

## Tryon Creek Fall Programs 2009

### September

#### **Tryon Creek Trekkers: Fitness Walking at Tryon Creek**

With the lovely changing of the forest leaves and brisk fall air, why not get out and take advantage? Whether you are looking for a walking companion, to decrease stress, healthy lunch break options or for somewhere to start your exercise regimen, this is for YOU. Starting in September we will offer led hikes each Thursday afternoon from 12 to 1pm during the lunch hour.

**Thursday, September 3<sup>rd</sup> 12-1pm**

**Thursday, September 10<sup>th</sup> 12-1pm**

**Thursday, September 17<sup>th</sup> 12-1pm**

**Thursday, September 24<sup>th</sup> 12-1pm**

#### **Story and Stroll**

1:00-2:00pm

Friday, September 4, 11, 18, 25, 2009

Join a park naturalist for nature story time and a brief stroll through the park. This program is geared toward families with young children (preferably ages 3-6 but all are welcome.) Please register ahead of time by emailing [christal.florin@state.or.us](mailto:christal.florin@state.or.us) or call (503) 636-9886 ext. 225.

Yes, but please call ahead of time.

September 4 – Raccoons: The Kissing Hand

September 11 – Backyard Bugs

September 18 – Hooks and Ladders

September 25 – Birds and their Beaks

#### **Saturday Guided Nature Hikes**

10:00-11:30am

Saturday, September 5, 12, 19, 26, 2009

Join a park naturalist for a free, guided nature hike to explore the forest and stream ecosystems and natural history at Tryon Creek State Natural Area. Topics will vary from week to week but will be appropriate for all ages. Parents must accompany kids on all hikes. For more specific information or if bringing groups larger than 10, call (503) 636-9886 ext. 225.

No

September 5 – Urban Wildlife

September 12 – Forest Fungi

September 19 - Ethnobotany

September 26 –Fall Colors

### October

#### **Tryon Creek Trekkers: Fitness Walking at Tryon Creek**

With the lovely changing of the forest leaves and brisk fall air, why not get out and take advantage? Whether you are looking for a walking companion, to decrease stress, healthy lunch break options or for somewhere to start your exercise regimen, this is for YOU. Starting in September we will offer led hikes each Thursday afternoon from 12 to 1pm during the lunch hour. Questions email [christal.florin@state.or.us](mailto:christal.florin@state.or.us) or call (503) 636-9886 ext. 225.

No

<b>Thursday, October 1<sup>st</sup></b>	<b>12-1pm</b>
<b>Thursday, October 8<sup>th</sup></b>	<b>12-1pm</b>
<b>Thursday, October 15<sup>th</sup></b>	<b>12-1pm</b>
<b>Thursday, October 22<sup>nd</sup></b>	<b>12-1pm</b>
<b>Thursday, October 29<sup>th</sup></b>	<b>12-1pm</b>

### **Story and Stroll**

1:00-2:00pm

Fridays, October 2, 9, 16, 23, 30, 2009

Join a park naturalist for nature story time and a brief stroll through the park. This program is geared toward families with young children (preferably ages 3-6 but all are welcome.) Please register ahead of time by emailing [christal.florin@state.or.us](mailto:christal.florin@state.or.us) or call (503) 636-9886 ext. 225.

Yes, but please call ahead of time.

October 2 – Amazing Dirt

October 9 – Be Nice to Spiders

October 16 – Tracks and Scat

October 23 – Fall Leaves Fall

October 30 - Batty Bats

### **Saturday Guided Nature Hikes**

10:00-11:30am

Saturday, October 3, 10, 17, 24, 31, 2009

Join a park naturalist for a free, guided nature hike to explore the forest and stream ecosystems and natural history at Tryon Creek State Natural Area. Topics will vary from week to week but will be appropriate for all ages. Parents must accompany kids on all hikes. For more specific information or if bringing groups larger than 10, call (503) 636-9886 ext. 225.

No

October 3 – Secrets of the Stream

October 10 – Urban Wildlife

October 17 –Forest Fungi

October 24 – Ethnobotany

October 31 – Fall Colors

### **NAI Certified Interpretive Guide Training**

October 20, 21, 22, 23, 2009

8:00-4:30pm

Material fees will be waived for volunteers who are not getting certification.

Certification is \$125 for members of NAI, \$200 for non members.

Contact: Contact Tryon Creek State Natural Area at 503.636.9886 ext. 225 or ext. 222 for details.

Description: As an interpreter, you connect the minds and hearts of guests to the beauty of nature and the mysteries of history. NAI offers a professional certification program. The CIG credential is gaining recognition and respect by tour and cruise companies, parks, zoos, museums, nature centers, and aquariums around the world. Oregon State Parks is offering a great opportunity to learn the basics of interpretation in exchange for preparing and leading 20 annual hours of interpretive and educational programs within the park.

Yes

## **November**

### **Tryon Creek Trekkers: Fitness Walking at Tryon Creek**

With the lovely changing of the forest leaves and brisk fall air, why not get out and take advantage? Whether you are looking for a walking companion, to decrease stress, healthy lunch break options or for somewhere to start your exercise regimen, this is for YOU. Starting in September we will offer led hikes each Thursday afternoon from 12 to 1pm during the lunch hour and each Saturday afternoon from 4-5pm. Questions email [crystal.florin@state.or.us](mailto:crystal.florin@state.or.us) or call (503) 636-9886 ext. 225.

No

<b>Thursday, November 5<sup>th</sup></b>	<b>12-1pm</b>
<b>Thursday, November 12<sup>th</sup></b>	<b>12-1pm</b>
<b>Thursday, November 19<sup>th</sup></b>	<b>12-1pm</b>
<b>Thursday, November 26<sup>th</sup></b>	<b>THANKSGIVING - NO FITNESS WALKING!</b>

### **Story and Stroll**

1:00-2:00pm

Fridays, November 6, 13, 20, 27, 2009

Join a park naturalist for nature story time and a brief stroll through the park. This program is geared toward families with young children (preferably ages 3-6 but all are welcome.) Please register ahead of time by emailing [crystal.florin@state.or.us](mailto:crystal.florin@state.or.us) or call (503) 636-9886 ext. 225.

Yes, but please call ahead of time.

November 6 – Mushrooms in the Rain

November 13 – Where would I be in an Evergreen Tree

November 20 – Trickster Coyote

November 27 – Talkin' Turkey

### **Saturday Guided Nature Hikes**

10:00-11:30am

Saturday, November 7, 14, 21, 28, 2009

Join a park naturalist for a free, guided nature hike to explore the forest and stream ecosystems and natural history at Tryon Creek State Natural Area. Topics will vary from week to week but will be appropriate for all ages. Hike will be given twice per day with same topic (10am and 3:15pm.) Parents must accompany kids on all hikes. For more specific information or if bringing groups larger than 10, call (503) 636-9886 ext. 225.

No

November 7 – Urban Wildlife

November 14 – Forest Fungi

November 21 – Ethnobotany

November 28 – Secrets of the Stream

### **Nature Center Evening Presentation**

#### **Disaster Preparedness in the Northwest**

6:00-7:00pm

Thursday, November 5, 2009

Please join American Red Cross for a presentation on disaster preparedness. Every year disaster strikes our country in the form of earthquake, flood, fire, heat wave, drought and even pandemic flu. Are you prepared? The more you have planned ahead of time, the more calm and reassured you will be during an emergency. Learn from the people that respond to these disasters how to build a kit, make a plan and be informed.

Yes