

Bring to Class: Notebook and pencil; field guides, hand lens (if you have them). Dress for outdoor walking.

Instructor: Mary Alice Tock is an environmental educator and naturalist with extensive experience leading nature walks. She leads workshops such as Project WILD, Project Learning Tree, and School Site WILD for teachers, non-formal educators, and adults. Her great love of nature is evident through her vibrant teaching style.

Environmental Activist Workshop

Train to become an effective environmental activist in a workshop conducted by a staff member of the National Wildlife Federation. No environmental cause progresses without the strong support of local activists. And there is absolutely no question that individuals can make a difference in important environmental debates. In this workshop, you will learn how to:

- Find important information about current environmental issues;
- Write effective letters to elected officials and newspaper editors;
- Build a relationship with your Members of Congress;
- Make use of various media opportunities; and
- Get your message out to other people in your community.

This will be a very interactive session that makes use of role playing and other types of audience involvement to illustrate the importance of understanding the nature of, and counteracting opposition to environmental causes. Please join us for this stimulating workshop and you, too, can help lead the fight to conserve our environment.

⇒ W, LS, EH, WQ, SC

Schedule: 3-hour lecture

Bring to Class: Paper and pencil.

Instructor: Sara Barth serves as the Legislative Representative for NWF's Endangered Habitats Team. Sara has worked out of NWF's Washington, D.C. office for the last year-and-a-half, lobbying Congress on behalf of endangered species. Her work has focused on fighting for a strong reauthorization of the Endangered Species Act and obtaining funding for federal agencies responsible for implementing endangered species protection. Previously, Sara worked for the World Wildlife Fund in their U.S. Land and Wildlife Program. She has a Master's degree in environmental science from the University of Michigan's School of Natural Resource and Environment and an undergraduate degree in neurobiology from the University of Pennsylvania.

Environmental Literature Discussion

The Environmental Literature Discussion group will offer a relaxed forum for sharing favorite works of literature about nature and the environment. From at least the turn of the century, writers have used nature as a springboard to explore some of life's big questions: morality, politics, love, and death. We will discuss works by E.B. White, George Orwell, Edward Abbey, and Jon Krakauer, among others. Participants are welcome to share the work of their favorite nature writers.

⇒ LS

Schedule: 1½ hours

Bring to Class: Paper and pen

Suggested Reading:

Islands, the Universe, Home. Gretel Ehrlich

My Vegetable Love. Carl Klaus

Into Thin Air. Jon Krakauer

The first two books are a collection of essays which provide easy reading. Reading any of these or a few of the essays will provide the basis for discussion.

Instructor: Jean Florman (biography under *Nature Writing*).

Environmental Politics--The War in Washington, D.C.

Although the extreme anti-environmental rhetoric that marked the Reagan and Bush Administrations has subsided a bit, there are still major battles occurring on Capitol Hill over national environmental laws and policies. A lobbyist for the National Wildlife Federation will provide an inside look at the debates that are happening in Congress over important environmental decisions--decisions that the public is often completely unaware of, but which have serious consequences for environmental protection.



SC, EH, LS

Schedule: 1½ hours

Bring to Class: Paper and pen for notes.

Instructor: Sara Barth (description under *Environmental Activist Workshop*).

Environmental Web Resources

How can the Internet be a gateway to learning about the outdoor world? Find out about ways to use the Internet as a resource for environmental education lessons useful in classrooms of all types -- math, science, language arts, social studies, the fine arts, and the outdoors.

NWF's website has plenty to offer in the way of lesson plans and curricula, including Internet-based components as well as a wide variety of hands-on activities. The resources are useful to classroom teachers, parents, leaders of service-based youth groups, and students.

You don't need to be an expert about the Internet or computers to enjoy this activity. Come ready to discuss your own experiences and ideas for using the Internet for project-based learning, cross-continental connection, and environmental education.



SC, W, EH, LS, WQ

Schedule: 1½ hours

Bring to Class: Pen and paper

Instructor: Shelbey Cooper (biography under *Animal Tracks Sampler*).

Far And Near:

Landscape & Close-up Nature Photography

Ready to expand your photographic horizons? This not only means putting grand landscapes on film, but also moving in close to capture an insect or flower. For landscapes, we will explore the best times of day, lenses, finding pleasing compositions within the larger scene and using the hyperfocal scale to give your pictures life and depth. For close-up photography, we'll look at macro and diopter lenses to get in close and compare flash and long exposures to achieve the needed depth of field. In the field sessions we will find appropriate subjects and make interesting photographs practicing what we learned indoors. Designed for single lens reflex users, "aim and shooters" preparing to upgrade are welcome to participate.



LS

Schedule: 90 minute talk and slide presentation, a 3-hour field trip on each subject.

Bring to Class: Camera, instruction booklet, lenses, flash, a pc cord to get flash off the camera, tripod and 100 speed color film, comfortable walking shoes, long pants (you'll be kneeling), note taking supplies, and rain gear. Try using slide film for this learning exercise.

Instructor: Frank Knight is a Senior Environmental Educator with the New York State Department of Environmental Conservation in Albany. He is a former nature center director with many years experience as an interpretive naturalist. He is the author of the recently published *New York Wildlife Viewing Guide*. Frank has been a serious amateur photographer for many years and teaches frequent nature photography workshops. He especially enjoys identifying and photographing native plants.

Fly Casting

Learn how to cast your fly like Brad Pitt in the movie *A River Runs Through It* and how to hook those large fish. This hands-on program will provide participants with the opportunity to learn fly-casting techniques. Detailed discussion and demonstrations of fly-casting will be included. Come and try your hand at this sporting art!



WQ

Schedule: 2 hours

Bring to Class: It is not necessary to bring anything to this course, however anyone wishing to actually fish while attending the Summit should bring their own equipment and accessories and be prepared to purchase a New York state fishing license.

Instructors: Ken Hunter (biography under *Basic and Intermediate Fishing*) and Eric Palola, (biography under *The Working Northern Forests*).

Follow the Tracks to Action

Learn how to expand your focus on the environment beyond the classroom with ideas for taking action in the community. Discover project ideas that benefit the community while teaching participants about environmental issues. The session will include skills-building exercises on project planning, finding resources, and networking. The information will be geared towards educators, but would be appropriate for anyone interested in doing more in the community at any level: club leaders, grandparents, and kids. Participants will receive materials including Animal Tracks and 1998 Wildlife Week Kit, *Nature's Web: Communities & Conservation*, filled with project ideas and success stories.



LS, SC

Schedule: 1½ hour workshop

Bring to Class: Note pad and pencil

Instructors: Margaret Tunstall, Shelbey Cooper, and Sara Bradley (biographies under *Animal Tracks Sampler*).

Geology of the Adirondacks

The Adirondack Mountains are one of the oldest mountain ranges in the U.S. Learn the history of the Adirondacks and the global processes that formed them. How are the Adirondacks different from neighboring mountains in the Appalachians, such as the Green Mountains of Vermont? What are the predominant rock types of the Adirondacks and how did they form? What pieces of evidence do geologists examine to unravel the history of the Adirondack Region? What impacts did the glaciers of the Ice Age have on the land forms visible today? These and other topics will be illustrated and discussed, providing context for study of the present-day habitats offered by the region. The principles of geologic processes and their impacts on the area will be illustrated during a 3½ hour field trip of select locations in the area. The field trip will build upon information presented in the lecture and allow first-hand viewing and inspection of geologic features of the Adirondacks. The field trip will be conducted via bus transportation with moderate walking along the way. Participants will have ample opportunity to examine rock types, view characteristic land forms, and discuss the natural setting.



LS

Schedule: 1½-hour lecture

3½-hour field trip (attendance at lecture required to attend field trip).

Bring to Class: Paper and pencil. Dress to be outdoors, including jacket, sunscreen, and comfortable walking shoes.

Instructor: David Egan is a certified Professional Geologist with the consulting firm of Fluor Daniel GTI. He has extensive experience with geology of the Appalachians and the Adirondacks. Dave has served as faculty for six previous Summits and will share his enthusiasm for the natural history of the Adirondack Region.

Hiking and Outdoor Safety

Want to go for a leisurely walk in the woods? Explore trails? The excitement of exploration carries with it the responsibility of keeping yourself and your family or friends safe. In this hands-on session, we'll discuss how to avoid problems on the trail by proper trip planning for wilderness walks, day-long hikes, and overnight adventures. **This presentation is strongly recommended for all those planning to hike during the Summit week.**



LS

Schedule: 1½-hour sessions

Bring to Class: Pen and paper for notes.

Instructors: Dennis Pollock and Earl Langdon (biographies under *Interpretive Hikes and Walks*).

Hiking with Children

Whether in an urban or a wilderness setting, there are some key approaches to aiding children in enjoying hiking in the out-of-doors and in helping them recognize that they must care for our environment. Our approach will help adults feel comfortable with introducing children to the out-of-doors. Participants will receive input regarding activities and approaches for children of all types, talents, and demeanor -- be they active or passive, shy or extroverted, squeamish or dare devils, very young, or adolescents. Participants will learn by doing while we take our own nature trek. This class will occur early in the Summit week so adults with children at the Summit can immediately apply the strategies that we share.



LS, EH

Schedule: 3 hours

Bring to Class: Wear comfortable walking shoes and outdoor clothing.

Instructors: Steve Houser is a certified environmental educator who holds a Masters degree in education and is certified in counseling. He also holds a Bachelor's degree in geography and is a professional storyteller. Steve currently teaches elementary gifted students in the Charlotte-Mecklenburg, NC Schools. His curriculum focuses on using the out-of-doors to teach higher level thinking skills. A teacher for 24 years, he has presented his approaches to working with children at numerous national and state educational conferences. Each year, Steve teaches nature awareness activities in the NC mountains to outstanding teachers in his school district.

Marilyn Hartness teaches 4-year-olds three days a week at St. Stephen's Methodist Preschool in Charlotte, NC. She has presented her ideas for teaching art to preschool teachers at numerous conferences and workshops. She holds a Master's degree in Fine Arts and is currently a part-time instructor in the Art Department of Wingate University, Wingate, NC. She received the North Carolina Governor's Award in 1997 for working with children during her 16 years of volunteer work with the Boy Scouts of America. Her hobbies include camping, riding, and nature activities.

Interpretive Nature Hikes and Walks



W, EH, LS

Full-Day Hikes

All full-day hikes are for experienced hikers. All participants should be in excellent physical condition. Some of the high peaks of the Adirondacks are above tree line; the views can be spectacular and the weather conditions can be violent and dangerous, even in the summer.

Climate and Clothing: proper clothing is essential and should allow one to put on or take off layers as needed. Recommendations include a long-sleeved shirt, long pants, wind pants, windbreaker or anorak, sweater or fleece pullover, wool hat, gloves, and sturdy hiking boots with two thin layers of socks (not cotton). Rain coat and a rain hat are also advisable. Include water, a few high-energy snacks such as trail mix, energy bars, or candy bars, sunscreen, lip protection, and a hat in your day pack. A sack lunch will be provided for all full-day hikes.

Algonquin Peak (5114 ft.): This is the longest, most strenuous hike offered. Algonquin Peak is the second highest peak in the Adirondacks. We leave at 6:00 a.m. and get back at 6:00 p.m. This is the most strenuous hike, 8 miles round trip with 3,000 foot vertical elevation gain! The summit is above tree line; 360 degree view.

Hiking Time: 9 hours, 3½-hour van ride

Difficulty: Extremely strenuous

Giant Mountain (4627 ft.): This is also an extremely strenuous and steep hike with a slightly shorter van ride than the trip to Algonquin Peak. A 3,000 foot vertical elevation gain in 6½ miles round trip!

Hiking Time: 7 hours; 2½-hour van ride

Difficulty: Extremely strenuous

Hadley Mountain (2700 ft.): This is a moderately steep hike with 2,000 foot elevation gain in 4 miles. On a clear day the views are great.

Hiking Time: 4 hours; one-hour total van ride

Difficulty: Moderate to difficult

Tongue Mountain (2,256 ft.): This hike offers good views of Lake George. Easy but steady climbing of 2,000 vertical feet characterizes this hike of 7 miles round trip.

Hiking Time: 4-5 hours; one-hour total van ride

Difficulty: Moderate

Half-Day Hikes

All of these hikes begin behind the Silver Bay Campus and no van ride is involved.

Appropriate dress: dress for the immediate weather of the day and also bring a wind breaker or anorak that you can tie around your waist until you need it.

Jabe Pond: Over the course of 2 miles this trail climbs 1,000 vertical feet up a gradual incline to the shores of a beautiful mountain lake.

Hiking Time: 3 hours (4 miles round trip)

Difficulty: easy to moderate

Sunrise Mountain: This two-mile round trip hike climbs 1,000 vertical feet, at times steeply, to a fine view of the lake.

Hiking Time: 2½ hours

Difficulty: easy to moderate

Inspiration Point and Mac's Rock: This 2.2 mile round trip hike climbs 700 vertical feet to two viewpoints of the lake and the surrounding area.

Hiking Time: 2½ hours

Difficulty: easy to moderate

Easy Hikes and Nature Rambles

No special clothing is required for these slower paced hikes. The focus of these hikes will be enjoyment of nature and the process more so than the destination.

Adams Falls: A little less than a mile round trip, this hike climbs gradually up 300 vertical feet to a pleasant waterfall behind the Silver Bay Campus.

Hiking Time: 1 hour

Difficulty: easy

Lakeshore Trail and Horn Sanctuary: Ramble around some of the outer areas of the campus along the shore of the lake and through some of the nearby woods to see some of the natural beauty of the surrounding area. Total distance will be less than a mile.

Hiking Time: 1 hour

Difficulty: easy

Hike Coordinator:

Dennis Pollock is an outdoor enthusiast interested in hiking, winter backpacking, white-water canoeing, and telemark skiing. A cabinetmaker, nurseryman, and hike leader by trade, he is also a published poet. He brings years of knowledge about the outdoors to this Summit.

Hike Leaders:

Peggy Brosnan has many years of experience backpacking and hiking in the western United States, Australia, New Zealand, and the Alps. She is a Biology/Environmental Science teacher in Maryland.

Earl Langdon is certified as an Advanced Emergency Technician-Level IIIIC in the state of New York. He has taught high school biology, earth science, and environmental science for 41 years and was the program director for wilderness camps for 13 years. Earl is currently a consultant in outdoor education, hiking safety, and first aid skills. He frequently leads hikes and nature walks in the Adirondacks.

Bob Layton shares his enthusiasm and wonder of the outdoors with children as a teacher naturalist at the National Wildlife Federation's headquarters in Virginia. When he is not out finding salamanders, he is searching for new critters during his global travels.

Bamby Neale Pollock, a faculty veteran of twelve Summits, is an avid hiker and environmental educator. She is principal of the Conte Community School in western Massachusetts. She has completed a doctorate in the study of educational administrators and school reform.

Michelle Sorensen is an experienced outdoor educator. She has taught children and adults the finer points of the outdoors, as a naturalist with the Connecticut Audubon Society. She is an avid hiker, rower, kayaker, orienteer, and cross-country skier.

Dennis White owns a nursery in Montpelier, Vermont. He has taken time from his busy summer farmer's market schedule to share his love and knowledge of the outdoors. He is an avid hiker and has lead tours through many parts of the country.

Kayaking on South Lake Champlain

The natural and cultural history of Lake Champlain is rich and varied. There's no better way to truly understand its depth than to experience it from the seat of a sea kayak. We begin at the mouth of Otter Creek with an introductory sea kayaking lesson by American Canoe Association certified instructors. Once on the water, we'll explore the river delta wetlands, then cross the lake (1 mile) and continue paddling along the rugged shores near Snake Den Harbor.



WQ, EH, W

Fees: \$40 per adult-This class must have at least 8 participants and is limited to twelve. Fees are due on **July 4th** at the registration tables and cannot be refunded.

Schedule: 3 ½ hours kayaking plus transportation

Bring to Class: Hat, jacket, water sandals or shoes that will get wet, sunglasses or strap for eye glasses, lip balm, sunscreen, water bottle, dry clothes for after paddling (just in case).
Optional Items: camera, binoculars, field guides

Instructors: Naturalist **Jeff Meyers** will help interpret the natural history of this varied landscape. **Kevin Rose**, a local natural resource planner and lake advocate will introduce some of the challenges facing residents of the Lake Champlain basin, including phosphorus and toxic substance pollution, wetland protection, nonnative aquatic plants and animals, recreation management, and preservation of cultural resources.

Lake Champlain Cruise and Fort Ticonderoga Field Trip

Enjoy the beauty of wildlife and nature on the unspoiled shoreline of Southern Lake Champlain, which is home to numerous species of birds, including bald eagles. On this cruise aboard the 60 ft. *Carillon*, you'll have a chance to learn more about the historical and cultural background of the area.

After a 1½-hour cruise, the *Carillon* will dock at Fort Ticonderoga. Built by the French in 1755 at the outset of the Seven Years' War to block British presence on Lake Champlain, the fort was often called "Carillon." In 1908, the fort was raised from ruins by the Pell family. Fort staff will lead participants through a tour of the facility and discuss its history and role in the Revolutionary War. Music from a fife and drum corps accompanies the tour, and a variety of historical activities on the way add color to the visit. Participants will also have time to walk around the fort on their own before returning to Silver Bay.

If you have difficulty with stairs (*there are stairs with a very steep incline leading to the boat*) or are prone to motion sickness, you might want to consider the special visit, by bus only, to Fort Ticonderoga on Wednesday, July 8th. The fee will be \$8.00 per person.



W, EH, WQ

Fees: \$20.00 per person (includes the cruise and admission to the Fort). Fees will be collected as you board the bus for the trip. Please pay by cash, traveler's check, or personal check payable to NWF-Summits.

Schedule: 8:30 a.m. to 1:00 p.m. Bus will depart at 8:30 a.m. for the trip. **Please be in front of the Inn by 8:15 a.m.**

Bring to Class: A windbreaker, sturdy walking shoes, binoculars, and a camera. Weather on the water is often cooler--please dress in layers.

Instructors: The captain of the *Carillon* will narrate the cruise. Fort Ticonderoga staff will lead the fort tour.

Let's Go to the Movies!

This workshop will focus on using popular films to instill awareness of how environmental ethics and values are portrayed in this influential medium. We will both critique popular film portrayals of environmental issues and discuss how films can be used to inspire youth to become involved.

⇒ SC, LS

Schedule: 3 hours

Bring to Class: Paper and Pen.

Instructor: Susan Lucarelli Dimmick, Ph.D., Communications, has been teaching public relations and communications writing courses for more than ten years at the University of Tennessee, Knoxville. Her students have participated in NWF's Campus Ecology as well.

Mammal Tracking in the Northeast

This course will provide an introduction into tracking mammals native to the Northeastern U.S. We'll start by looking at slides of different mammal tracks and learn how to spot identifying features of different tracks. Then we'll head out into the woods around Silver Bay tracking the mammals of the area!

⇒ EH, LS

Schedule: 3½-hour indoor and outdoor class

Bring to Class: Dress for 1-2 miles of hiking outdoors.

Instructors: Jim Bruchac is the Co-Director of the Ndinakina Wilderness Project, an educational service that provides people with an understanding of age-old skills and philosophies. Jim, the son of renowned Abenaki Storyteller/writer Joseph Bruchac, has been teaching indigenous wilderness skills, legends and philosophies to school groups, camps, and gatherings for several years. When mammal tracking, Jim blends his native culture and skills with scientific tracking techniques, and often work with biologists and other mammal trackers across the country. He continues to enhance his knowledge through constant study of his own native history and culture, as well as visiting other native peoples of the world, including the Lacandon Mayans of Central America, and the Dagon people of Mali, West Africa.

Vince Walsh is a Licensed New York State wilderness guide as well as a sponsored canoe and snowshoe racer. With a degree in wildlife ecology from Paul Smiths College and having served several years as a Recon Marine, Vince teaches classes in animal tracking, stalking, map and compass skills, and basic wilderness survival.

Mentoring as Activism

Share your passion for the outdoors and conservation with others. Be a mentor to a child, teenager, and/or adult. Explore how you can actively use your skills to open the doors of nature and conservation to others in your community, your neighborhood, and your home.

⇒ SC, LS
Schedule: 1 hour
Bring to Class: Pen and paper.

Instructor: Kelly Trigger, NWF's NatureLink Coordinator, received her B.S in Secondary Education from Pennsylvania State University and her M.Ed. from the University of Massachusetts at Amherst. Her experience ranges from teaching high school and college English, to planning urban science programs and education seminars. A lifelong nature lover and native of the Pennsylvania Laurel Highlands, Kelly enjoys nature walks, journaling, berry-picking, birdwatching, gardening, and canning.

Natural Landscaping and Gardening for Wildlife

This course will teach you how to attract wildlife to your backyard, your school, your workplace, your neighborhood park, or wherever else! As wildlife habitat is lost to development in our rural and suburban areas, wildlife habitat where you live, work, learn, or play will be a refuge for songbirds, butterflies, turtles, dragonflies, and newts! Having a natural landscape can be easy, cost effective, and better for wildlife and the environment. We will discuss the essential elements of a wildlife habitat, and we will show how you can provide homes for wildlife by building bird houses, making brush piles, and constructing rock piles. We will discuss which plants will provide seeds, berries, pollen, and leaves for wildlife to eat and how you can offer water in the bird baths and ponds. Participants in the workshop will receive a discount on the application for the Backyard Wildlife Habitat Program.

⇒ SC, LS, EH
Schedule: 2 ½ hours
Bring to Class: Paper and pencil.

Suggested Reading:

Gardening for Wildlife by Craig Tufts and Peter Loewer

Backyard Naturalist by Craig Tufts

The Natural Water Garden: Pools, Ponds, Marshes, & Bogs
Invasive plants: Weeds of the Global Garden (both are part of the Brooklyn Botanic Garden series)

Instructor: Priscilla Callahan (biography under, *Butterflies for Beginners*).

Nature's Web™: Caring for the Land

Based on the 1998 National Wildlife Week theme of *Nature's Web™: Caring for the Land*, this session will preview hands-on activities that encourage environmental stewardship among children in grades K-12. Teachers, parents, and other educators will take a look at the natural world from a different perspective, while learning what other individuals and organizations are doing to explore, understand, and protect their own backyards. Participants will receive a free teaching guide and poster.

☞ LS, WQ, SC, W, EH

Schedule: 1½ hours

Bring to Class: Pen and paper.

Instructors: Margaret Tunstall, Shelbey Cooper, Sara Bradley (biographies under *Animal Tracks Sampler*).

Nature Writing

Reading and writing about nature more deeply immerses us in life - the good, the bad, the ugly, and of course, the beautiful. Some of our best writers are turning their sharp and well-trained eyes to the landscape. And whether that landscape includes a glacial lake, a Midwestern garden, or Siberia, these writers tell us not only about the universe but also about ourselves.

Nature writing will focus on the work of several nature writers and the creative process. We will discuss a few short pieces, including work by E.B. White and Terry Tempest Williams. In addition, we'll try our hand at several brief writing exercises to get our creative juices flowing. These will be no-pressure, no-risk, fun explorations of writing and nature.

☞ LS

Schedule: 1½ hours

Bring to Class: Paper and pen.

Instructor: Jean Florman grew up at the foot of the Rockies, which she explored endlessly. She earned her Bachelor of Arts degree in anthropology and history of art at Cornell University. She received her Master's in anthropology from the University of Arizona. Jean has worked as a waitress, bartender, staff member for a U.S. Representative, community college instructor, law clerk, labor mediator, and, for the past 13 years, a writer. Jean's work has appeared in such publications as *The Washington Post*, *Country Living* and *Country Home* magazines. Jean is also an independent producer for public radio, and has a year-long public radio series on Iowa History.

Nature Writing Hike and Workshop

Participants in this writing workshop will gather to discuss the writing process and their own writing experiences. This workshop is designed to follow the earlier Nature Writing Hike. We'll try several writing exercises and then participants may share their own work. We hope these sessions will help each of us to see the world with fresh eyes and creative minds.

- ⇒ LS
- Session:** 3-hour hike, 3-hour workshop
- Bring to Class:** Comfortable shoes for a light and easy hike. A poem or short piece on nature and the environment that you have written.

Instructor: Jean Florman (biography under *Nature Writing*).

Ndakinna Wilderness Project Field Trip

For the past five centuries, one of the central themes in the Americas has been humans against nature. This theme has helped form an overriding fear of the natural world, a fear that has most likely aided in the continued exploitation and destruction of nature. Fear limits human understanding of the balance, on which all life depends. A balance we must understand if we wish to survive. A balance that was, and continues to be, understood by the native peoples of this land. *Ndakinna* (Our Land) refers to the traditional lands of the Abenaki people, lands that we all now share and must learn to understand.

The Ndakinna Wilderness Project is an educational service that provides people with an understanding of age-old skills and philosophies through storytelling, classes, and workshops. On this field trip, we'll visit the Ndakinna Center and learn more about the edible and medicinal plants in its native gardens, walk along interpretive trails, browse through their cultural museum, and visit a wigwam and other structures used for living and survival by the Abenaki people.

- ⇒ SC, EH, W, WQ, LS
- Schedule:** 3½-hour field trip
- Bring to Class:** Be prepared for some light walking.

Instructors: Jim Bruchac and Vince Walsh (biographies under *Mammal Tracking in the Northeast*).

Orienteering

"I went in not knowing a thing about maps and left feeling very good about my new skill. Orienteering was very informative and fun, and very applicable in hiking, camping, and day to day life."--1996 Summit participant. In this all-outdoor course, we'll meander alongside Lake George to old home sites, overlooks, and huge trees that are usually very hard to find. For us, it will be easy as we orienteer using Dave's 1997 update of his 1983 Silver Bay Summit orienteering map. Orienteering is one of the most popular family sports in Russia and Europe. Clubs throughout the U.S. host events in local parks, so you can continue the sport back home. Teachers and youth group leaders will find the modern European method of emphasizing fun map skills (with less stress on compass use) to be particularly relevant.



LS, SC

Schedule: 3½-hour outdoor class

Bring to Class: Rain gear and clothing for 2 miles of hiking, a cheap compass if you have one (they will be available for loan), a red pen or pencil, and bug repellent.

Instructor: Dave Linthicum found every one of his classrooms at this Summit last year (don't laugh until you try it!); he credits his incredible map reading ability! He has used maps for sea kayaking, hiking, trail layout/building, throughout 48 states, 9 provinces, and 22 countries. A computer cartographer in Washington, D.C., he volunteers his map skills (as you can too!) for scouts and for environmental groups. He first taught for NWF at the 1983 Adirondacks Summit, and has taught orienteering at 22 Summits.

Advanced Orienteering

Pre-requisite: Attendance at any of Dave's regular orienteering classes or at least orange course experience at local or U.S. orienteering events. We'll try some fun, informal orienteering training activities at a slow to moderate hiking pace over steep, rugged, off-trail terrain. Last year we found making your own map to be easier than we thought.



LS, SC

Schedule: 3½-hour outdoor class

Bring to Class: Rain gear and clothing for 2 miles of hiking, a cheap compass if you have one (they will be available for loan), a red pen or pencil, and bug repellent.

Instructor: Dave Linthicum is one of the top U.S. orienteering map-makers and was the top orienteer from the U.S. in his age category at the 1997 World Veterans Championship.

The Pollinator Garden

Understand and learn to nurture the relationship between plants and pollinators. Bees, butterflies, hummingbirds, beetles, moths, flies, and bats are vital to the reproduction of many garden vegetables as well as plants in the natural landscape. You will learn what plants attract which pollinators, how to provide shelter for your pollinators, and what not to do when you encourage pollinators to visit.

👉 LS, EH
Schedule: 2 hours
Bring to Class: Paper and pencil.

Suggested Reading:

The Forgotten Pollinators by Stephen L. Buchmann and Gary Paul Nabhan

Instructor: Priscilla Callahan (biography under, *Birding for Beginners*).

Sailing classes on Lake George

In this introductory class, you'll learn the basic principles of sailing on Lake George. Sailing instructors from the Silver Bay Association will lead participants through the different techniques needed to sail sunfish boats. Enjoy a morning outdoors on the lake learning how to sail!

Fees: \$5 per person
Schedule: 2 hours
Bring to Class: Dress for an outdoor class that requires physical activity.

Instructor: A certified sailing instructor from the Silver Bay Association will lead this class. Silver Bay has been offering sailing classes as part of their summer activities for many years.

Stalking: A Native American Approach

Taught from a Native American point of view, this course is aimed at introducing people to the art of moving silently (stalking). This course will start out with light stretching along with some stalking exercises. Next, the instructors will give a crash course on stalking techniques and off into the woods we will go! Once in the woods, we will begin to utilize these new skills of moving silently. Once everyone is comfortable with both skills, participants will explore the wilderness, stalking any indigenous creatures they may come upon.

👉 LS
Schedule: 1½-hour outdoor class
Bring to Class: Participants need good, lightweight walking shoes. Sneakers are better than boots. Wear comfortable active clothing.

Instructors: Jim Bruchac and Vince Walsh (biographies under *Mammal Tracking in the Northeast*).

Storytelling and the Natural World

Come and enter the magical world of stories. For thousands of years, stories have been told to educate, entertain, and inform people. Their value today is just as important as in the past. Participants will learn the rich history of storytelling, hear tales to help them understand the world of nature, learn how to tell stories, take home a “how-to-tell” sheet as well as a helpful bibliography, and tell a story to a partner. We will collect items in nature that will enhance our storytelling skills. The truth is we are already storytellers. However, in order to be an accomplished storyteller, there are certain points that need refinement. You will receive help in refining your storytelling talent.

☞ LS

Schedule: 3 hours

Bring to Class: Wear comfortable walking shoes and outdoor clothing. Bring note pad, pen, or pencil.

Instructor: Steve Houser (biography under, *Hiking with Children*).

Teaming with Wildlife

Americans place a high value on wildlife and wild places yet few realize that protection and management of these resources at the state level are funded almost solely by hunters and anglers. Come and learn about the innovative proposal to expand this program in order to develop a dedicated trust fund for state-based wildlife and habitat protection. You’ll leave with a better understanding about the way sportsmen accepted the challenge of “paying to play” over 60 years ago and learn how today’s conservationists and outdoor enthusiasts are being given a similar opportunity.

☞ LS

Schedule: 1½ hours, Outside (after a 10 minute video) for discussion.

Bring to Class: Paper and pen for notes.

Instructor: Jodi Applegate is the Teaming With Wildlife National Program Coordinator for NWF. She has a B.S. in Natural Resource Management from Rutgers University and has spent most of her life hiking, camping, canoeing, and birding. Her love of nature and the outdoors has led her to a career of working to help protect these resources. With NWF, Jodi is coordinating grassroots efforts to make Teaming With Wildlife a reality.

Trouble-Shooting Your Nature Photography

Each type of creative expression--such as music, dance, painting, or photography--has both a purely artistic side and a more scientific or technological side. In any of these arts, the road to excellence includes mastering technique--learning to use a specific technology skillfully and effectively. No artist, regardless of creativity, can produce a masterpiece without a sound basis in technique. Additionally, no amount of technical skill can make up for a lack of artistic vision. Both are essential. The goal of any artist is to use good technique creatively. Sometimes developing one aspect slows down in order to make room for the other to grow.

In this class, we will focus on developing good technique, which provides the building blocks for nurturing your creative expression.

Whether you're a beginning, intermediate, or advanced single-lens reflex photographer, there will be something to learn in this potpourri of mini-lessons on using your SLR camera and lenses more effectively. In the lecture, a variety of questions about using your camera will be addressed:

- If you have a burning question you'd like to have answered as part of this class, please write it down clearly, include your name, address, and phone number, mail it to **Annie Tiberio, P.O. BOX 2058, Amherst, MA 01004**, and I will try to incorporate it into the class.

During the field trip, participants will work individually and also have plenty of opportunity to receive one-on-one help with their equipment and individual problems. Several optional mini-field lessons will be sprinkled throughout the field trip or you can just keep on shooting!



LS

Schedule: 1½-hour lecture, 3-hour field trip

Bring to Class: Camera and lens(es), instruction booklets, film, tripod and any other photography equipment desired, comfortable walking shoes, notepad and pencil, and rain gear.

***PLEASE BRING THE INSTRUCTION BOOKLET
THAT CAME WITH YOUR CAMERA!!***

Instructor: Annie Tiberio is a free lance photographer whose special emphasis is on teaching. She brings to the Summit (her 16th) twenty-five combined years of elementary school teaching, coordinating environmental education programs for Massachusetts Audubon Society, and teaching photography for the University of Massachusetts and Bay Path College adult divisions, among other institutions. Her photos have been published in numerous calendars, magazines and other publications, including a Sierra Club book entitled: *Mother Earth -- Through the Eyes of Women Photographers and Writers*, as well as its accompanying postcard book. She also is the booking manager for *Billy B. The Science Song-and-Dance Man*, and other similar performing artists.

Underwater Nature of Lake George

Come see some of the “residents” that *live in* Lake George. A slide presentation of underwater inhabitants of Lake George - large and small mouth bass, other fish and underwater structures. There will also be a discussion of the fish and how they relate to the various features in Lake George.

During the latter part of the session and at various times throughout the week, Ken plans to dive and take photographs underwater, as part of his own research work.

⇒ EH, WQ

Schedule: 1½ hours

Bring to Class: Nothing is needed, but bring snorkeling equipment if you would like to see the underwater nature of Lake George during free swimming times at the beach.

Instructor: Ken Hunter has been a Certified Advanced Open Water Diver with PADI for many years. Ken was a member of “Operation Deepscan” - The sonar search for the *Loch Ness Monster*. While in Scotland, Kern has dived and photographed in the dark mysterious depths of Loch Ness. Last summer, he was granted a special permit to dive and photograph the endangered manatees of Florida. His photos and stories have been published in several books and magazines.

Useful Plants

There are no supermarkets in the wilderness, but there are a great number of edible and useful plants growing wild. Acorns were once used extensively for food. Wild berries have been cherished for jelly making. Beverage plants, as well as, tasty and nutritious “greens” to be cooked or used for salads, are abundant. In addition to pleasure and natural beauty, plants bring other uses into our lives, such as a source of dyes, wood products, shade, wildlife habitat, soap substitutes, adhesives, and medicines. This class will stress identification, plant use, lore, and ecology. The Federal Endangered Species Act will be explained as well.

⇒ LS, EH

Schedule: 3½ hours

Bring to Class: Notebook and pencil; dress for walking outside.

Instructor: Mary Alice Tock (biography under, *Enjoying Wildflowers*).

Water Quality and Pollution

This introductory workshop will examine "water pollution", its effect on our lives, and the ways in which everyone can alleviate this environmental problem. We'll discuss water pollution attributed to human activities, what polluted run-off is, and actions that everyone can take to help keep water clean. We'll even spend time at the shores of Lake George checking the "water quality" of this large body of water and measuring possible pollutants



WQ

Schedule: 1½-hour indoor and outdoor class

Bring to Class: Paper and pencil.

Instructor: Kari Dolan (biography under, *Canoe Trips On Lake George*).

We Can't Grow on Like This...

Examine human population growth and global disparities in wealth and resource use through lively activities. This class will demonstrate population dynamics as they relate to our every day lives and our environment.



SC

Schedule: 1½ hours

Bring to Class: Pen and paper.

Suggested Reading:

How Much is Enough?; *Misplaced Blame*; *Stuff*; and *This Place on Earth*, all by Alan Durning.

Instructor: Barbara Duncan is the Executive Director of Vermont Population Alliance. She is a member of Zero Population Growth's Population Education Network (PETNet). She serves as co-chair for the New England Coalition for Sustainable Population, is a Population Mentor for the Sierra Club, and is active with the National Audubon Society's Population and Habitat Program. She is the Vermont Coordinator for National Wildlife Federation's Fast Action Network on Population. Barbara holds a B.S. degree in Psychology from St. Lawrence University.

Wildflowers for Your Garden

In the last few years, the use of native plants in American and Canadian gardens has increased in popularity. Why plant native plants? What is a wildflower? Why plant wildflowers? Knowledge of a few of your most common local plant communities and associations can make the initial development of a garden plan easier. Plant a meadow or add a few new flowers to your existing garden.

We will cover topics including three ways to garden, collection of plants and seeds, buying wildflowers and seeds, planting, plant care, and propagating.



EH, LS

Schedule: 1½ hours

Bring to Class: Note book and pencil. Willingness to share gardening experiences.

Suggested Reading:

Wildflowers, Juliet Hubbard; Burpee American Gardening Series: *Growing and Propagating Wild Flowers*, Harry R. Phillips, University of North Carolina Press.

Instructor: Mary Alice Tock (biography under, *Enjoying Wildflowers*).

Wildlife and Nature Drawing

Learn how to draw in a totally unique way. Learn to draw trees, grass, water, rocks, animals and other natural elements. This course is designed to present both basic and advanced drawing techniques. The skills will be demonstrated in large form using charcoal. Participants are invited to follow along with pad and pencil.



LS

Schedule: 2 hours - inside

Bring to Class: Sketch pad or tablet, several drawing pencils, and a sharpener.

Instructor: Ken Hunter has been a full time, free lance artist, photographer and illustrator, specializing in wildlife for over 18 years. Ken's work has been used on the cover of over 30 magazines and catalogs throughout the United States and Japan. His work is regularly used in dozens of magazines and books. Several years ago, he was invited to The White House to make a special presentation to former First Lady Barbara Bush. His work has also been used in video games. Ken's art is often on display at some of the most prestigious art shows in the U.S.

Wildlife and Nature Drawing Field Work

In the field - on location, drawing class. Put into practice your newly learned skills while on location in the nearby beautiful surroundings of Silver Bay. The instructor will answer questions and assist participants with their drawing challenges. See how a professional artist begins to develop an idea for a painting or a magazine cover.



LS

Schedule: 3½ hours - outside

Bring to Class: Sketch pad or tablet, several drawing pencils, and a sharpener. (The indoor class, *Wildlife and Nature Drawing* is not required, but highly recommended to take prior to this class).

Instructor: Ken Hunter (biography under *Wildlife and Nature Drawing*).

Wildlife and Water Quality

Want to get wet and wild at the Summit? Want to explore a creek, find some critters, and learn more about aquatic ecosystems? Then take *Aquatic WILD*, an award-winning program designed to help adults share conservation issues with children ages kindergarten through high school. Participate in activities that you can use with students in schools, girl or boy scout camps, church camps, or simply on family outings with your own children or grandchildren. Summit participants who complete this workshop will receive a Project *WILD* Aquatic Activity Guide to keep!



W, EH, WQ, LS, SC

Schedule: 3-hour interactive presentation

Bring to Class: Pen and Paper.

Instructor: Tamara Willis is presently working on a Ph.D. in Science/Environmental Education at the University of Tennessee at Knoxville. She is an educator with 16 years of experience, teaching students from the first grade through college. With a focus on natural science, Tamara spends time outdoors learning about animals including spiders, aquatic insects, bats, and bears! This is Tamara's seventh year presenting for the National Wildlife Federation Conservation Summits.

The Wonders of Wetlands

Discover the Wonders of Wetlands! What are wetlands? How do you recognize a wetland? What good are they? Why do we care? Why do we regulate them? Discover the answers to these and other questions you have about wetlands. We will do some activities in the classroom and then travel to a nearby wetland area and explore wetlands first-hand. Come prepared to walk outside and get your feet wet!

In this class, you will be able to recognize a wetland, how wetlands function in the landscape, what animals and plants live in and use wetlands and why it is important we conserve them. We will also learn about general ecological principles using wetlands as the model. We can also discuss regulatory issues and the government's role in wetland conservation. We will learn various ways of collecting wetland data such as plant identification, measuring plant cover, evaluating soil types, and the water regime of wetlands. Come with questions!



W, WQ, EH

Schedule: 3-hour lecture and field trip

Bring to Class: Appropriate outdoor clothing and gear for walking. Be prepared to get your feet wet. Optional items: binoculars, hand lens, clear plastic container, plant field guide(s), note pad and pencil, camera, rain gear, hat, sun block, insect repellent.

Suggested Reading:

Wetlands by Mitsch; Gosselink, *Wetlands Field Guide* and other articles on Wetlands.

Instructor: Judy Ross has worked for four years as a wetland ecologist for the Adirondack Park Agency in Ray Brook, New York. Prior to that she worked for the New York State Department of Environmental Conservation as a biologist, as well as, the New Hampshire Wetlands Board as an environmentalist. She holds a Bachelor of Science degree from the University of New Hampshire and a Master of Science degree from Antioch New England Graduate School. She has spent her entire life exploring the Adirondack woods both for work and for play.

The Working Northern Forest

Join two experts in the field as they take you through a series of Northern Forest field trips to explore active sawmills, logging, and forest management sites. The field trips will combine discussions with local officials and an informal discussion on issues surrounding the northern forest and the wood products industry. One field trip will take you to an active saw mill, where the process will be described and demonstrated. The second field trip will be to a paper mill, where the important issues surrounding paper production will be discussed. The third will be a basic forest ecology field trip, where you can enjoy the beauty of strength of the forest. Choose the field trip that interests you, but the lecture is highly recommended as an introduction to any of these trips.



SC, LS, WQ

Schedule: On - site introduction (1 ½ hours), followed by three 3-hour field trips throughout the week.

Bring to Class: Dress for travel and the outdoors.

Suggested Reading:

NWF Northeast Natural Resource Center. *Investing in Public Land: A Necessary Foundation for the Northern Forest*. 1996.

Dobbs, David and Ober, Richard. *The Northern Forest*. Chelsea Green Publishing Co., White River Junction, VT, 1995.

The Northern Forest Alliance. *The Northern Forest: A Legacy for the Future*. The Northern Forest Alliance, Montpelier, VT (802) 223-5256.

Instructors: Eric Palola is the Director at NWF's Northeast Natural Resource Center where he oversees economic research and program development in forest policy, and regional land and tax policy. Eric is a member of the Vermont Forest Resources Advisory Council, serves on the Steering Committee of the Northeast Sustainable Agriculture Working group, is a member of the Keystone Center's National Dialogue on Ecosystem Management, and has coordinated economic policy for the Northern Forest Alliance.

Alan Calfee is the SmartWood Coordinator and Forestry Specialist for NWF's Northeast Natural Resource Center. As part of this program he leads field teams on forest assessment and works with prospective certification clients. Alan serves on a number of different committees and is President of the Board of Trustees at the Merck Forest and Farmland Center, a not-for-profit forestry and environmental education center holding 3,100 acres of land in Rupert, VT.

Writing Nature News

Learn how to get nature articles in your local newspaper or club newsletter. Learn the 5W's of news writing. Apply what you learn to cover a 1998 NWF Summit seminar or outdoor adventure. The best Summit news story will be published in the Summit newsletter or on the NWF website.



LS

Schedule: 1½-hour lecture and 1½-hour workshop

Bring to Class: Bring writing paper and pencils.

Instructor: Dr. Susan Lucarelli Dimmick (biography under, *Let's Go to the Movies!*).