

## UPCOMING PROGRAMS AT YOUR LOCAL NATIONAL WILDLIFE REFUGES

### **ASSABET RIVER NWR**

Visitor Center at 680 Hudson Road, Sudbury, MA. For questions about programs or to register contact Kizette at [kizette\\_ortizvanger@fws.gov](mailto:kizette_ortizvanger@fws.gov) or 978-562-3527 x. 117. To keep up to date "Like Us" on Facebook or follow us on Twitter.

**Morning walks with Coach Cate: Tuesdays in July at 10am** Get outdoors and get fresh air, exercise and get healthy. Learn about the public lands in your neighborhood. Join Coach Cate every Tuesday morning for a vigorous walk. Dress appropriately for the weather, bring water and wear appropriate shoes. Walks will begin from the visitor center. To **RSVP** contact Coach Cate at [coachcate@yahoo.com](mailto:coachcate@yahoo.com)

**Coach Cate Presents her "European Healthy Living Tour 2012" to the Holistic Moms Network: Wednesday, July 3<sup>rd</sup> at 7-9pm** Coach Cate, a healthy living expert, recently cycled solo from Iceland to Italy. During her trek, she learned many lessons and gathered insights about what folks across the Atlantic are doing to live healthier and happier lives. Learn about the people she met and the places she visited and how you can incorporate healthier choices for a better life and a healthier planet. During the final hour from 8-9pm, she will lead a hike through the Refuge. Wear appropriate clothing and bring water and a flashlight. The Holistic Moms Network™ is a 501(c) 3 non-profit organization connecting parents who are interested in holistic health and green living. All are welcome to attend this meeting.

**Puppet Power Hour: Saturday, July 20<sup>th</sup> at 1-2pm** Teddy Roosevelt and the Blue Goose will talk about National Wildlife Refuges, how they got started, what they are up to now, cool things you can see on refuges, and you (the public) can keep refuges strong. Q/A will take place. Open to all ages! **Registration required**; please contact Kizette to RSVP.

**Family Nature Club: Sunday, July 21<sup>st</sup> at 1pm** Bring your kids and come jump into nature with us as a family! We are starting a family nature club for kids. Every 3<sup>rd</sup> Sunday of every month we will get together and explore the outdoors for an hour of fun discovery! During the summer months we will learn about the wildlife found at the refuge by acting out these animals and creating natural puppets that will go along with a short informal play we'll do in August. **Registration required**; please contact Kizette to RSVP by Friday, July 19<sup>th</sup>.

**FARNWR July Presentation – Saving a Threatened Species – What you can do for the Blanding's Turtle: Wednesday, July 24<sup>th</sup> at 7pm** Since 2006, the U.S. Fish & Wildlife Service has been establishing a new population of Blanding's turtles at Assabet using an exciting conservation technique called head-starting. Blanding's turtle hatchlings are collected from Oxbow National Wildlife Refuge, which boasts one of the largest populations of Blanding's turtles in all of New England, and raised in captivity for several months to increase their chances of survival upon release at Assabet. Much of the head-starting is done by local schools, building a bridge between the local community and the USFWS, while getting students interested in conservation. Come join Jared Green, a graduate student at the University of Georgia who has worked for the U.S. Fish & Wildlife Service on the Blanding's turtle project since 2011. Jared will talk about the history of the project, as well as the results of his graduate research this summer which is investigating the success of head-starting as a conservation tool for freshwater turtle species. Come join Jared Green, a graduate student at the University of Georgia who has worked for the U.S. Fish & Wildlife Service on the Blanding's turtle project since 2011, for this talk. Jared will talk about the history of the project, as well as the results of his graduate research this summer which is investigating the success of head-starting as a conservation tool for freshwater turtle species. Friends of the Assabet River NWR hold its monthly members meeting every fourth Wednesday of the month. Talks are free and open to the public. A short business meeting will take place before the presentation. For more information please visit [farnwr.org](http://farnwr.org)

**(PLEASE TURN PAGE OVER FOR MORE PROGRAMMING INFORMATION)**



**Refuge Fledgling Hour: Friday, July 26<sup>th</sup> at 10:30am** This month's nature theme will be about predation; learn how animals find their food in the wild and how prey try to survive! Nature themed program series that will include crafts, stories, and games or songs that will relate to a different topic each month. Programs will be held the 4<sup>th</sup> Friday of every month 10:30am – 11:30am for 2 to 5 year olds; siblings welcome. Please bring appropriate clothing and bug spray. **Registration required**; please contact Kizette to RSVP – open to 25 kids.

**Birding by Ear: Saturday, July 27<sup>th</sup> at 7:30am-9:30am** Summer birding is more about listening and hearing bird calls. The dense foliage makes it difficult to see them at this time of year. During this walk, you will learn basics that emphasize how to identify birds by their songs and calls. We will explore forest and wetland habitat around Puffer Pond. Contact John to **RSVP** by 3pm on Thursday, July 25<sup>th</sup> at [jmilhaven@gmail.com](mailto:jmilhaven@gmail.com) or call 978-201-6028; limited to 20 participants. *Free to FARNWR Members. Non-members: \$5.*

**Mass Audubon Summer Day Camp at Assabet River NWR** – Sign up now!

[http://www.massaudubon.org/Nature\\_Connection/Sanctuaries/Drumlin\\_Farm/camp.php](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm/camp.php)

**OXBOW NWR** Entrance: Still River Depot Road parking lot (at end of Still River Depot Road in Harvard, MA). For questions about programs, contact Rona Balco, President of Friends of Oxbow NWR, 978-779-2259 or Ada at [ada@friendsoftheoxbow.org](mailto:ada@friendsoftheoxbow.org).

**Trailing the Wild Edibles: Sunday, July 14<sup>th</sup> at 2pm** You will be surprised at the variety of edible plants you can find on this walk. Our expert, Eugene Christoph, will explain the plants' uses and will give you cooking tips as well. We will meet at College Church Parking lot at the corner of Main Street and George Hill Rd in Lancaster, then drive to Bolton Road for more edible plants. Please bring insect repellent, sunscreen, hat and water. Older children are welcome. Please RSVP with Rona or Ada.

**Strangers in the Night: Saturday, July 20<sup>th</sup> at 8pm** Join us for a family-friendly night walk in the Oxbow National Wildlife Refuge to hear, and maybe see, those who prowl after dark, such as owls, frogs and coyotes. Meet at the Refuge parking lot off of Still River Road in Harvard, MA. Wear sturdy footwear and bring insect repellent and a flashlight. **MUST pre-register with Rona.**

**GREAT MEADOWS NWR** Concord Impoundments on Monsen Road, off Rte. 62 in Concord, MA

\*Sudbury Headquarters\*: 73 Weir Hill Road in Sudbury, MA

**Monthly Nature Walks: A Sense of Place at Great Meadows NWR (Concord): Sunday, July 7<sup>th</sup> at 9-11am and Full Moon Lotus Walk (Concord): Monday, July 22<sup>nd</sup> at 6:45-8:30pm** *No pre-registration required. A \$5/person voluntary donation will be gratefully accepted.* Led by Cherrie Corey, local naturalist and photographer; Co-sponsored by Musketaquid Arts and Environment Program and FARNWR. For questions, email [cherrie.corey@verizon.net](mailto:cherrie.corey@verizon.net) or call 978-760-1933 <http://sense-of-place-concord.blogspot.com/>

**Summer Haiku Walk at Great Meadows NWR (Concord)** Brad Bennett continues his seasonal series of Haiku Walks that he and Cherrie began last winter. The afternoon begins at Great Meadows with a brief introduction to haiku and an inspirational walk and adjourns to nearby Thoreau Farm to write and share poems, and refreshments. Fee: \$35, limited to 10 (17+ yo). Co-sponsored with Thoreau Farm. For more information and registrations, email Brad Bennett, [bgalaxy@verizon.net](mailto:bgalaxy@verizon.net)

### **REMINDER: PETS ARE NOT ALLOWED ON THE REFUGES**

Contact Us:

680 Hudson Road Sudbury, MA 01776 978-562-3527

<http://www.fws.gov/northeast/easternmanwrcomplex>

Friends of Assabet River: <http://www.farnwr.org/>

Friends of the Oxbow NWR: <http://www.friendsoftheoxbownwr.org/>

