



Welcome to the 2009 Family Nature Summits!

We are thrilled that you have chosen to join us this summer in Lake George at the Silver Bay YMCA of the Adirondacks. Whether this is your first time or your fifteenth, we know you appreciate the unparalleled value your family receives from attending a Family Summit.

One of the aspects that is unique about Family Nature Summits is that children have their own program with other children their own age during the day while the adults are free to choose their own classes and activities. Our youth programs are run by experienced and talented environmental educators who are very adept at providing a fun and engaging program for children. Our adult classes and activities are also taught by experts in their fields and are equally engaging and fun. In the afternoon there are offerings for the whole family to do together as well as entertaining evening programs.

Family Summits is fortunate to have such a dedicated group of volunteers who have spent countless hours to ensure this amazing experience continues year after year.

This handbook is designed to help orient you to the 2009 Family Summit program.

We look forward to seeing you in Silver Bay!

Family Nature Summits

4675 MacArthur Boulevard, #550
Newport Beach, CA 92660
Phone/Fax: 949-743-2567
info@familysummits.org
www.familysummits.org

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SUMMIT INFORMATION

Summit Location

Silver Bay YMCA of the Adirondacks is a century-old YMCA conference and training center situated on a 700-acre campus on the western shore of Lake George in the Adirondack Park in northern New York State and has been used for Family Summits many times in the past.

Mailing Address

Silver Bay YMCA of the Adirondacks
87 Silver Bay Road
Silver Bay, NY 12874
(518) 543-8833

Airport Shuttle

Family Summits has arranged for transportation to and from Albany airport on Saturday July 25 and Friday July 31.

The charge is \$25 per adult and \$15 for participants under 19 years old - **each way**. We must schedule the vehicles now, so if you are interested in this service, please send your flight information indicating airline, flight number, arrival and departure times and names of passengers to logistics@familysummits.org. Indicate how many adults and how many passengers less than 19 years old. Logistics Coordinator Carl Brown will use this information to best accommodate everyone.

Individual Vehicle Rental

For those of you who would prefer to rent your own vehicle, Family Summits has worked out an excellent deal for Summiteers with Enterprise Rent-a-Car. The vehicle could be picked up and dropped off at the airport you are flying to, but you will need to contact Andrea Brooks, Enterprise Sales Manager, directly to make your rental reservation (her contact information is below). Some fees associated are listed below:

- The deal available to FNS is \$340.00 per week plus tax
- The airport access fee is between 10% - 11% with an additional \$2.00 per day at some airports like Burlington, VT
- Unlimited mileage within renting state and bordering states

Andrea Brooks, Sales Manager, Enterprise Rent A Car
460 21st Century Park Road, Clifton Park, NY 12065
Phone: 518-383-3444 Ext. 236 / Cell: 518-788-2100

Logistics Coordinator

Carl Brown was born in Newfoundland, and currently lives in Nova Scotia, Canada. His first summit was in 2004 at Estes Park, Colorado. His wife is Gloria Brown, his daughter is Carla Brown (Green Lifestyles at 2009, Newsletter Editor, Board member) and he is grandfather to Nora and Russell. Carl worked 34 years with Imperial Oil, an affiliate of ExxonMobil as a Planning /Real Estate Manager. He retired in 2003 and has continued to do contract work with Imperial Oil since retirement. Carl has a business degree from Memorial University, Newfoundland. He says he enjoys dealing with people and has plenty of energy to coordinate, organize and manage. He says that must be why the Logistics Coordinator role fits his personality. He used to be a Venturer/Boy Scout leader dealing with ages 14 – 17. They experienced many outdoor activities including winter and summer camping, hiking and canoeing. He has also been an Advisor for the Duke of Edinburgh Program, a soccer and T ball coach. New York will be his fourth Summit.



Arrival and Departure

Plan to arrive at the Silver Bay YMCA on Saturday, July 25th between 12:00 and 7:00 pm for registration. Dinner will be served on Saturday from 5:30 to 7:00 pm, followed by a Welcome Orientation.

Departure is on Friday, July 31st following hot breakfast (served 7:00 to 8:30 am). Silver Bay requests that all participants check out by 11:00 am on Friday.

Room Check-In

Room check-in begins at 4:00 pm.

Registration

Summit registration begins at 12 noon on Saturday, July 25th.

At registration, you will pick up your registration packet and class schedules and fill out required paperwork and pay any class fees due. There are check-in tables for adults, young adults, teens, junior naturalists and childcare/preschool.

Adults may process any add/drops at registration on Saturday. After Saturday, add/drops will be handled at the Summit Office.

If you arrive after 7:00 pm on Saturday, please visit the Summit Office Sunday morning (location TBA) to pick up your registration packet(s).

Summit Office

The Summit Office is staffed by an administrator and volunteers. The Summit Office contains extra handbooks, scarves, nametags, maps, lost-and-found box, faculty mailboxes and any program information that you might need during the week.

The Summit Office is open from 7:30 am to 6:00 pm daily starting Sunday, July 26th.

Programming, class, general and personal announcements will be posted outside the Summit Office. Please check the board at least once a day for program or class changes and other important messages.

Summit Store

The Summit Store is staffed by volunteers and will have items available for sale from the faculty as well as water bottles, water bottle slings and T-shirts. The Summit store will be open on Saturday from 1 to 5 and then daily Sunday through Thursday during meal times: 7 to 8:30 am, 11:30 to 1 and 5:30 to 7 pm.

Scarves

Whether this is your 1st or 25th Summit, the color of your scarf will indicate your Summit history. Representing the number of Summits attended, the scarves are an integral component of the Family Summit. Your scarf should be worn at all times. There are no rules to how you wear it, but creativity is encouraged.

Color	# of Summits
Yellow	1
Green	2-4
Blue	5-9
Red	10-14
Purple	15-19
Maroon	20-24
Robin's Egg Blue	25 and up
Orange	Faculty and Volunteers

Recycling Scarves/Lanyards/Water Bottles

We encourage you to bring your scarf from the previous year(s) unless it is in need of changing out or unless you have a change of color.

In 2008, we purchased lanyards for the nametags and also water bottles for the first time. If you still have a good lanyard and/or a good water bottle from 2008, we hope that you will bring that to the Summit.

Replacements for scarves, lanyards and water bottles will be available, but for each item you bring you will receive a ticket to enter a drawing. Additionally, if you bring your water bottle from last year, you will receive a water bottle strap at no charge. Always remember, every little bit helps the Earth when we re-use our Summit stuff!

Meal Times

Meals will be served at the same time each day. If you are registered in an all-day field trip, sack lunches and/or breakfasts will be automatically made available. Special requests (i.e. gluten-free, vegetarian) should be made in advance to ensure you are accommodated. Contact the Summit Office as soon as possible at info@familysummits.org.

Meals are included in the price of your lodging. You must be sure to wear your nametag at all times as this will be your meal card.

Full Continental Breakfast	6:15
Hot Breakfast	7:00 to 8:30
Lunch	11:30 to 1:00
Dinner	5:30 to 7:00

IMPORTANT NOTE: Some fieldtrips may begin prior to 8:30 am or return after 3:00 pm. Childcare is available to accommodate children before and after their scheduled program times (\$5/hour per child). Lunch break for the Junior Naturalists and teen programs is from 12:00 to 1:00 pm, although at times they may be offsite. Please consult their class schedule.

Volunteers

Volunteers are a critical part of the Family Summit experience to ensure things go smoothly and that this great family vacation continues each year. Longtime Summiteer, Rosanne Mistretta, has offered to be a volunteer coordinator for the 2009 Summit. There are many ways to volunteer, some big, some small.

Here are a few of the roles:

- Van drivers and backup coordination of vans
- Boat and/or golf cart shuttle driver
- Set up, staff and break down the Summit store
- "Ambassadors" to help new Summiteers and others

We also would like to tap into the varied talents of all Summiteers. What volunteer role interests you? Do you have experience with marketing, public relations, photography, computers, crafts etc? It's likely we can find a volunteer role for you!

Right now you are probably thinking "But I just want to take advantage of the course offerings, I don't want to miss anything!" **Volunteering doesn't have to be a long commitment - it can be an afternoon, an evening, or time spent on opening or closing day.** It is up to you - you can choose your level of volunteerism. Any questions? Email Rosanne at volunteer@familysummits.org or call her at 215-266-5046.

SUMMIT SCHEDULES

First Day Schedule – Saturday, July 25, 2009

12:00 to 7:00 pm	Summit Registration
4:00 pm	Silver Bay Lodging Check-in
5:30 to 7:00 pm	Dinner
6:15 to 7:00 pm	JN Orientation
7:00 to 7:30 pm	Summit Welcome and Orientation
7:30 to 8:15 pm	Teens/YA Orientations
8:15 pm	Evening Program

Junior Naturalist Welcome Program (6:15 to 7:00)

Parents and children are invited to come meet the Junior Naturalist Program Directors and Youth Group Leaders to discuss the overall program for the week. Once you've met as a group, you'll meet your child's group leaders individually.

Summit Welcome and Orientation (7:00 to 7:30)

Toward the end of dinner, we will begin our Summit Welcome and Orientation program. We hope that all of you can join us as we kick off the 2009 Silver Bay Family Summit!

Teen Welcome Program (7:30 to 8:15)

Parents and teens are invited to meet briefly with the Teen Program Director and Teen Leaders to discuss the overall program for the week. All parents and teens are encouraged to attend.

Daily Schedule – Sunday, July 26, 2009 to Thursday, July 30, 2009

7:45* to 5:00 pm	Childcare services available
8:00 to 12:00 pm	Preschool Program
8:00 to 3:30 pm	Junior Naturalist Program
8:00 to 3:30 pm	Teen program
Varies	Young Adult Program
8:30 to 3:30 pm	Adult Programs
3:45 to 5:30 pm	Family and Afternoon Programs, free time
7:00 to 7:05 pm	Announcements, changes
7:05 to ?	Evening Program

*Earlier times are available. However, arrangements must be made in advance with childcare.

HOW TO PREPARE FOR THE SUMMIT

General

Summit participants should expect plenty of sun and should prepare accordingly. Light summer clothes for day and a light jacket or sweater may or may not be needed for evening outings.

Suggested Packing List

Sweater/sweatshirt	Sunscreen
Windbreaker	Sunglasses
Warm jacket	Camera
Rain Gear	Film
Pants and shorts	Camera batteries*
Long sleeve and short sleeve T-shirts	Binoculars
Comfortable walking shoes	Notebook
Sturdy hiking boots	Art paper
Extra shoes/sneakers (for getting wet/dirty)	Pens and pencils
Rubber boots/waders	Daypack or backpack
Extra socks	Lip protection
Swimsuit	Water bottle
Beach towel	Non-perishable snacks
Hat	Insect repellent
	Flashlight
	Alarm clock

*Recyclable batteries are highly recommended. It's not only good for the environment, but they also last a lot longer than regular batteries in the digital cameras.

EDUCATIONAL PROGRAMMING

Since the first “Conservation Summit” in July of 1970, the National Wildlife Federation has played host to hundreds of families and thousands of individuals at diverse locations throughout the North American continent (including Alaska and Hawaii).

Although the National Wildlife Federation is no longer the direct provider of the Family Summits program, NWF has assisted and encouraged Family Summits, Inc. to continue to provide opportunities for families and individuals to experience and learn about nature together in the Family Summits community. Family Summits, Inc. was created by a group of NWF member families and Summit participants dedicated to keeping the Summit tradition alive.

The Family Summit offers programming for all ages, linked by three educational goals:

- To develop hands on outdoor skills that encourage individuals and families to spend more time together in nature
- To explore and experience the cultural and natural heritage of the host geographical region, so that participants increase their connection with their local ecosystems
- To promote Summit participants to take year round conservation actions in their communities in support of the Family Summit mission.

These educational goals are supported by the following learning objectives:

- To experience, appreciate and enjoy nature daily
- To learn to create and protect wilderness habitats
- To explore and study diverse New York ecosystems
- To develop a civic responsibility to contribute to conservation solutions
- To increase awareness of Family Nature Summit priorities and programs through hands-on experiences
- To gain and enhance naturalist skills through classes, workshops and field trips

CHILDCARE PROGRAM

Childcare at the Summit is available only for parents attending classes, field trips or other Summit activities during the day that require supervision for their child/children.

Childcare Availability

Childcare will be available daily, July 26th through July 30th from 7:45* to 5:00 pm for infants and toddlers ages 2 and under.

Additionally, childcare is available for 3 and 4 year olds before and after their Early Discovery Program and for youths (5-12 years old) prior to and following their Junior Naturalist program. Children eat lunch with parents unless registered for lunch child care.

***IMPORTANT NOTE:** An earlier morning drop-off time can be accommodated. However, arrangements must be made with childcare at least 24 hours in advance of the day of your class to ensure availability.

Upon arrival at the Summit on receiving your final class schedule in your registration packet, for planning and staffing purposes, please sign up for specific childcare hours at the childcare registration table. At that time, please indicate the days and times you will need childcare for the week. Should your schedule change or additional childcare hours be necessary, daily registration will also be available from 12:15 pm to 12:45 pm in the Dining Room and in the Children's Pavilion from 1:00 pm to 5:00 pm.

PLEASE NOTE: Parents/guardians should register for daily childcare at least 24 hours in advance.

Fees

Childcare fees are \$5/hour per child. Payment may be made by personal check, cash or travelers check to be paid to the childcare staff. Childcare hours and fees will be totaled and all payments must be made on the last day childcare services are used or by 5 pm Thursday, July 30th.

Supplies

Please bring the following supplies for your child/children, as applicable:

Change of clothes, socks, jacket, hat	Bottles/sippy cup Diapers/wipes
Favorite sheet or blanket, nuk Favorite toys	Snacks

Be sure to label each item with your child's name. Please also bring your child's nametag!

Director

Teri Schroeder is the director in the childcare program. Teri and her family began attending NWF Family Conservation Summits in 1985. Since that first summit, Teri has worked as a volunteer, as childcare staff and director and as a junior naturalist leader at many summits.



Staff

Childcare is also staffed with staff and volunteers who all have many years working with children in a variety of educational settings.



Brianne Hoffner returns for her 6th summit. She is looking forward to sharing in the discoveries of our youngest Summiteers. This is Brianne's second year working in child care. Brianne is a college student in Colorado Springs, CO majoring in Chemistry and Biology. She currently is a lifeguard and CNA while she attends summer classes. She is thrilled to be back at the Family Nature Summits!

Special Notes for Childcare

- If you will need childcare for your infant or child during lunch time, please sign up for this service at opening day registration or in the dining room at the child care table 12:15 pm to 12:45 pm. Lunch care will only be provided if parents/guardians are registered for an all day field trip or activity or will be getting back late from a morning field trip.
- To arrange care for your child following his/her Preschool Program or Junior Naturalist Program, please indicate this need on your son or daughter's Preschool and/or Junior Naturalist Program Enrollment Form for each child and remember to sign up for these specific childcare hours at opening day registration as well.
- The childcare program will include activities for all ages.

EARLY DISCOVERY PROGRAM (Ages 3-4)

Your child in the Early Discovery Program will spend a fun filled week learning about their natural surroundings using their five senses. Touching slimy worms, smelling fragrant wildflowers, tasting yummy fruits, hearing croaking frogs and observing camouflaged insects will be some of the great fun that your Early Discoverer will have. We will explore how animals use their noses, ears, eyes, mouths, and skin in very different ways.

If you are:

A platypus, you use your nose to dig and smell the mud.

A cricket, you hear with your ears on your knees.

A four-eyed fish, you look above and below the water at the same time.

A butterfly, you taste with your feet.

A lizard, you soak up heat from a warm rock.

Your senses are the only way you can experience the bright magical world we live in. Through our senses, we will learn about nature and all that it has to offer us.

Participants should check in at registration on opening day. **NOTE:** All children must be potty trained in order to participate in the Early Discovery Program and must wear close-toed shoes.

Directors

Sally Sherrard lives in Littleton, NH with her husband. She has her degree in Early Childhood and has worked with preschool children for 25 years. She is currently working as a Para-professional in the third grade. Sally attends the Summits with her son James and this will be their 14th Summit.



Matt Ferguson is currently a second grade teacher in New Hampshire. He has taught preschool, 5th, 6th, 7th and 8th grades over his twenty-two year teaching career. After working at his first Family Nature Summit in 1987, he was hooked and never missed a summer until three years ago when he was home for the birth of his daughter. Now three years later and Matt is back, along with his daughter, to explore, discover and enjoy the beauty of Silver Bay and Lake George.

JUNIOR NATURALIST PROGRAM

The Junior Naturalist program is designed for children as young as 5 years of age up to those who have completed the 6th grade. In this program, kids will discover exciting new adventures in a program designed especially for them. Activities are age appropriate with three Junior Naturalist groups divided by grade level and the activities are designed to educate while having fun. The children will leave the Summit with an enhanced awareness and better understanding of our natural world.

Registration

The Junior Naturalist Program Directors will be available at the Summit Registration to answer any general questions you may have about the program. There will be an orientation for the program for children and their families on Saturday after the welcome orientation.

Schedule

The groups will gather at 8:00 am each morning to begin the day's adventures. Activities will run from 8:00 to 12:00 pm and 1:00 to 3:30 pm. You will be notified in advance if your child's group will be out for lunch or involved in an afternoon or evening program.

Junior Naturalist Family Handbook

Families with children attending the Junior Naturalist Program will receive a handbook covering what to wear, what to bring, program components, health and emergency procedures, behavior expectations and other information that will help you plan for the week.

For activities taking place during the Summit week, please view the Junior Naturalist schedule posted on the website.

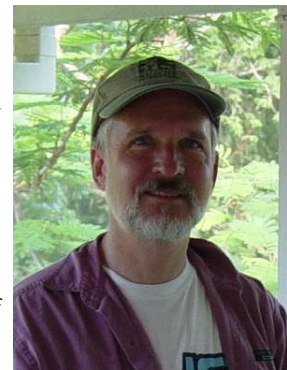
Directors



This is DeLene Hoffner's 6th summit. She has been a co-director for the past two summits and a Junior Naturalist leader four summits before that. She is a K-2 science teacher and half day kindergarten teacher in her "real" life. She has been teaching elementary education for over 23 years. She is always involved in environmental education in many ways: author, curriculum designer, as well as instructor for outdoor education summer courses (a favorite of hers!) She instructs teachers in Project Wild /WET/Learning Tree.

DeLene received the Presidential Award for Teaching Excellence in Elementary Science, Teacher of the Year for her school, and Exemplary Elementary Science Teacher by the Council for Elementary Science International (CESI). Currently she is the Preschool/Elementary Director for the National Science Teacher Association, serves on several national science committee and is also involved in reviewing publications and a magazine, Science & Children. She is so excited to be part of OUR summits where families can experience adventures, learn about nature, meet new friends and MORE!!! DeLene believes in the critical importance of connecting children with nature. Our future is in their hands!

Steve Houser Jr. is an award winning teacher of gifted children at Providence Spring Elementary School in Charlotte, NC. He uses the natural world as a gateway for instruction in all areas of the curriculum. Hands-on and experiential learning are his main instructional strategies. In the past, Steve was selected to receive the Governor's Award as North Carolina's Environmental Educator of the Year, and he has been the recipient of the Presidential Award for Excellence in Math and Science Teaching (a program of the White House and the National Science Foundation). He is a North Carolina certified Environmental Educator and has been named an "Educator of Excellence" by the North Carolina Museum of Natural Sciences. One of Steve's goals is for his students to be happy, stimulated, and learning. He also strives to help children learn to be good stewards of the earth, and encourages them to go outdoors often.



Staff

The youth group leaders for the Junior Naturalist Program have been selected for their dedication and love of children as well as for their interests in outdoor education, nature study and environmental conservation. Their backgrounds include being teachers, naturalists and youth leaders. This year's staff includes **Kathy Bales**, **Peggy Hays**, **Sara Jackson**, **Leslie Krebs**, **Harmony Lehr** and **Leslie Sherrard**.



Kathy Bales, a recreation therapist, has experience working with people of all ages in her work at a rehab center and in a school Pre-K program. Mother of three, she and her husband have volunteered with children in Scouts, Sunday School, Audubon camp, after-school programs and 4-H. Her leisure activities reflect her love of

outdoors and include bicycling, gardening and x-c skiing. This will be her 11th Summit.

Peggy Hays teaches elementary science in Colorado Springs, Colorado. She has been teaching for 26 years in all grade levels with the past nine years as a science specialist. She has also taught outdoor education classes and workshops for both students and teachers. She is married and has two grown children of her own. She loves the outdoors and enjoys helping children to appreciate and take responsibility for its preservation. She is excited to be returning for her sixth consecutive summit as one of the Junior Naturalist teachers.



Sara Jackson has worked for the Great Lakes Regional Center of the National Wildlife Federation in Ann Arbor, Michigan for the past seven years assisting with graphic design and outreach events. She recently shifted to working part-time for NWF and is excited to now spend the other half of her working week combating invasive species, assisting with prescribed natural area burns, and leading volunteer work events for Ann Arbor Natural Area Preservation. Prior to moving to Ann Arbor she spent many years moving about the country teaching and directing programs at various environmental education and outdoor adventure facilities. She has a B.S. in Environmental Communications, Education, and Interpretation from The Ohio State University. In her spare time, Sara enjoys backpacking/hiking, traveling, reading, teaching piano lessons, taking snapshots, and spending time with her friends and family. This will be Sara's 7th Summit.

Leslie Krebs is originally from St Louis. She has both of her degrees from the University of Iowa; Elementary Education, (Science), Outdoor Recreation and a Masters in Science Education. Her teaching in environmental education has taken her to Massachusetts, Michigan, Wisconsin, Wyoming Iowa, and Ohio. These have included work with the Girl Scouts, National Park Service, and other fine non-profits over the years. She is currently employed with the McHenry County Conservation District in the Chicago area. She enjoys working with all ages in the outdoors and is pleased to be teaching at her 23rd summit.



Harmony Lehr's background is science elementary education but her current position is teaching her two girls, 4 and almost 1, about everything! She has been attending summits since she was 8 and has been teaching at the summits for the past 6 years. This will be her 26th summit and each one has been a blast!

Leslie Sherrard is a National Board Certified teacher with 26 years of teaching experience in elementary and middle schools. She is currently teaching middle school math in Charlotte, North Carolina. Outdoor experience: Worked at Glacier National Park in Montana, attended the Lake George, NY Family Summit as a Jr. Naturalist teacher, Director of Camp Invention (a science camp for elementary students), assistant PADI scuba diving Instructor. She is a mom of two college age sons.



TEEN PROGRAM

Making a Difference

Each year, teens have an opportunity to reach new heights and learn ways to volunteer and improve their environment at home. Teens will learn how to stay involved with conservation efforts beyond the Summit.

The Teen Explorer Program is geared to meet the needs of junior high students that have completed 7th or 8th grade and the Teen Adventure Program is designed for students who have completed the 9th through the 12th grade. (A teen that is 18 years old and has completed the 12th grade by the time of the Summit has the option to be enrolled in the Young Adult program.)

Special Activities

Family Summits again offers special adventure outings at a low additional cost. A one-time fee will cover equipment rental and guide services. Payment is required in advance or may be paid on registration day. If your teen is physically unable to participate in any of these activities or if you have any questions, please contact the Summit Office at 949-743-2567 or info@familysummits.org.

For the camping trip, please bring your own sleeping bag, sheet (for warmer weather camping), pad, pillow, backpack, insect repellent and flashlight. Some tents will be available, but feel free to bring your own tent.

Schedule

The Teen Program runs from 8:00 to 3:30 pm each day, except during special activities and camping. Teens have lunch on their own from 12 to 1 and then the afternoon session is from 1 to 3:30, unless listed otherwise. All participants are expected to attend all daytime sessions unless prior arrangements are made by completing a release slip the day before each session and giving it to the program director. Any changes to the length of the day schedule will be detailed at Summit registration.

For activities taking place during the week, please view the Teen Adventure and Teen Explorer schedules posted on the website.

The fee for the rafting, rock climbing and Adirondack Extreme! activities scheduled for the week is \$100.

Don't Forget

Remember to bring a daypack/backpack with important additional items like rain gear, necessary personal items for the day, water bottle and a snack

There will be plenty of opportunities for soccer, Frisbee, football, swimming and stargazing during free time. Please bring this and any other athletic equipment at your own discretion. You may also want to bring your camera and photography equipment to use during free-time. Teens are always expected to dress appropriately for each day's activities including comfortable shoes and clothing, sun gear and eyewear.

Director



Joel Schroeder became involved with the NWF Family Conservation Summits starting in 1985 and has either served on the teen staff or directed the teen program many times since then. He is a secondary science teacher and technology coordinator for a school district in Iowa. His current teaching duties include classes in all areas of science and some college-level science classes as well.

Staff

Christi Hadden has been working with students outdoors for ten years. This is her 7th summit. She currently resides in Harrisburg, PA where she teaches middle and high school art and adventure education at Yellow Breeches Educational Center. Previous to teaching at YBEC, she worked for the Chesapeake Bay Foundation and Catalina Island Marine Institute.

Other than teaching, Christi loves to paddle, climb, dive, paint, draw, and garden. She is certified in swift water rescue, Red Cross CPR, first aid, and lifeguarding, and is a certified Wilderness First Responder. Her favorite living thing is kelp. She lives with her emotionally disturbed, 20 pound cat, Theo.

Penny Owens has nearly a decade of experience in the environmental education sector. Currently, she is the Education Coordinator and Assistant Biologist for Santa Barbara Channel Keeper, an environmental group working to protect and restore the Santa Barbara Channel and its watersheds. In her free time she enjoys playing in the ocean and being outside. This will be her 5th Summit working with the teens.

Kelsey and Danny Williams graduated from Messiah College with degrees in Adventure Education. While Kelsey was still in school, Danny spent a year



working at Outside In School of Experiential Learning leading expedition backpacking trips from Pennsylvania to New Mexico. After their marriage in 2008 they began working as Adventure Staff at Yellow Breeches Educational Center, a private adventure based school. In their free time they enjoy various adventure activities such as backpacking, rock climbing and whitewater canoeing.

YOUNG ADULT PROGRAM

The Young Adult program is designed for participants ages 18-25 that have graduated from high school. They will participate in adventure activities including team building activities, climbing, rafting, hiking and exploring beautiful upstate New York.

For activities taking place during the week, please view the Young Adult schedule posted on the website.

The fee for the rafting, rock climbing and Adirondack Extreme! activities scheduled for the week is \$100.

Items to Bring to the Summit:

Shorts	Hiking footwear	Pencil
Long Pants	Sneakers	Insect repellent
Daypack	4 pairs hiking socks	Water bottle
Rain gear	Sunglasses	High energy snacks
Windbreaker/ jacket	Sunscreen	Optional:
Sweater/pile jacket	Lip protection	Camera
Swimsuit	Notebook	Binoculars

For overnight, please bring a sleeping bag, sleeping pad, backpack or other bag to keep your stuff organized, tent and a flashlight.

Director



Peggy Brosnan has been a leader for hiking, youth, teens, and young adult programs. A biology and genetics teacher, she advises an ecology club and Environthon team at one of the D.C. area's top public high schools. She has done hikes to 12,000, 14,000, 16,000, and 20,000 feet in the Alps, the Rockies, the Andes, and the Himalayas respectively, and camped inside Kilimanjaro's crater at 18,800 ft. She has kayaked Baja, New Zealand, Italy's Elba Island, and Alaska's Glacier Bay, but says that one kayaking moment in Canada's westernmost islands topped them all.

Staff

Spring Steffen has been attending summits since she was 5 years old, and she has enjoyed participating in the Big Backyard, Junior Naturalist, Teen, and Young Adult Programs at her past 25 summits. She has been volunteering at the summits with Childcare and the Young Adult Program for the past 5 years, and is excited for more adventures at Lake George. She works as an IT Analyst in Ames, Iowa, and looks forward all year to getting out of her cubicle for the summit week.



ADULT PROGRAMS

OFFERINGS BY INSTRUCTOR

Blank, Matt

- ❖ Rock Climbing (Roger's Rock)

Brown, Carla

- ❖ **EVENING:** Green Lifestyles Evening – Carla Brown and many wonderful Summit volunteers (See Evening Programs Info)
- ❖ Green Lifestyles Tour: Glens Falls, New York Area – Green Gardening, Buildings, Artists and Food
- ❖ Green Lifestyles Tour of the Town of Lake George - Preserving the Lake
- ❖ Shipwrecks & Ecosystem Based Management: A Walking Tour of Lake George Shipwrecks

Cameron, Annie Tiberio

- ❖ Basic Digital Camera Concepts
- ❖ Evaluating Your Photography (with John Green)
- ❖ Great Silver Bay Photo Scavenger Hunt, The
- ❖ Great Silver Bay Photo Scavenger Hunt Wrap-Up, The
- ❖ Photography at Dawn on Lake George

Cameron, Paul

- ❖ Bee There or Bee Square: Why Should We Care About Bees?
- ❖ Beginner's Orientation to the Night Sky, A
- ❖ **EVENING:** Binocular Star Parties (See Evening Programs Info)

Egan, Dave

- ❖ Geology of the Lake George Region
- ❖ Geology Field Trip
- ❖ Geology for Hikers (See Afternoon Programs Info)

Goetz, Donny

- ❖ Rock Climbing (Roger's Rock)

Green, John

- ❖ Bird Identification Using Songs, Calls and Behaviors (Field Trips)
- ❖ Birding by Ear Workshop (Classroom)
- ❖ Birding for Early Risers
- ❖ Evaluating Your Photography (with Annie Tiberio Cameron)

OFFERINGS BY INSTRUCTOR (cont.)

Hadden, Lee

- ❖ Field Trip: It's a Bog, for Peat's Sake
- ❖ Trees of the Adirondacks – Learning to See the Trees in Spite of the Forest

Linthicum, Dave

- ❖ Beginning GPS
- ❖ Orienteering for Beginners
- ❖ **FAMILY:** Trivia Orienteering: Do-it-Yourself Family Map Hike (See Afternoon Programs Info)
- ❖ X-treme Half-Day GPS-Map Challenge, The

Lookofsky, Al

- ❖ Advanced Hunting and Gathering Technologies
- ❖ Basic Hunting and Gathering Technologies OR Where is the Bacon in Wal-Mart?
- ❖ FIRE!!! After This Class You Will Be Able To Make A Fire By Rubbing Two Sticks Together
- ❖ **FAMILY:** Flintknapping Demonstration (See Afternoon Programs Info)
- ❖ **FAMILY:** Ouch!!! Why is it Common Sense for Monkeys to Shy Away From Sharp Objects and for People to be Attracted to Them??? (See Afternoon Programs Info)

Pelton, Michael

- ❖ Black Bears of the Appalachians - Classroom
- ❖ Black Bears of the Appalachians - Field Trip (with Tamra Willis)
- ❖ Mammals of the Adirondacks

Sabo, Sue

- ❖ **FAMILY:** Family Adventure
- ❖ Rock Climbing (Roger's Rock)

Walker Leslie, Clare

- ❖ Drawing Nature's Wonders
- ❖ Drawing the Local Landscape
- ❖ Keeping Nature Journals

Willis, Tamra

- ❖ **FAMILY:** Bats, Bats Everywhere (See Afternoon Programs Info)
- ❖ No Child Left Inside (with Steve Houser)
- ❖ Project Underground

GUEST LECTURERS/SPECIAL OFFERINGS

Brown, William

- ❖ Natural History of the Timber Rattlesnake (Slide Show and Live Rattlesnake Demo)
- ❖ Natural History of the Timber Rattlesnake (Field Excursion)

Bruchac, James

- ❖ ADK Mammal Tracks
- ❖ **FAMILY:** Animal Tracks, Nature Awareness & Native Games (See Afternoon Programs Info)
- ❖ Natural Navigation Essentials
- ❖ **EVENING:** Stories of Ndakinna - James Bruchac (See Evening Programs Info)

Burnette, Josh

- ❖ Cooking for Camping
- ❖ Cooking with Local Ingredients

Goren, Julia

- ❖ Adirondack Plants
- ❖ Adirondack Wildflowers

Hamilton, Linda

- ❖ Early Morning Stretching Class (See AM/PM Programs Info)

Hicks, Al

- ❖ Field Trip: The Disappearing Bats of the Northeast

Johnson, Katie

- ❖ Eco-Spirituality Potpourri
- ❖ "Wonder" and the Natural World

Pellichero, Denis

- ❖ Flyfishing Demonstration
- ❖ Introduction to Fly Casting

Sherrard, James

- ❖ Crash Course in Vegetated Roofs

Silver Bay YMCA

- ❖ Silver Bay Craft Shop
- ❖ Silver Bay Tour with Tom Lord

ADDITIONAL FEE ACTIVITIES

- ❖ Adirondack Extreme Adventure Course
- ❖ Hudson Gorge Rafting
- ❖ Rock Climbing (Roger's Rock)

CLASS LISTINGS

Adirondack Extreme Adventure Course

At Adirondack Extreme Adventure Course, there are five large circuits within the adult courses, each containing a mixture of approximately 10-17 different obstacles. The obstacles range from zip-lines, rope swings, scrambling walls, hanging nets, wobbly bridges and suspended "surprises". The skill level and height of each circuit is marked using a color coded system indicating the challenge based on elevation and difficulty. All five courses can be completed within approximately 2-1/2 hours. Visit www.adirondackextreme.com for full details and requirements.

Instructor: AEAC

Duration: 4 hours

Class Size Limit: Limited

Additional Fee: \$35

Adirondack Plants

(More details to come) Plans are that Julia, who has done extensive field research on Adirondack plants and has taught environmental education skills from the Catskills to Arizona to Siberia, will start with some slides illustrating the relationships of Adirondack plants to their varied environments, especially elevation. Building on this knowledge, participants will spend the rest of class strolling about the Silver Bay grounds identifying not just the local non-woody plants but why they come to be found where they are. We'll even learn to distinguish between grasses, sedges, and rushes, and see how natives are doing at Silver Bay versus the invasives!

Instructor: Julia Goren

Duration: 3.5 hours (could be shorter)

Class Size Limit: None

Additional Fee: None

Adirondack Wildflowers

More details to come. Plans are that Julia, who has done extensive field research on Adirondack plants and has taught environmental education skills from the Catskills to Arizona to Siberia, will start with some slides illustrating the relationships of Adirondack wildflowers to their varied environments, especially elevation. Building on this knowledge, participants will spend the rest of class strolling about the Silver Bay grounds identifying not just the local wildflowers in bloom (or not!), but why they come to be found where they are, and how native wildflowers are doing at Silver Bay versus the invasives!

Instructor: Julia Goren

Duration: 3.5 hours (could be shorter)

Class Size Limit: None

Additional Fee: None

ADK Mammal Tracks

Led by tracker & storyteller James Bruchac, co-author Scats & Tracks of The Northeast participants will learn to both identify and read the many tracks and trails left by such Adirondack Mammals as deer, coyote, red fox, fisher, raccoon, bobcat, beaver, black bear and more. Through the use of plaster casts, stories, and hands-on activities, participants will learn to better understand the many stories left by our many four-legged friends.

Instructor: James Bruchac

Duration: 90 minutes

Class Size Limit: None

Additional Fee: None

Advanced Hunting and Gathering Technologies

(Basic course or equivalent knowledge required – can have been completed the course at a prior Summit)

This class will be a continuation of the Basic Class. It will essentially give folks a chance to spend more time with AI and improve their skills and perhaps finish a more advanced project. Such as a yellow poplar bark basket. The bark basket project is a good one as it can incorporate many of the technologies learned in the basic class, including flintknapping and cordage making. Other projects can be done if you prefer. This is your opportunity to advance.

Please wear long pants and closed toe shoes as we will be working with stone that breaks like glass. Also there will be times when you may want to get on the floor or your knees. Safety glasses, pads, knapping tools, weeds, and rocks will be provided. If you are allergic to rock dust, dogbane, cattail, tree bark, nettle, milkweed or other fiber containing plants, let AI know so that provisions can be made.

NOTE: Flint knapping, knife use, fire making and most anything that I do has risks associated. I stress safety and provide safety glasses when needed. However accidents do happen. You can pull a thread from a tendon (sinew) and cut your finger. I have never had a serious accident in one of my classes, but I keep lots of bandaids because people do get minor cuts, especially while flint knapping, even me.

Suggested Reading (not required - interesting and good): Anything on the internet found by searching Primitive Technology.

These sites are good:

Society of Primitive Technology <http://www.primitive.org/>

Primitive Ways <http://www.primitiveways.com/>

Books

Wilderness Living and Survival Skills by John and Jerri McPherson

Practicing Preimitive by Steven M. Watts

Clan of the Cave Bear by Jean Auel
The Art of Flint Knapping by D.C. Waldorf

Instructor: Al Lookofsky

Duration: Half Day

Class Size Limit: 10

Additional Fee: None

Basic Digital Camera Concepts

If the buttons and dials on your digital camera confound you, this workshop can help decode these little computers with lenses. Learn the basic features that make digital cameras tick, understand those new or confusing terms such as resolution, memory cards, optical & digital viewfinders, file formats, white balance, and more. Come learn the basics in simple language, supported with comprehensive handouts.

No prior knowledge is required. Information is applicable to point-and-shoot or SLR digital cameras. You will need to bring along your cameras and their instruction manuals. The goal of this workshop is to get the most from your camera by learning to understand and lean on the manual that came with it.

Instructor: Annie Tiberio Cameron

Duration: 3 hours

Class Size Limit: 25

Additional Fee: None

Basic Hunting and Gathering Technologies OR Where is the Bacon in Wal-Mart?

We currently hunt and gather in large stores and shopping areas, but it has not always been that way. People have prospered on this planet for millions of years without the assistance of computers, complicated machines or even metal tools. Come explore with Al the knowledge and technical skills used by our Stone Age ancestors who once inhabited Eastern North America. Learn to turn rocks into tools and weeds into rope, nets, and more. We may even throw a spear or two! The crafts of flint knapping, cordage making, and simple tool use will be taught. Participants will be encouraged to use these tools as time permits. A demonstration of making fire by friction will also be included.

Please wear long pants and closed toe shoes as we will be working with stone that breaks like glass. Also there will be times when you may want to get on the floor or your knees. Safety glasses, pads, knapping tools, weeds, and rocks will be provided. If you are allergic to rock dust, dogbane, cattail, tree bark, nettle, milkweed or other fiber containing plants, let Al know so that provisions can be made.

NOTE: Flint knapping, knife use, fire making and most anything that I do has risks associated. I stress safety and provide safety glasses when needed. However accidents do happen. You can pull a thread from a tendon (sinew) and cut your finger. I have never had a serious accident in one of my classes, but I keep lots of bandaids because people do get minor cuts, especially while flint knapping, even me.

Suggested Reading (not required - interesting and good): Anything on the internet found by searching Primitive Technology.

These sites are good:

Society of Primitive Technology <http://www.primitive.org/>

Primitive Ways <http://www.primitiveways.com/>

Books

Wilderness Living and Survival Skills by John and Jerri McPherson

Practicing Preimitive by Steven M. Watts

Clan of the Cave Bear by Jean Auel

The Art of Flint Knapping by D.C. Waldorf

Instructor: Al Lookofsky

Duration: 3+ hours

Class Size Limit: 10

Additional Fee: None

Bee There or Bee Square: Why Should We Care About Bees?

If you like to eat, then you may want to know what's up with bees and their current crisis. As tiny and insignificant as they might seem, bees don't just annoy and sting. They are significant pollinators of our food supply and are currently threatened by numerous environmental factors. Without them, we'd all be pretty hungry!

A century ago, there were thousands of backyard beekeepers across the country and most farms raised their own bees. Now backyard beekeepers are few and with farms disappearing, pollinating bees have become big business, being trucked around the country by the tens of thousands on tractor trailers.

Come to this interesting session by a former beekeeper and learn the amazing life cycle of the honeybee, the bee pollinating biz, information about CCD (colony collapse disorder) and how you can help by considering backyard beekeeping yourself! We'll start in the classroom with a slide show and equipment demo, and then load up vans to visit a nearby beehive. If you wish to take the lecture portion and skip the field trip, that's fine.

Instructor: Paul Cameron

Duration: 4 hours

Class Size Limit: 24

Additional Fee: None

Beginner's Orientation to the Night Sky, A

This class will provide some very basic information on astronomy, starting with an overview of how the planets, sun, and stars move around in relation to one another to give us a "summer" and "winter" sky. We'll cover some of the basic summer constellations and landmarks for how to locate them. With the Summit landing during a "new moon" (what's that??) we won't be able to do much moon-gazing, but on our star parties on clear nights, we'll likely see more stars in a relatively darker sky than if the moon were full.

Have you wondered whether what you see above you in the night sky is a star or a planet, like Venus, Jupiter, or Mars? This class will also teach you to use a specific tool to discriminate between stars and planets by their location and the year, month, and hour.

Astronomy can seem like a dauntingly huge topic, but this class will provide a user-friendly and simple entry to the subject.

Instructor: Paul Cameron

Duration: 90 minutes

Class Size Limit: None

Additional Fee: None

Beginning GPS

We'll find that the woods and trails on Ryan's Ridge (above Silver Bay) are more fun to explore when you have a GPS and a good map in hand! We'll learn how to use them together and how to do some geocaching to some pretty spots that otherwise go unvisited by 99% of us. Participants will learn navigational skills that will prove fun, comforting, and useful for exploring nature on your next vacation or when you return home.

This all-outdoor stroll involves 1.5 miles of walking, much of it off-trail. We'll explore some of the navigational mysteries of our time, such as why more people are getting lost now than before the GPS-cell phone era, and whether, with a GPS in their cars, men will **EVER** stop to ask directions! No prior experience needed.

Suggested Items to Bring: raingear, water, protection from bugs and, IF you can borrow one, a GPS (Global Positioning System) unit or two. If you bring your own GPS unit, see Dave early in the week because you'll need to enter some numbers into your GPS.

Suggested Reading: <http://geocacher-u.com/content/blogsection/4/33/>

Instructor: Dave Linthicum

Duration: 2.5 hours

Class Size Limit: 10

Additional Fee: None

Bird Identification Using Songs, Calls and Behaviors (Field Trips)

These explorations, both locally and farther afield, will yield a wide variety of habitats, hence a great variety of bird species. All levels. Bring binoculars, comfortable footwear, a bird guide and water.

Instructor: John Green

Duration: Varies

Class Size Limit:

Additional Fee: None

Birding by Ear Workshop (Classroom)

Using cassette tapes, CDs and some of my secret techniques, we will discuss how to reinforce time spent in the field learning to identify birds by their songs and calls (beginners, others welcome). Time permitting, we will venture outside and practice. Bring enthusiasm, binoculars, comfortable footwear and a bird guide.

Instructor: John Green

Duration: 1.5 hours

Class Size Limit:

Additional Fee: None

Birding for Early Risers

During early morning strolls around the Silver Bay YMCA campus, participants will have ample opportunities to become familiar with the resident bird species. All levels welcome. Bring binoculars, comfortable footwear and a bird guide.

Instructor: John Green

Duration: 1 hour

Class Size Limit:

Additional Fee: None

Black Bears of the Appalachians - Classroom

For 33 years, Dr. Pelton and his graduate students delved into the life history and ecology of black bears in the Appalachians and beyond. His work focused on topics that will be explored in this slide/lecture presentation. How many bears live here? What do they eat? How far do they travel? Where do they den in winter? Why do they mark trees? 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?

Instructor: Mike Pelton

Duration: 90 minutes

Class Size Limit: None

Additional Fee: None

Black Bears of the Appalachians - Field Trip

Join Drs. Pelton and Willis 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.

Suggested Items to Bring: Comfortable walking/hiking shoes and outdoor clothing are recommended for the field course.

Instructors: Michael Pelton with Tamra Willis

Duration: 3 hours

Class Size Limit: 24

Additional Fee: None

Cooking for Camping

Josh will discuss great recipes for cooking while camping (further details to be provided). Josh works at a restaurant in D.C. that was just ranked the eighth best restaurant in D.C., Maryland and Virginia, so you won't want to miss some great cooking tips to make your next campout a culinary success!

Instructor: Josh Burnette

Duration: 2.5 hours

Class Size Limit:

Additional Fee: None

Cooking with Local Ingredients

Josh says he's come up with a great recipe for a spiced maple homemade soda which he will demo at the Summit. He will also provide recipe printouts and discussion about his other great maple recipes.

Instructor: Josh Burnette

Duration: 2.5 hours

Class Size Limit:

Additional Fee: None

Crash Course in Vegetated Roofs

An overview will be provided on the basics of vegetated, or green, roofs including history, layout, benefits, and a discussion on past research and current research being conducted by the speaker. This class will consist of a 25 minute Powerpoint presentation followed by open discussion/question and answer period. James will be bringing a small demo green roof module which is the same type being used for research at the University of New Hampshire. Be sure to bring questions.

Suggested Reading: "Planting Green Roofs and Living Walls" by Nigel Dunnett. A copy will be available for anyone to borrow during the week.

Instructor: James Sherrard

Duration: 90 minutes

Class Size Limit: 50

Additional Fee: None

Disappearing Bats of the Northeast, The (Field Trip)

As leader of the national effort to combat the 2007-2009 bat scourge called white-nose syndrome, Al Hicks plans to focus on that crisis affecting bats in the (for now) northeast US. Plans call for a visit to a local cave and bat colony. From a few sites in a 12 mile radius in early 2007, the disease has now spread as far as West Virginia and proves fatal for 75 to 90 percent of the individual bats in affected colonies. Al will discuss what options may exist for combating the spread of this fungus into the Southeast and Midwest, as well as how typical bat behavior as social animals contributes to its spread. While heating caves and cave application of pesticides or fungicides have been mentioned, Al and participants will delve into the shortcomings (to say the least!) of some proposals and what viable options may exist to slow or control the spread of the disease.

Instructor: Al Hicks
Duration: 4 hours
Class Size Limit:
Additional Fee: None

Drawing Nature's Wonders

Come join professional artist and longtime Summit teacher, Clare Walker Leslie, for a fun time drawing the little parts of Silver Bay's nature. Crawl around, sneak up on, watch closely and draw things like: flowers, leaves, rocks on the shore, mushrooms, seed pods, a red squirrel, a chickadee. Simple tips will be taught. Go home with fun drawings. Bring your own paper, pencils, color, whatever you have.

Suggested Reading: Visit Clare Walker Leslie's website: www.clarewalkerleslie.com

Instructors: Clare Walker Leslie
Duration: 90 minutes
Class Size Limit: 18
Additional Fee: None

Drawing the Local Landscape

Clare has taught the art of keeping Nature Journals for many years and to many ages across the country. Come join Clare and learn how to use writing, observation, drawing and exploring to study the nature around you. This is good for families, kids of all ages and teachers. Bring your own pencil or pen and paper and a notebook. Decorate later! Field guides will be helpful.

Suggested Reading: Visit Clare Walker Leslie's website: www.clarewalkerleslie.com

Instructors: Clare Walker Leslie
Duration: 90 minutes
Class Size Limit: 18
Additional Fee: None

Eco-Spirituality Potpourri

Do you have some favorite quotes, musings, artwork/craft items, music, (whatever) that really inspires you and raises your level of wonder and awe, and do you enjoy sharing these in a small group? Join us as we gather outdoors to discuss some of these favorites! Bring your own reading, cd, instrument, or object to share for a casual mingling of hearts and minds. If possible, bring extra copies to share (if applicable). **Note:** While this class is offered during the afternoon session, this class is not intended for children.

Suggested Reading: EARTH PRAYERS by Elizabeth Roberts and Elias Amidon

Instructor: Katie Johnson
Duration: 90 minutes
Class Size Limit: 15
Additional Fee: None

Evaluating Your Photography

When you look at your photography, what do you see? How do you evaluate it? Don't let your attachment to a subject or the difficulty of getting a photograph cloud your assessment. Evaluating a photograph is an essential skill for every photographer. We must learn to ask what's good about an image and where we could improve. In this session, we will spend time looking at YOUR photos and answering those questions based on certain objective standards, and will establish observable criteria for evaluating photographic work.

Remember critiquing is not criticizing. If this sounds intimidating, it won't be. This session will give you actual tips and tools to improve. Perhaps it's simply a matter of better understanding photographic concepts or the equipment you own in order to achieve your goals. Even while someone else's images are on the screen, you will be learning along with them.

To maximize your shooting time, this session will be held near the end of the Summit. We will project and critique either slides that you bring from home, or digital images from the Summit or from home. Bring your successes OR images that fell short of your goals and ask why. The final number each person may project will depend on attendance. Plan to bring two to six images. We will accommodate as many as we can. This session is appropriate for all skill levels and all camera types.

With two sets of experienced eyes to help evaluate your work, there could be complementary OR opposing viewpoints. Annie & John's dialogue (and 30-yr long friendship!) will add to the fun! Also, curious drop-in passers-by are always welcome to come and just watch!

Suggested Items to Bring: Slides or saved digital images, ready to project. Laptops also welcome, though we'll have one available

Instructor: Annie Tiberio Cameron and John Green

Duration: 2.5 hours

Class Size Limit: 50

Additional Fee: None

FIRE!!! After This Class You Will Be Able To Make A Fire By Rubbing Two Sticks Together.

Few skills instill confidence more than being able to craft a fire from essentially nothing. I never see the smoke and then the flame that I don't smile and think that was neat! So what does it take to make a fire from nothing? Join Al as he shares his experience and tools with you to make fire by friction, flint and steel, piston, batteries and steel wool, and more. You will also learn that getting a flame is only the first part of the process. Come experience the rest of the story!

Please be prepared to get on your knees and close to the ground. You may get sooty too! Fire by friction kits will be available for sale.

NOTE: Flint knapping, knife use, fire making and most anything that I do has risks associated. I stress safety and provide safety glasses when needed. However accidents do happen. You can pull a thread from a tendon (sinew) and cut your finger. I have

never had a serious accident in one of my classes, but I keep lots of bandaids because people do get minor cuts, especially while flint knapping, even me.

Suggested Reading: Any search for fire by friction will turn up several sites. I just found these to be good. <http://www.primitiveways.com/fire.html>
<http://www.5min.com/Video/How-to-make-fire-by-friction---The-Masai-way-9390>

Instructor: Al Lookofsky
Duration: 90 minutes – 2 hours
Class Size Limit: 10
Additional Fee: None

Flyfishing Demonstration

Learn the basic “Do’s and Don’ts”. Gear (rods, lines etc) and flies will be explained. Basic casts will be demonstrated as well as advanced casts. Participants will spend some time trying basic casts for themselves with assistance if needed.

Instructor: Denis Pellichero
Duration: 1 hour
Class Size Limit: 10
Additional Fee: None

Geology of the Lake George Region

This course will provide an overview of the geologic setting of the beautiful Lake George area and the nearby Adirondack Mountains, including the geologic processes and geologic history associated with the regional features. The goal of the course will be to provide an additional perspective with which to enjoy Silver Bay as you gaze at the vistas, walk the shores of Lake George, hike to scenic overlooks, visit historic places, and explore the flora during your time at the Summit. The lecture is recommended prior to the field trip because of the background information you will have gained to more fully appreciate the geologic features being examined during the field trip stops.

Suggested Reading: Roadside Geology of New York, Mountain Press Publishing

Instructor: Dave Egan
Duration: 90 minutes
Class Size Limit: 40
Additional Fee: None

Geology Field Trip

The field trip will include stops at a number of locations to illustrate key geologic features of the area. Stops range from 10 to 20 minutes each. At least one stop will have a short, uphill walk to an old graphite mine and scenic overlook. Other stops will have little to no walking. Persons are always invited to stay with the bus/van or return to it early if necessary. The overall trip will have a significant amount of driving time between locations.

The Geology of the Lake George Region lecture is recommended prior to the field trip because of the background information you will have gained to more fully appreciate the geologic features being examined during the field trip stops.

Suggested Reading: Roadside Geology of New York, Mountain Press Publishing

Instructor: Dave Egan

Duration: 4.5 hours

Class Size Limit: 40

Additional Fee: None

Great Silver Bay Photo Scavenger Hunt, The

Want to challenge your photographic hunting skills along the shores, forest, and hillsides of the beautiful Silver Bay property? Join fellow summiteers working alone or in pairs, beginner or advanced, SLR or point-and-shoot, to follow Annie's "Photo Opps" map and meander along the photo trail she has concocted for you.

Your goal? To bag your best shot at each stop. Annie will be making the circuit to give 1:1, suggestions, encouragement. Also, at pre-determined times and places, Annie will present optional mini-lessons on subjects such as: understanding and using your depth-of-field preview button, choosing the best point-of-view, tripod features, understanding lens focal lengths, and more.

Later in the week, bring your best shots to one of Annie's two other classes: "THE GREAT SILVER BAY PHOTO SCAVENGER HUNT WRAP-UP," where we'll marvel at how many different points-of-view can be discovered at a single location OR "EVALUATING YOUR PHOTOGRAPHY" where participants can show anything from anytime.

Scavenger Hunt signs will remain in place all week, and maps available. So, if you can't fit a guided Scavenger Hunt class into your schedule, you can tackle it solo and still attend either of Annie's "gentle" critiques as mentioned above.

No prior requirements - beginner to advanced welcome

Suggested Items to Bring: SLR or Point-and-Shoot Cameras, lenses and all accessories, tripods, memory cards or film, good walking shoes, and optional notebook and pencil.

Instructor: Annie Tiberio Cameron

Duration: 3 hours

Class Size Limit: 20

Additional Fee: None

Great Silver Bay Photo Scavenger Hunt Wrap-Up, The

Bring your "bagged" shots from the "GREAT SILVER BAY PHOTO SCAVENGER HUNT" to this viewing, and have a chance to share your own personal point-of-view at each site where you hunted for your shots. During the fun, ample learning opps will arise as we see how many sets of eyes (yes, with differing skill levels and various types of equipment,) can see one subject so differently. It's all in your point-of-view!

NOTE: Taking the actual GREAT SILVER BAY PHOTO SCAVENGER HUNT class is NOT a prerequisite to joining this wrap-up class. The Scavenger Hunt signs will be up all week, and the maps readily available to do it on your own. Also, curious drop-in passers-by are always welcome to come and just watch!

Prior Experience: You must have either taken the Scavenger Hunt Class OR have done the scavenger hunt on your own.

Items to Bring: Saved digital scavenger hunt images from the week, ready to project

Instructor: Annie Tiberio Cameron

Duration: 2-1/2 hours

Class Size Limit: 50

Additional Fee: None

Green Lifestyles Tour: Glens Falls, New York Area - Green Gardening, Buildings, Artists and Food

Glens Falls is about one hour south of Silver Bay. We'll start the day visiting a community garden named Hovey Pond Park where an ecological landscaper will tell us about principles of green landscaping. Next we'll visit the Barton Mines company which greened their historic office building downtown. They even have process the water in their basement. We'll visit a local bakery that offers fair trade beverages and fresh-baked bread to supplement our Silver Bay YMCA bag lunches. After lunch we'll visit a fabric artist who makes fiber art from recycled clothing - her studio is called "Crazy As A Loom." We'll end our day visiting with another local artist, Stephen LeBlanc, who is building a straw bale home with active and passive solar energy. This tour lands on his birthday so we'll try to bring him good cheer at the building site. This program leaves at 8:30am and we plan on being back by 5pm. The longest stretch of driving is 1 hour and 20 minutes at the end of the day.

Suggested Items to Bring: Camera; raincoat if needed; shoes for walking on muddy and bumpy ground; \$ if you want to buy anything, but not necessary

Suggested Reading:

* <http://www.queensbury.net/Recreation/HoveyPond.htm>

* <http://www.ecologicconsulting.net/>

* <http://www.barton.com/>

* <http://www.rockhillbakehouse.com/>

* <http://www.crazyasaloom.com/>

* <http://www.stephenleblanc.net/>

Instructor: Carla Brown

Duration: 8.5 hours

Class Size Limit: 24

Additional Fee: None

Green Lifestyles Tour of the Town of Lake George - Preserving the Lake

Come take a trip around Lake George to see how local people are living green. Our furthest destination is an hour away. In the morning we'll visit the Lake George Association headquarters which features green elements such as geothermal heating

and cooling and a composting toilet. We'll head down to shore for a program they call "Floating Classroom" in a boat that carries up to 30 adults. We will learn about water sampling, invasive species, land use around Lake George and habitat preservation. Around lunch time we'll head to the Farmhouse Restaurant at the Top of the World Golf Resort where the chef grows many ingredients in their on-site farm and we'll learn about eating locally. Silver Bay YMCA bag lunches are provided, but we might "supplement" them. After lunch we'll visit a project called the West Brook Conservation Initiative which is an effort by local conservation groups to reduce pollution entering Lake George. They will transform the dilapidated Gaslight Village area into an environmental park and protect vulnerable upland headwater areas. This \$15 million effort is the biggest environmental project ever attempted on Lake George. We'll see the area where they are tearing down building and visit the uplands with a great view of the lake if we have enough time. This program leaves at 8:30am and we're aiming to be back around 5pm.

Suggested Items to Bring: Camera; raincoat if needed; shoes for walking on muddy and bumpy ground; \$ if you want to buy anything, but not necessary

Suggested Reading:

* <http://www.lakegeorgeassociation.org/>

* <http://www.topoftheworldgolfresort.com/dining.asp>

* <http://www.lglc.org/LandConservation/Current-Projects.asp>

Instructor: Carla Brown

Duration: 8.5 hours

Class Size Limit: 24

Additional Fee: None

Hudson Gorge Rafting

This 17 mile wilderness stretch of the upper Hudson could not be more different than Manhattan's river of the same name. Our guides will interpret the local ecology (while keeping even rafting beginners from doing any harm to themselves or others!) and provide all safety equipment including wet suits. The guides with a veteran Adirondacks outfitter have already touted this section as being ranked as "one of the top ten in the country" for wilderness rafting. Other than the start in Indian Lake and finish in North River, no roads or railroads even approach this river section. As for the "rush" element often determined by sufficient rainfall conditions, the Adirondack Park authorities have taken care of that for us, with timed reservoir water releases Sat., Sun., Tue., and Thur., resulting in superbly reliable and predictable rafting conditions. The 43 mile drive each way is quite scenic, with zero interstate miles.

Suggested Items to Bring: Wear swimwear and shoes that will not float away. No flip-flops. Sneakers that can get wet or Teva sandal-type wear is best.

Duration: 9.5 hours

Class Size Limit: None

Additional Fee: \$55

Keeping Nature Journals

The landscape of wood mountain, lake, lawn, rocking chairs and porch must be drawn while you are visiting. Come join professional artist, naturalist and author, Clare Walker

Leslie, and learn how to draw: trees, water, ripples, sky, perspective of porch and chairs. Bring your own paper, pencils or pens, colored pencils or watercolors.

Suggested Reading: Visit Clare Walker Leslie's website: www.clarewalkerleslie.com

Instructor: Clare Walker Leslie

Duration: 90 minutes

Class Size Limit: 18

Additional Fee: None

Introduction to Fly Casting

The purpose of this course is to introduce people to the wonderful sport of Fly Casting/ Fly Fishing. The course explains the basic principles of casting along with explanation of the typical equipment from the fly to the fisherman. There is plenty of hands-on casting from the basic casting stroke to some more advanced techniques (this is dependent on how quickly students pick up the material) with video analysis. As an added bonus, there is a sample Fly Tying demonstration as well as a demonstration of some very advanced techniques like Spey Casting. On the completion of the course, the student should be able to walk away knowing the basic fundamental of the sport. If you intend to fish, you will have to acquire a local fishing license.

Suggested Items to Bring: Bring comfortable outdoor gear as the class can be conducted (Rain or Shine) and students are reminded to bring a pair of sun glasses (Safety First). A535/ Deep Heat.

Instructor: Denis Pellichero

Duration: 7 hours

Class Size Limit: 4

Additional Fee: None

It's a Bog, for Peat's Sake!

The second feature, after "mountains", that comes to mind when you think about or travel in the Adirondacks is "water" – everywhere! Along with the abundant lakes, streams, and rivers, the wetlands of the Adirondacks exist in different forms and in many locations throughout the Park [as you will see during your activities and other classes throughout the week]. This class will give a general introduction to wetlands, but will primarily focus on bogs and similar ecosystems, covering the characteristics of bogs, their origin and ecology, and some of their historical and economic roles and significance. Basic information will be available in printed handouts and participants are encouraged to bring relevant field guides to further assist them in identifying the plants and wildlife that will be seen as we walk to and through and talk about these special ecosystems. The class will visit area wetlands, both on and off the Silver Bay YMCA campus, to view the characteristic community structure, focusing on the plants, especially the incredible sphagnum mats and other plants that characterize these special ecosystems. We won't see any "bog bodies", and hopefully no one will become one, but we will learn what gives these unique and fascinating ecosystems their beauty and mystique. If you've never seen native carnivorous plants – pitcher plants, sundews, and bladderworts— up close and personal in the wild, this class will introduce you to these and the many other important plants, and the wildlife that inhabit bogs and wetland communities.

Will involve walking [casual “hiking”] to get to some bogs and some terrain will be marshy and some may be hilly.

Suggested Items to Bring: Notebook and pen, binoculars to see things in places we cannot walk, insect repellent and After Bite [or substitute bite treatment], suitable apparel and comfortable footwear for walking on dry ground and in marshy and wet areas [feet will be in wet moss and water]Gore-tex hiking boots usually work well here; hand towel raingear if needed –dress for the weather, water bottle. Recommended but optional: Digital camera [this is a photographer’s paradise]

Suggested Reading:

Nature Guides by James Kavanagh [inexpensive, convenient laminated pamphlets/ foldout guides]

New York State trees and Wildflowers: An Introduction to Familiar Species New York State Wildlife: An Introduction to Familiar Species
New York Birds

Check library first for book titles below [purchase only if desired after reviewing copies first-hand or reading on-line reviews]:

The Book of Swamp and Bog: Trees, Shrubs, and Wildflowers of the Eastern Freshwater Wetlands: John Eastman

Birds of Lake, Pond, and Marsh: Water and Wetland Birds of Eastern North America: John Eastman

Wetlands [Audubon Society Nature Guides]: William A. Niering

The Adirondack Nature Guide: Sheri Amsel [general but helpful]

Bogs of the Northeast, Johnson [more academic and detailed]

Internet Sources:

The Young Scientist’s Introduction to Wetlands [age specific but interesting]
downloadable at: <http://el.ercd.usace.army.mil/wetlands/pdfs/ysw1.pdf>

<http://www.epa.gov/owow/wetlands/types/>

especially: bogs-- <http://www.epa.gov/owow/wetlands/types/bog.html>

<http://visitadirondacks.com/First-Time-Visitors.html> interesting video

<http://www.dec.ny.gov/lands/5263.html> link to NY State DEC Adirondack Forest Preserve site with lots of information and additional links

Instructor: Lee Hadden

Duration: 3.5 hours

Class Size Limit: 20

Additional Fee: None

Mammals of the Adirondacks

What kinds of mammals might you see if you go hiking in the Adirondacks? Come learn about everything from rabbits to coyotes in this hands-on class on common mammals of the area. Look at skulls and touch the furs of over 20 species of animals. Participate in discussions about the ecology and management of the charismatic mega-fauna of the area. (Limited number of participants)

Instructor: Mike Pelton
Duration: 90 minutes
Class Size Limit: 20
Class Size Minimum: 6
Additional Fee: None

Natural History of the Timber Rattlesnake (Slide Show and Live Rattlesnake Demonstration)

Dr. William S. Brown, a trained zoologist and wildlife ecologist, will speak about the native rattlesnakes in the southeastern Adirondacks where he has studied this species for over thirty years. Using a slide presentation with many photographs and diagrams, this presentation will focus on the natural history and conservation of this fascinating native reptile. The slide presentation will be followed by a live animal demonstration. Using live wild-caught rattlesnakes, a handling demonstration will explain the behavior of this venomous snake.

Instructor: William Brown
Duration: 90 minutes
Class Size Limit: 100
Additional Fee: None

Natural History of the Timber Rattlesnake (Field Excursion)

A small group of people will be taken to a local timber rattlesnake study area where the author will point out to participants many life history aspects of the rattlesnake in its own environment. With luck, participants may actually observe a wild rattlesnake. The professor will explain why the snake's behavior contributes to the low danger of snakebite to hikers while they are in rattlesnake country.

Field Hike -- ADK rating C (easy to moderate) walking on trail, slight elevation changes, about 2.5 miles round trip. There is a 5 minute van trip to the trailhead.

Suggested Items to Bring: Comfortable hiking shoes, fluids, day-pack containing whatever might be wanted

Instructor: William Brown
Duration: 3 hours
Class Size Limit: 13
Additional Fee: None

Natural Navigation Essentials

Led by storyteller, tracker and survival expert, James Bruchac, participants, in this hands-on workshop will learn a host of ways to navigate without the use of a compass or GPS. While walking around the Silver Bay grounds you will learn how to use the sun, stars, moon, clouds, trees and even the animals to find your way. An essential and exciting complement to anyone's navigational skills.

Instructor: James Bruchac
Duration: 90 minutes
Class Size Limit: None
Additional Fee: None

No Child Left Inside

It is now clear that children in our society spend less time in the outdoors than ever before. Yet, there is a part of each of us that needs to connect with the natural world. A growing body of evidence suggests that negative consequences result when we stay disconnected from nature. How can we get young people interested in nature studies and in spending time outdoors? This class will explore these issues and provide an overview of related national efforts currently underway such as the Children and Nature movement and No Child Left Inside legislation. We will learn about efforts by schools and community groups to provide meaningful outdoor experiences for children. We will learn about family-based outdoor activities such as nature investigations and environmental citizen monitoring activities. Whether you are a parent, grandparent, babysitter, scout/church leader or teacher, you can learn ways to share nature with the young people in your lives.

Suggested Reading: "Last Child in the Woods: Saving Our Children from Nature Deficit Disorder" by Richard Louv

Instructor: Tamra Willis and Steve Houser

Duration: 90 minutes

Class Size Limit: None

Additional Fee: None

Orienteering for Beginners

In this all outdoor "fun with maps" course, our accurate, easy-to-use color map (made just for Summits) will lead us to Silver Bay's scenic shorelines and streamside alcoves. We will become more comfortable with maps, because exploring nature is sometimes best when a bit "off the beaten track."

We'll view real watersheds during this all outdoor stroll. We'll explore how the sport of orienteering thrives where you live, and look at the role maps and Google Earth play in grassroots land use issues. As one alumnus put it, "I left this class feeling very good about my new skill."

Teachers and youth group leaders are particularly welcome. Americans now test about last in the modern world in geography skills... This class will help you to stop being part of the problem!

Suggested Items to Bring: Raingear, water, protection from sun and bugs. Maps and compass provided. No prior experience needed.

Suggested Reading: "Orienteering" by Steve Boga, \$13.95 on Amazon.com

Instructor: Dave Linthicum

Duration: 3.5 hours

Class Size Limit: 15

Additional Fee: None

Photography at Dawn on Lake George

Experiencing dawn at Lake George is at least mystical, and at best, magical. Join Annie for an early morning guided photography walk to some "picture-perfect" spots along the Silver Bay shoreline. Take home images few Summiteers will personally experience -- unless of course they are birding with Brete or John! Your skill level or photo equipment is immaterial, just a desire to get the most out of what YOU own. As always, assistance in the field with your camera is available from Annie upon request. Take home some Lake George Magic.

Suggested Items to Bring: Cameras of any type, with any accessories desired. Tripods are handy for SLRs, but shots are possible without also.

Instructor: Annie Tiberio Cameron

Duration: 90 minutes

Class Size Limit: 30

Additional Fee: None

Project Underground

Project Underground is an environmental education program designed to promote better understanding of caves, groundwater, and karst topography. Participants gain awareness of the structure, resources, and animals just below the Earth's surface and develop an understanding of how the underground environment is an important part of the total environment. This interdisciplinary instructional program will appeal to educators of all types: classroom teachers, cavern, park, museum, and nature center staff, homeschool parents or any youth-oriented group leader. The Project Underground guide is divided into subject areas with background information provided in each section and includes activities such as Bat Echoes, Moving Rocks, Ancient Cave Art, and Lost River Village. Guides will be available for purchase by participants at cost (\$17).

Suggested Items: Comfortable clothing for active learning.

Suggested Reading:

For Information on White-Nose Syndrome in bats:

U.S.Fish and Wildlife Service

http://www.fws.gov/northeast/white_nose.html

Bat Conservation International:

<http://www.batcon.org/>

Instructor: Tamra Willis

Duration: 3 hours

Class Size Limit: 15

Additional Fee: None

Rock Climbing (Roger's Rock)

Basics of rock climbing and if so inclined the basics of belay technique. Rock climbing is a high energy sport and should be considered to be the same difficulty as the difficult hikes. The class will consist of guided rock climbing on Roger's Rock, which rises directly out of Lake George. Most of the routes will be on the more challenging side, but beginners are encouraged to participate. All routes will be top-roped in advance.

Emphasis on safety and teamwork. We will supply harnesses, ropes and belay equipment.

What to Bring: Snug shoes, non-constrictive clothing comfortable to hike in and plenty of water. Also bring cold weather gear in the event of inclement weather (when it comes to climbing, there is no such thing as bad weather, only bad clothing).

Instructors: Matt Blank, Donny Goetz and Sue Sabo

Duration: 4 hours

Class Size Limit: None

Additional Fee: \$10

Silver Bay Craft Shop

Put on your creative hat and enter the Silver Bay craft shop!!! Enjoy designing a silver bracelet, throwing a pot on the wheel, weaving a blanket, or creating a stain-glass masterpiece throughout the summer.

Skilled artisans offer workshops in many areas including silver jewelry, stained glass design, basketry, weaving, pottery, and copper enameling. Each craft section offers adults and children opportunities to experience working in an art form for the first time or fine-tuning existing skills. During the summer and on Silver Bay Experience Weekends, there are guest artists in residence offering unique and contemporary arts to resident guests and the surrounding community.

*For all crafts, there is an additional materials fee.

Instructor: Silver Bay

Duration: Varies

Silver Bay Tour

This stroll amongst 110 years of eclectic Adirondacks architecture is not to be missed, as Summits are fortunate to have Silver Bay's most knowledgeable guide of the past several decades! Tom has told many an anecdote and penned many articles and books over the years when he's not been busy at the Silver Bay waterfront or (more recently) working on Silver Bay's trails! Join him for a fascinating, slow paced walk to learn how many of the current buildings are still located where they started out!

Guest Instructor: Tom Lord

Duration: 2 hours

Class Size Limit: None

Additional Fee: None

Shipwrecks & Ecosystem Based Management: A Walking Tour of Lake George Shipwrecks

This shoreline tour is led by Underwater Archaeologist Joseph W. Zarzynski (Bateaux Below, Inc.) Lake George is home to over 200 historic shipwrecks, many dating to the French & Indian War (1755-1763). Some human activities and invasive species threaten the lake's bountiful underwater heritage. For over two decades Bateaux Below, Inc., a not-for-profit corporation, has been studying the waterway's submerged cultural

resources and works to develop strategies to protect this finite sunken heritage. Take this two hour walking tour along the Blais Walkway stopping to:

- * see where invasive mussels first infested the area
- * look at a replica bateau "wreck" sunk in the lake (example of "ecosystem based management")
- * stop at the Lake George Visitor Center for more historical background.

We will not be going out on a boat or into the water during this tour.

Our tour guide is involved with a fascinating art/science collaboration this summer as well as underwater litter collections this summer.

Suggested Items to Bring: Camera; raincoat if needed; shoes for walking on muddy and bumpy ground; \$ if you want to buy anything, but not necessary.

Suggested Reading: <http://www.thelostradeau.com/>

Instructor: Carla Brown

Duration: 3 hours

Class Size Limit: 24

Additional Fee: None

Trees of the Adirondacks – Learning to See the Trees in Spite of the Forest

Is that "Christmas tree" a pine tree? Or a spruce? Maybe a fir? How can you tell? And about those hardwoods-- Which are the birches and which are the aspens? Why do the quaking aspen leaves "quake"? [Is it really a sign of rain?] This course will provide the basic information needed to identify the most common evergreen and hardwood species in the Silver Bay area of the Adirondacks, and give you hands-on experience in identifying trees in their natural setting. Whether you're a novice and don't know a tree guide from a tree key, or whether you can name genus and species with ease, you can benefit from and contribute to this course. You'll get the basic information needed to identify the common trees [using guides and keys] plus learn about their natural history and ecology, and some of the ways man has depended upon and utilized them. Classes are mostly "walk and talk" format [weather permitting] so come ready to learn what features to look for in identifying trees and which tree is which in the Silver Bay area. What you learn during the class you can use on other field trips and activities during the Summit [YOU can help others learn after the class] and the principles can be applied to trees at home or anywhere.

Suggested Items to Bring: Notebook and pen, 5-10x magnifying lens [if you have or can borrow one] insect repellent, suitable walking apparel and footwear. Raingear if needed – dress for the weather. Water bottle. Recommended but optional: Digital camera to document the trees and pertinent details.

Suggested Reading:

Trees of New York Field Guide by Stan Tekiela

New York State trees and Wildflowers: An Introduction to Familiar Species [Start Nature Guides] by James Kavanagh [inexpensive, convenient laminated pamphlet/foldout guide]

The Adirondack Nature Guide by Sheri Amsel

Tree Finder: A Manual for the Identification of Trees by Their Leaves (Nature Study Guides) by May T. Watts

A Field Guide to Eastern Trees [Peterson Field Guides , George Petrides

Trees of New York State Native and Naturalized, H.P. Brown Ph. D. old classic; excellent drawings complete book [now public domain] downloadable as PDF file [huge!] from [http://books.google.com/books?id=SvEnAAAAYAAJ&pg=PA19&lpg=PA19&dq=N
ew+York+Dendrology
&source=bl&ots=iCJ4XiZmT8&sig=rnGw7ZklbY3UbBnpjGusCYQqz4o&hl=en&ei=Qel
mSoi4DZSU9gS pnuGBDw&sa=X&oi=book_result&ct=result&resnum=3#PPA2,M1](http://books.google.com/books?id=SvEnAAAAYAAJ&pg=PA19&lpg=PA19&dq=New+York+Dendrology&source=bl&ots=iCJ4XiZmT8&sig=rnGw7ZklbY3UbBnpjGusCYQqz4o&hl=en&ei=Qel mSoi4DZSU9gS pnuGBDw&sa=X&oi=book_result&ct=result&resnum=3#PPA2,M1)

Forests and Trees of the Adirondack High Peaks Region: A Hiker's Guide by Edwin H. Ketchledge [excludes some trees of lower elevations]

Instructor: Lee Hadden

Duration: 2.5 hours

Class Size Limit: 20

Additional Fee: None

"Wonder" and the Natural World

Have you ever wondered about the wellspring of the wonder and awe we experience as we gaze at a spectacular sunset, witness the glory and damage of an ice storm, or feel the spray from a tundering waterfall? It's deep within us! Join us as we view a video about Thomas Berry (resident of Greensboro, NC), cultural historian, and an eloquent and passionate spokesperson for eco-spirituality. He see this perspective as imperative to the healing of the planet, and places wonder and awe at the heart of the healing process. Join us for a provocative viewing experience, followed by lively and spontaneous discussion. **Note:** While this class is offered during the afternoon session, this class is not intended for children.

Suggested Reading: The Great Work by Thomas Berry

Instructor: Katie Johnson

Duration: 90 minutes

Class Size Limit: 25

Additional Fee: None

X-treme Half-Day GPS-Map Challenge, The

A challenge, yes; Competition, no. Designed for fit, agile hikers, we'll only cover about 4 miles but will be mostly off-trail as we climb 1000 ft. above Silver Bay. We'll practice some advanced navigating techniques as we work our way back toward Hudushone Overlook or Lost Pond or Uncas Waterfall. No prior experience needed with a GPS or map, as we'll stay in a group or two.

Suggested Items to Bring: Raingear, water, hiking gear, protection from bugs and, IF you can borrow one, a GPS (Global Positioning System) unit or two.

Instructor: Dave Linthicum

Duration: 3.5 hours

Class Size Limit: 12

Additional Fee: None

HIKING PROGRAM

Hiking is not always about arriving at a destination; it is about the experience of getting there. It is almost always combined with other pursuits such as bird-watching, photography or the pure enjoyment of being outdoors.

Climate and Clothing

Recommendations are for protective clothing: Long-sleeve shirt, long pants, windbreaker or anorak, sweater or fleece pullover, wool hat, gloves, sturdy hiking boots (with ankle supports) and two layers of socks. It is also important to pack a daypack with: raingear, insect repellent, extra socks (1 thin, 1 thick), sunshades (hat or glasses), camera, film, binoculars, high energy snacks, lip protection, anything else you may need (medication, inhaler, etc) and a LARGE WATER BOTTLE, full of water.

Half Day Hike	8:30 to 12 pm or 1 to 3:15 pm or 1 to 5 pm
Three Quarter Day Hike	8:30 to 3:15 pm
Full Day Hike	Start times between 7:30&8:30 am to 5 pm

Director

Gary Pfisterer is an avid hiker, backpacker, trekker, and mountaineer. His enthusiasm for the outdoors began as a teenager in the White Mountains of New Hampshire. He moved on to higher peaks in North and South America eventually climbing the highest peaks on the seven continents. He spent about ten years organizing and leading expeditions to the world's highest peaks and currently leads treks for several organizers to Nepal, Bhutan, India, and Pakistan. He is currently attempting to reach the top of the highpoint of every state. He loves exploring new areas and is looking forward to leading hikes on his second summit.

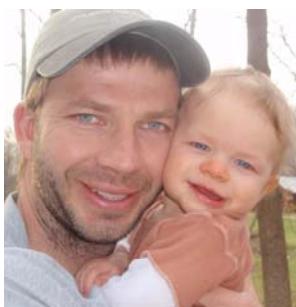


Staff

Linda Hamilton has been hiking over hill and dale for more decades than she wishes to gloat about and claims she's never done a hike nor met a hiker she didn't like. She is a Certified Interpreter Guide (CIG/NAI) and is in her 10th season with Colorado State Parks as environmental education and service program instructor and serves on the board of directors for the Colorado Alliance for Environmental Education. She is also a presenter for Children and Nature Network, Northern Colorado. Linda has a B.S. in Natural Resources, a Masters in Environmental Studies, and is happy that her CPR and Wilderness First Aid certifications are current. This hike leader encourages participants to bring along their wildlife and vegetation knowledge - the more offerings along a hike the better it is.



Matt Hays has been teaching high school science in Colorado Springs, Colorado, for twenty five years. He currently teaches AP Environmental Science, AP Biology, and AP Chemistry. In addition, he organizes hiking, backpacking, and rock climbing trips for his high school students and faculty. Matt is an avid hiker, backpacker, rock-climber, skier, and mountaineer. He has climbed all fifty-four fourteeners in Colorado numerous times, many in the winter. He has also climbed Mt. Whitney, CA and the Grand Teton in Wyoming via the Exum Ridge. He plans on climbing extensively in the northwest this summer on peaks such as Rainier, Baker, and Hood. He would like to pursue more peaks outside the U.S. in Mexico and South America.



Matthew Otte is embarking on a new phase in his history with the Summits, a father. He began in the teen group, graduated to the adult group, hiked the Appalachian trail and began leading hikes in 2003. He is now married to Jenny and this will be his 10th summit. Matthew and Jenny bring one of the newest Summiteers – Addison (Addie) – to the summit this year. Matthew is a recycling director for Seymour Indiana and is on the board of the Indiana Recycling Coalition. Matthew and Jenny look forward to resuming their summit experiences after a year off with the birth of Addie.

Hike Assistants

We are fortunate to have our fantastic hike assistants back with us for the 2009 Summit: Tina Egan, Jan Houser and Christopher Lenz.

HIKES

Bald Peak (Difficult)

The 55 mile drive is worth it, as it gets us to the Adirondack High Peaks. The more verdant lower slopes give way after 3200 feet of climb over 3.0 miles (one way) to the wind-swept, barren rocky Bald Mtn. summit, with correspondingly magnificent views.

Duration: Full Day (8:00 start) 7.1 miles roundtrip

Bald Peak - Giant Mountain Traverse (Hard Climb Option) (Difficult)

Gary will check with you beforehand regarding preparations for this classic Adirondacks High Peaks traverse. The hike has no back-tracking (point to point) and features 10.4 miles of rocky hiking including the dramatic high ridge between Giant (4900 ft.) and Bald (3200 ft.) Total climb will be 4900 feet.

Duration: Full Day (7:30 start) 10.4 miles roundtrip

Black Mountain (Moderate to Difficult)

Black Mountain is simply the highest point next to Lake George. The trailhead can only be reached by a 7.5 mile boat ride. The 2,400 foot climb is non-stop but only about 2.5 miles, with the big payoff at the top.

Duration: Three Quarter Day 5.2 miles roundtrip

Coast Walk - Montcalm Point (Moderate)

Nine mile drive. When you look at a map, Montcalm Point is that point sticking out into Lake George like a tongue. Getting there is only possible by boat or foot. We'll hike along the shoreline the entire way (5 miles one way), on the shady northwest side of big Tongue Mountain all the way. If you're a fan of shoreline hikes, this is the one for you (though we still manage over 600 feet of climb, just to get to some vistas!)

Duration: Full Day (8:30 start) 10 miles roundtrip

Deer Leap (Easy to Moderate)

Four mile drive. A short 1.7 mile (one way) steep (1,100 ft.) climb to a brilliant ridge hike where you'll feel as if you're hiking right out over mile-wide Lake George (and you almost do!)

Duration: Half Day (morning) 3.4 miles roundtrip

Five Mile Mountain (Moderate)

Four mile drive. Tongue Mountain is the highest, most dramatic mountain close to Silver Bay. This hike provides the Tongue Mountain experience with less effort than the Five Mile Point hike. The summits of both Brown Mountain and Fivemile Mountain will be reached over approximately 3 miles (one way) with 1,600 feet of total climb.

Duration: Three Quarter Day 6.3 miles roundtrip

Five Mile Point (Difficult)

Nine mile drive. A three mile hike starting at the Clay Meadows trailhead with a total climb of 2400 feet. For a variety of terrain and ecosystems, from shorelines to peaks, this hike simply cannot be bested this close to Silver Bay!

Duration: Full Day (8:30 start) 6 miles roundtrip

Giant Peak (Difficult)

55 mile drive. Literally the high point of this Summit, the breathtaking views from this 4,600 ft. peak are not to be missed if you can tackle the 3,500 foot climb in 3.2 miles (one way). The lower reaches of the hike along Roaring Brook are dramatically different than the rocky, sub-alpine summit ecosystem.

Duration: Full Day (8:00 start) 6.4 miles roundtrip

Inspiration Point (Easy to Moderate)

No drive. Views just as good as Sunrise Mountain, but with only a 700 foot climb, and the climb is spread out over 1.4 miles (one way). So we'll tackle this hike in the afternoon and will go slowly to this breath-taking viewpoint.

Duration: Half Day (1-3:15) 2.8 miles roundtrip

Jabez Pond and Return (Easy to Moderate)

No drive. This loon-nesting pond is the classic hiking destination from Silver Bay, and follows tumbling Adirondacks streams for much of the 1100 foot climb over just 2 miles (one way.)

Duration: Half Day (morning and afternoon) 4 miles roundtrip

Jabez Pond Loop (Moderate)

No drive. (Extension of 1/2 day hike above.) The five mile (total) hike with 1300 feet of climb includes a circumnavigation of magnificent Jabez Pond on trails has only become possible recently, and is worth it, with vistas from all angles across the mist-shrouded or brilliantly sunny (depending on your luck!) This is one of those Adirondack "lakes in the clouds" (it's 1000 feet above Lake George, just 300 feet below to tops of the peaks ringing it.)

Duration: Three Quarter Day 6.9 miles roundtrip

Jabez Pond - Inspiration Point Combo (Moderate)

No drive. 5.3 miles, 1300 feet climb. See above.

Duration: Half Day (morning) 5.3 miles roundtrip

Sunrise Mountain (Moderate)

No drive. For a century, Silver Bay guests have been getting up pre-dawn and tackling this very steep but short hike of 1.1 miles (one way), 1000 foot climb. We'll depart at a civilized 8:30 a.m. and take our time getting to the overlook, with the best views looking eastward and northeastward across Lake George.

Duration: Half Day (morning) 2.2 miles roundtrip

Sunrise Mountain-Inspiration Point Combo (Moderate)

No drive. 4.5 miles, 1400 feet climb (using the Bob James Trail to connect the two to minimize climb). See above.

Duration: Half Day (morning) 4.5 miles roundtrip

Sunrise Mountain - Uncas Cliff (Moderate)

No drive. This hike nicely combines the three famous Silver Bay overlooks (Sunrise Mountain, Inspiration Point and Uncas Cliff) without coming down to the bottom and starting back up each time! In other words, we do almost six miles of hiking with only 1800 total feet of climb to reach all three overlooks of Lake George. The more open, rocky terrain near Uncas Cliff contrasts with the deep forests along Adams Brook and the lower Bob James Trail.

Duration: Three Quarter Day 5.9 miles roundtrip

AM/PM/FAMILY PROGRAMS

Animal Tracks, Nature Awareness & Native Games

Through the use of plaster casts of various animal tracks, stories and Native American games youth participants will learn to slow down and become more aware of their surroundings. Stalking games such as deer cougar and firewood having proved to be an all time favorite of Summits past.

Instructor: James Bruchac

Duration: 90 minutes

Class Size Limit: None

Additional Fee: None

Bats, Bats Everywhere

Bats are perhaps the most misunderstood animals in the world, and also some of the most beneficial to humans. They come in all shapes and sizes and have unique and interesting characteristics. Many species are also in jeopardy due to pesticide use, habitat loss, and now the mysterious white nose syndrome first discovered in NY State. Have fun learning all about bats of the United States and find out what you can do to help increase their numbers

Instructor: Tamra Willis

Duration: 90 minutes

Class Size Limit: None

Additional Fee: None

Early Morning Stretching Class

Join us for an early morning casual stretch to limber up and feel good before heading out for the day. Wear comfortable clothing, sneakers, jacket if needed (the location may be outside.)

Instructor: Linda Hamilton
Duration: 30 minutes
Class Size Limit: None
Additional Fee: None

Family Adventure

Dr. Evil is back and badder than ever! Once again he is determined to stop the good people at the Summit from trying to save the earth! Bring your family with you for some great team building games and activities with an environmental theme, and make sure Dr. Evil get's his due! This program is suitable for everyone from 1-91! Just come prepared to have fun!

Suggested Items: Just bring yourself, comfortable clothes and shoes, water bottle, and sunscreen.

Instructor: Sue Sabo
Duration: 1 hour
Class Size Limit: 20
Additional Fee: None

Flintknapping Demonstration

Stop by on the way to dinner and have Al Lookofsky teach you the art of flintknapping.

Instructor: Al Lookofsky
Duration: 1.5 hours
Class Size Limit: Drop by
Additional Fee: None

Geology for Hikers

This course is an abbreviated version of the Geology of Lake George and Surrounding Area. It will focus on the features of the region and the geologic processes that resulted in their formation. There will be less of an emphasis on the full geologic history of the region and more on the specific aspects of geology that may be visible or evident during your hikes or other field trips.

Instructor: Dave Egan
Duration: 1 hour
Class Size Limit: 40
Additional Fee: None

Ouch!!! Why is it Common Sense for Monkeys to Shy Away From Sharp Objects and for People to be Attracted to Them???

From the first use of stone knives to the space age steel used today, knives have been some of the most useful tools used by people. Our history as a species has been connected to these sharp and usually pointed tools. Bring the whole family and your favorite knife or knives to a program that will explore the history of knives, the many types of knives available, their safe use, and how to care for them. If you don't have a knife with you, Al will have some to share!

NOTE: This is designed as a family activity and all younger folks attending must be with an adult. I stress safety and have a first aid kit handy, but I do plan to let the young folks use knives with their adult supervision.

Suggested Reading: Boy Scout Manual

Instructor: Al Lookofsky

Duration: 90 minutes

Class Size Limit: None

Additional Fee: None

Trivia Orienteering: Do-it-Yourself Family Map Hike

Out the front door of our lodging, this is a fun photo orienteering hike available anytime Saturday through Friday on a "do it yourself" basis. [Just stop by the Summit Office \(or see Dave Linthicum\) for maps and the directions sheet.](#)

Even navigational novices should try this fun, self-guiding "treasure hunt." On this short self-guided map hike, everyone in the family will find answers to often unusual questions, such as "Where is Silver Bay's 'Cell Block C'?" and "Are there 60 or are there 70 windows on this side of the building?"

Or, if you prefer, your map hike will get you to the biggest trees on site or the campfire circle for "the first Boy Scouts of America campsite" 99 years ago. No experience with maps is needed, and experience with car navigation systems may actually be a liability!

Your quest is to get to the locations on your aerial photo where the answer to a mysterious, trivial question will be apparent. Some natural and some historical questions are included. All are on the main Silver Bay grounds. Find ten or more and earn a valuable personalized Summit orienteering certificate!

Instructor: Self Guided

Duration: As long as it takes

Additional Fee: None

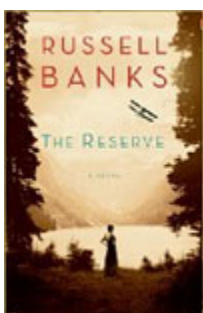
BOOK CLUB

The following books will be discussed at the 2009 Family Nature Summits - so get them on your night stand now! Linda Sherman-Nurick will be

leading a discussion of *The Reserve*, (Day, time and place TBA) and a discussion of *Wandering Home* (Day, time and place TBA).

“Our book discussions are wonderfully informal, but we do gain insight into the Adirondack's cultural and ecological history. Please feel free to join us even if you haven't had a chance to read the book! Discussion of *World's End* can take place on buses, hikes, porches, and at meals! Enjoy the books and I look forward to seeing all of you in the Adirondacks!” - Linda

Linda Sherman-Nurick has been teaching composition and literature at the community college for over twenty eight years. Linda, her daughter, Sam, and son, David attended their first summit in Michigan in 2000 and have been to every summit since. This is the third summit there has been a book club.

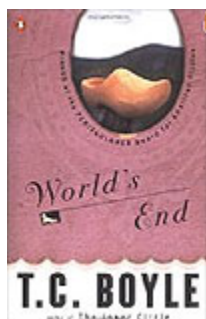
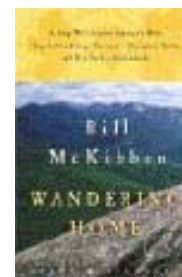


Fiction: *The Reserve*, by Russell Banks

"It's the 1930s and it's war up there - dogfights in the air above Spain, the Hindenburg cruising with its swastikas toward a fiery fate; and down below, in the sublime Adirondack forests surrounding a secluded rustic playground of the very rich, it's a class war of love and madness. Russell Banks puts it all together in *The Reserve*, a cool noir thriller in which nothing happens as you imagine it will. This is new and wonderful turf for this masterful storyteller." -William Kennedy

Non-Fiction: *Wandering Home* by Bill McKibben

An account of McKibben's three-week walk from his current home in Vermont to his former home in the Adirondacks and reflects on the deep hope he finds in the two landscapes. As he walks, he contemplates the questions he first began to raise in his groundbreaking meditation on climate change, *The End of Nature*: What constitutes the natural? How much human intervention can a place stand before it loses its essence? What does it mean for a place to be truly wild?



And if you feel like a challenge: *World's End* by T.C. Boyle

This book received the Pen/Faulkner Award for American Fiction. It's about the Hudson River Valley (not exactly the Adirondacks, but close!). Ghosts, ancestors back to the 17th century, and the Native American Mohonks, all play a part in this award winning novel. We probably won't discuss this one officially, but it might be an informative read.

EVENING PROGRAMS

Saturday, July 25th

Stories of Ndakinna - James Bruchac

Join Abenaki and Adirondack Storyteller James Bruchac for an evening of Native American animal and trickster tales. Along with stories Jim will also share a few of his favorite traditional drum songs. The son of award winning Native author and storyteller Joseph Bruchac James is the author and co-author of several books including HOW CHIPMUNK GOT HIS STRIPES and RACCOON'S LAST RACE. Fun for the entire family.

Sunday, July 26th

Billy B - The Natural Science Song-and-Dance Man

A Billy B show is an experience in kinetic learning. Kids love to move and make noise. That is exactly what a Billy B show is all about. Doing everything from mimicing the slide of tectonic plates with legitimate "moon walking" to pretending to be leaves photosynthesizing, Billy B and kids all over the country have danced their way to a better understanding of the natural world. Each of Billy's shows is enhanced by a colorful multi-layer backdrop that helps to illustrate the exciting concepts explored.

Binocular Star Party – Paul Cameron

Observing the night sky is possible with the naked eye, with binoculars, and with telescopes of all shapes and sizes. This low-tech gathering will use the naked eye and binoculars to observe some of the basic summer sky elements. If you took the Basic Orientation to the Night Sky class, you can get support in using the tool: Graphic Timetables to Identify Planets in the Sky.

Meet on the porch on Sunday through Wednesday evenings IF THE SKY IS CLEAR AND SHOWS STARS, after the evening program at 9pm. We'll walk to the optimal spot to see a few celestial objects.

Suggested Items: Warm evening clothing, and binoculars. If you have a choice, bring a pair that are 7x50 to 10x50, i.e. 7-10 power with a lens diameter of 50mm which gathers more light than a smaller number mm lens such as 35mm.

Monday, July 27th

Square Dance

For a number of years, Summiteers have joined together in an evening of square dancing with a live band. Our band this year is John Kirk and Trish Miller. They specialize in lively fiddle tunes, folksongs and fancy footwork. In concert, they liven up the place with quick pickin' tunes and sentimental songs in harmony.

At the same time, participants can do green activities at the Green Lifestyles Evening.

Green Lifestyles Evening – Carla Brown and many wonderful Summit volunteers

At the 2009 Summit, we are trying a new idea. On the same evening as the square dance, we will have green lifestyle activities for children and adults at these stations:

- Celebrations and Crafts - button jewelry, beeswax candles, plastic cap caterpillars
- Cleaning - Clothesline game, green cleaning quiz
- Energy Saving - caulking how-to, fridge quiz and play dough food
- Food: Local, Organic and Fair Trade - fair trade chocolate tasting, food quiz
- Freecycle
- Garden for Wildlife - how to make a rain barrel, bird binoculars craft, animal habitats quiz
- Green Bags - crocheting plastic bags, plastic bag guessing game
- Green Pets - sew a catnip mouse
- Green Toddler Area
- Relax and Renew - henna painting
- Tell Your Story - pledge, door prizes

For more information about the green lifestyles evening, or to volunteer at a station, please visit <http://www.familysummits.org/greenlifestylesevening.php>.

Binocular Star Party – Paul Cameron

Tuesday, July 28th

Arm of the Sea Puppet Theater

Arm-of-the-Sea has a style of magical realism that marries the mythic and the everyday, humanity and the earth, visual arts and natural science, poetry and politics. They will perform their show *Mutual Strangers: Henry Hudson and the River that Discovered Him*. It is set in September, 1609. A small ship sent from Europe to find a northern route to the Orient sails 150 miles up a river on the "unknown" North American continent.

Binocular Star Party – Paul Cameron

Wednesday, July 29th

Andes Manta

The musicians of Andes Manta believe that through their music they bring a rare opportunity for cultural understanding between the people of their homeland, South America, and the people of modern North America.

Binocular Star Party – Paul Cameron

Thursday, July 30th

Closing Program & Slideshow - Michael Shelby

On the last evening of the Summit, we watch a slideshow compiled from Summiteer donated photos, organized by Summit board member Michael Shelby and his crew of photo volunteers.

Visit the Family Summits website at <http://www.familysummits.org/eveningprograms.php> to view videos of each of the talented performers.

FACULTY AND GUEST LECTURERS

Matt Blank was 7 when he attended his first summit in New Hampshire. He has been attending them ever since and is excited to have added a rock climbing class to the program. He has been instructing and guiding rock climbing for the last 4-1/2 years. Matt enjoys many thrill-seeking activities and always stresses safety first so he can keep enjoying them.



Carla Brown is originally from Atlantic Canada - she was born in Newfoundland and her parents live in Nova Scotia. She became acquainted with Family Nature Summits when they were run by the National Wildlife Federation, where she has worked on the internet team since 2000. She taught at the Summits in Montana, Maine, Colorado, New Brunswick and Oregon. She taught crafts such as hand quilting, crazy quilting and rug hooking, as well as classes in green lifestyles, global warming solutions and raising children as global citizens. Her daughter said her first "word" at a Summit (a bear's roar in Colorado) and now her parents come to Summits as well.

Professor William Brown is a vertebrate zoologist and herpetologist; he holds bachelor's and master's degrees from Arizona State University (1965, 1968) and a Ph.D. degree in Biology from the University of Utah (1973). Brown is a native of southeastern Pennsylvania where he grew up on a family farm and, when not doing chores, could be found chasing turtles and snakes in the local streams and fields. From 1974 to 1997 he was an Associate Professor of Biology at Skidmore College in New York, teaching a variety of courses (Field Zoology, Vertebrate Anatomy, Environmental Science). Since 1997 he has been an emeritus professor of biology at Skidmore College. Currently, he is a part-time lecturer in the Department of Biological Sciences, State University of New York at Albany, where for nine years he taught Field Biology and Vertebrate Histology (1997-2007), and where he currently teaches Comparative Anatomy of Chordates (2007-2009). In 1990, Brown served a one-year elected term as President of the Society for the Study of Amphibians and Reptiles (SSAR), an international professional organization of over 2,000 herpetologists, research biologists, and zoo professionals. In recent years he has served as a consultant for the State of New York in evaluating development



projects impacting the timber rattlesnake as well as other reptiles and amphibians, and other wildlife. He has also provided evaluations for citizens' conservation groups opposing inappropriate developments that impact timber rattlesnakes.



James Bruchac is an award winning author, storyteller, tracking expert, wilderness instructor and guide. Raised in the Adirondack foothills town of Greenfield Center, New York Jim is the eldest son of World renowned Abenaki Indian storyteller and author Joseph Bruchac III. Of Abenaki and Slovak descent Jim grew up immersed in the outdoors and the art of storytelling. Due to their

combined efforts to educate others about the natural world in March of 2005 Jim and his father were awarded a CONSERVATION ACHIEVEMENT AWARD FROM THE NATIONAL WILDLIFE FEDERATION.

Josh Burnette is a 2006 graduate of Pennsylvania Culinary Institute in Pittsburgh. After a six month externship cooking at Disneyworld, he moved back to Washington, DC and has worked at several of D.C.'s finest restaurants including *2941*, *Le Paradou* and *Adour* by Alain Ducasse. He is currently a chef de partie at *The Oval Room* which was just ranked the eighth best restaurant in D.C., Maryland and Virginia. He is part of the Young Adult group and this will be his 12th summit.

Annie Tiberio Cameron is a fine art nature photographer with a special emphasis on teaching. She brings to this Summit (in 2009, her 28th Summit) over 32 years of elementary school teaching, coordinating environmental education programs for Massachusetts Audubon Society, and teaching photography for the National Wildlife Federation, University of Massachusetts Continuing Education, Bay Path College and many other institutions. Her photos have been exhibited in galleries and museums, received awards and have been published in numerous calendars, magazines, newspapers, and other publications, including a two editions of a top-selling Sierra Club book entitled: *Mother Earth -- Through the Eyes of Women Photographers and Writers*, as well as its accompanying postcard book. Annie also tours a narrated photographic slide adventure entitled "*Death Valley, Okefinokee and Beyond*," a retrospective of 15 years of Annie's solo wilderness travel to wild and remote places to photograph.





Dave Egan got his undergraduate degree in the Valley and Ridge Province of central Pennsylvania at Bucknell University and then his graduate degree in the glacial plains of the Miami River Valley at Wright State University in Ohio. Dave has been involved with geologic studies nationwide as a geologist supporting cleanup of soils, groundwater, streams and estuaries at Superfund sites and other industrial or former industrial facilities. He has also helped to interpret geology for hikers and other enjoyers of the outdoors for the past 20 years. In his spare time, you may find him biking, hiking, kayaking, swimming or playing ultimate Frisbee.

Donny Goetz is 25 years old and lives in southern California. This will be his second Summit. He first heard about Family Summits from his friend Matt Blank. Donny began exploring nature at a young age with his family and broadened his experience while in the Boy Scouts. With his friends and scout troop, he has logged over 1000 backpacking miles, almost all in the Sierra Nevada. He also began climbing as a scout. He has been climbing for over a decade now and has dabbled in all areas of the sport from bouldering to ice to big wall climbing.

Julia Goren is an active environmental educator and interpreter with experience from the Catskills to Western Mass., but especially in the Adirondacks. The Adirondack Mountain Club (ADK) Summit Steward Coordinator since February, she worked with the ADK in '05 doing guided walks, campfire presentations, and interpretation at her post atop Mt. Jo and at the Nature Museum. With ADK in '06 and '07 she did extensive alpine endangered species field research for ADK's Summit Steward program and served as the Summit Botany Steward. From '07 to early '09 she headed a summer NYC teacher program for the Catskill Center for Conservation and Development to continue her work to "develop a sense of place in several different ecosystems." She has also done interpretation work at Wupatki National Monument in Arizona, been a farm hand and trail crew member, and trained park personnel in the Altai region of Siberia. She holds an MS in Environmental Studies from Antioch Univ. and is a National Assoc. for Interpretation Certified Guide and Trainer.

John Green, an interpretive naturalist, has conducted songbird surveys for the US Forest Service during his tenure with the Northeastern Forest Experiment Station – the research arm of the US Forest Service located in Amherst, Massachusetts. He has done breeding bird surveys for the past 20 years for both the US Fish and Wildlife Service and the Town of Amherst. John has taught bird identification to new and seasoned birders for over 30 years and has led nature tours from Newfoundland to Florida. He is an expert in birding by ear.



Lee Hadden has been a vacationer in the Adirondacks all of his life,



beginning with his parents taking him and his sisters as children [actually before he can remember going as a baby], and that vacation tradition continues as he and his own children [and his mother and family friends] still gather at Indian Lake every August. He is Professor of Biology at Wingate University in Wingate, NC. He received the BS in Biology from Muhlenberg College and the MA and Ph. D. in Biology from Wake Forest University. Lee has taught college students for over 40 years and is beginning his 34th year at Wingate University. He is the father of three children, one of whom, Christi, is in her 7th year as a Summit faculty member. He is also a colleague at Wingate University of Marilyn Hartness, another veteran Summiteer. Lee has taught a wide selection of college biology courses including Environmental Biology and Microbiology, and currently teaches Plant Biology, Human Biology, and Scanning Electron Microscopy. His favorite classroom is the out-of-doors and his favorite style is a "walk and talk" format. He enjoys nature, camping, kayaking, canoeing and sailing, gardening, and woodworking and coppersmithing. As a woodworker, he appreciates trees beyond their biology, and enjoys using "nature's art" in his work as well as photographing plants typifying "nature's sculpture" in general. He is thrilled to be a "Summiteer" for the second time [his first time was at the Summit in 2002 at Big Sky].

Al Hicks has toiled for years and years on behalf of New York state wildlife as an endangered species biologist with the state's Dept. of Environmental Conservation. In January, 2007, however, his life changed with the news of a mysterious disease that had been discovered near Albany that would soon be wiping out entire bat colonies. Since then, Al has led a national effort studying what has become known as white-nose syndrome from his Albany base of operations, doing extensive field and

lab research and passing along news of the spread of the disease and potential checks to media outlets from Time magazine to network television.

Katie Johnson is a career professional educator in the Mounds View School District (suburban St. Paul, Minnesota, area) and has been sidelining in ecospirituality as an adult educator since the early 1990s. She is a three-time participant at Sophia Summer Institute (Holy Names College, Oakland), where the staff is comprised of some of the brightest minds and wisest spirits on the planet who meet each summer to discuss new thinking and further implications of the interface of spirituality and the environment. She is a 14-year veteran of summer summits, first attending in 1989.

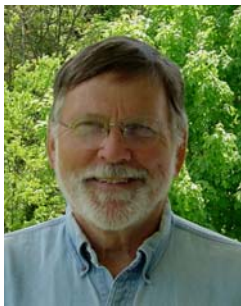
Dave Linthicum is a recipient of the 2000 Jug Bay (Md.) Environmental Award. He used mapping to help save the last 2,200 acres on the Potomac near Washington, D.C. and 1,200 unique acres on the Patuxent from becoming a 4,200 unit town home development and a gravel pit respectively. In Pakistan in 2006 he helped bring an endangered snow leopard cub ("Leo") to safety after its mother was killed. Trekking for weeks in snow leopard habitat on the world's longest glacial traverse outside of the Polar Regions, he found that a GPS and map could be handy (staying out of crevasses, for example.) This is his 33rd Summit.



Al Lookofsky graduated from Tennessee Technological University in 1971 with a B.S. Degree in Wildlife Management. After working for the Corps of Engineers as a Park Ranger from 1974 at Old Hickory Lake and Cordell Hull Lakes in Tennessee, he transferred to Lake Shelbyville in central Illinois where he retired in 2005 as the lead Ranger for the Interpretive Services section. Previous lead Ranger assignments include the Visitor Assistance and Recreation/Management sections. He also has taught courses across our country in Operation and Maintenance Contracting, Campground Design, and Primitive Technologies. Al started his association with NWF while still in college at the first three summers of the NWF youth camps and has also worked with either the youth program or adult programs at ten summits. He is a past president, secretary, and board member for the Illinois Association for Advancement of Archaeology. Recipient of Legends Award presented annually by the Recreation Coalition to an

outstanding employee in each of the federal lands management agencies. Received first Hiram M. Chittenden Award for interpretive excellence presented to an employee in the St. Louis District Corps of Engineers. Hobbies include knife collecting, Native American (Stone Age) technologies, hunting, and gardening. Al is married to Betsy and they have two children, Walt and Alice. Betsy is a high school biology teacher and enjoys reading and walking. Walt is a practicing defense attorney. Alice is soon to be a Special Agent for Diplomatic Security.

Denis Pellichero is a retired Naval engineer who is now focusing his skills on improving Health Care infrastructure in Nova Scotia Canada. Denis is at the forefront of a dramatic change in providing Nursing Home Care to an ever increasing senior population as well as a shift to “Green Building” design. Denis is a certified Casting Instructor from the International Federation of Fly Fishers and a Nova Scotia Professional Fishing Guide. Denis was hooked (pardon the pun) on fishing since he was a little boy but has been an active fly fisher for over 14 years and promotes Catch and Release fishing to help protect the species. Denis has been a certified instructor for over 4 years and teaches part time at the Atlantic Fly Fishing School (<http://www.flyschool.net/>) in Brookfield Nova Scotia.



Michael Pelton is Emeritus Professor of Wildlife Science, Department of Forestry, Wildlife, and Fisheries, The University of Tennessee. For 32 years he conducted research on black bears and various other mammals (raccoon, deer, cottontail rabbits, European wild hogs, red wolves, river otter) in the southern Appalachians. He and his graduate students have delved into numerous aspects of the ecology and life history of black bears and assisted private and public organizations and agencies on management issues regarding this species. Michael is currently technical advisor to a variety of bear projects and wildlife organizations and agencies regarding bear issues. The black bear research project he initiated in 1968 is Great Smoky Mountains National Park just completed its 40th consecutive field season and is the longest continuous research project of any bear species in the world. He currently serves on the Board of Directors of the Valley Conservation Council and is an Associate Director of Headwaters Soil and Water Conservation District. Michael has 4 grown sons and 3 grandchildren. His wife Tamra is on the

faculty of Mary Baldwin College in Staunton, VA. They reside on their mountain farm in Augusta County, VA.

Sue Sabo first contracted the Conservation Summit Virus (CSV) about 17 years ago when her parents invited her to join them at the Blue Ridge Summit and she has been infected with it ever since! Since the CSV is so contagious, she has managed to infect the rest of her family and a few others along the way! The symptoms of CSV include an intense desire to collect scarves of differing colors, greet others infected with the same virus, and see parts of



this country that un-infected people never get a chance to experience! About 6 years ago she developed a new symptom--an uncontrollable desire to become even more involved in the Summit experience. Thus, I have now entered the "Faculty" phase, working with the Adult Adventure Class and eventually leading the Family Adventure class on her own. Two years ago the CSV mutated into a new but very similar virus known as the Family Summit Virus (FSV), and hopes to remain infected with this new virus for many years to come! When not indulging her viral symptoms, she is a media specialist in an elementary school near Columbus Ohio, and also a member of the Improv Comedy Troupe, Squishy! www.getsquishy.com



James Sherrard is a New Hampshire native and his mother and he have been attending Family Nature Summits since 1993 when he was 8 years old. Over the years, the Family Nature Summits helped shape James' life in one positive way after another. In addition to the life long friends he has made, the knowledge gained from each class and activity has lead him into a life of nature awareness. James graduated in May of 2007 with a degree in Civil Engineering with Emphasis in Sustainability and began working within the field of sustainability following graduation. James says his choice of major and career is due to his level of exposure to wildlife through his family and the Family Nature Summits. He hopes to start giving back what the Family Nature Summits has given him in the following years by doing his part in the conservation effort.

Clare Walker Leslie is a nationally recognized author, artist, naturalist and educator. She has taught for National Wildlife Summits since 1995. She is working on her 11th book – *Connecting Parents and Teachers to Nature*. She will have an assortment of her other books with her to buy. Clare comes to us from over the lake, in Vermont.



Tamra Willis is an assistant professor in the Graduate Teacher Education Program at Mary Baldwin College in Staunton Virginia. She has developed an Environment-Based Learning (EBL) program at the college, providing professional development for teachers and a Master of Education degree in EBL. The program encourages K-12 teachers to take students outside and to use the local environment to teach all subjects including reading, writing, math, science, social studies, and art. A primary goal is to engage students in outdoor learning experiences so that they will connect with nature in a meaningful way. Tamra lives on the side of Little North Mountain, VA in an 1850s farmhouse with her husband, Michael Pelton.