

Instructions: Play to spell "NATURALIST" by completing at least one activity per week for 10 weeks. When your scorecard is complete, email Susan (skylinebal@gmail.com) to add your name to the Wenatchee Naturalist roster of Coronavirus-2021 life-long learners.

10 Week Challenge: January 25 through March 28, 2021		Read	Listen	Watch	Journal	Visit	Advocate
N A T U R A L I S T	<a href="http://8shields.org/store/books/what-the-robin-knows/">http://8shields.org/store/books/what-the-robin-knows/</a>	<a href="https://academy.allaboutbirds.org/bird-song-hero-training/">https://academy.allaboutbirds.org/bird-song-hero-training/</a>	<a href="https://www.youtube.com/watch?v=NK2qMxSk3KY&amp;t=3223s">https://www.youtube.com/watch?v=NK2qMxSk3KY&amp;t=3223s</a>	<a href="https://johnmuirlaws.com/">https://johnmuirlaws.com/</a>	<a href="https://wdfw.wa.gov/places-to-go/wildlife-areas">https://wdfw.wa.gov/places-to-go/wildlife-areas</a>	<a href="https://www.senate.gov/">https://www.senate.gov/</a>	
	What the Robin Knows by Jon Young. "...unites the indigenous knowledge, the latest research, and the author's own experience of four decades in the field to lead us toward a deeper connection to the animals and, in the end, a deeper connection to ourselves."	Get ready to listen and play "Bird Song Hero," a sound-matching game to help you appreciate and visualize bird songs. Offered by Cornell Lab of Ornithology.	Xerces Society webinar: Building Pollinator Habitat in Towns and Cities: Pacific Northwest Region. Learn what plants pollinators need, how to provide nesting habitat & what steps you can take at home.	Take a free, online nature journal lesson from John Muir Laws. Options include watching a free instructional video.	Travel to a Washington Dept. of Fish and Wildlife (WDFW) Wildlife Area in Chelan or Douglas County to take a nature walk. Use the link above to find a location. Be sure to take your DISCOVER Pass.	Engage with one or both of your U.S. Senators on a natural resource or conservation topic you care about. The webpage link above provides all contact information.	
	<a href="https://www.kirkusreviews.com/book-reviews/robin-wall-kimmerer/braiding-">https://www.kirkusreviews.com/book-reviews/robin-wall-kimmerer/braiding-</a>	<a href="https://www.myowf.org/nwnaturematters">https://www.myowf.org/nwnaturematters</a>	<a href="https://www.youtube.com/watch?v=noP6p8tUE&amp;feature=youtu.be">https://www.youtube.com/watch?v=noP6p8tUE&amp;feature=youtu.be</a>	<a href="https://christineelder.com/thanks-for-subscribing/">https://christineelder.com/thanks-for-subscribing/</a>	<a href="https://www.chelanpud.org/parks-and-recreation/our-parks/pud-parks-">https://www.chelanpud.org/parks-and-recreation/our-parks/pud-parks-</a>	<a href="https://www.house.gov/representatives/find-your-representative">https://www.house.gov/representatives/find-your-representative</a>	
	Braiding Sweetgrass by Robin Wall Kimmerer. The link above is to a Kirkus Book Review. I keep this book on my bedside table so I can read individual chapters again.	Podcast by the OR Chapter, Wildlife Society & OR Wildlife Foundation. Goal is to give an opportunity to hear directly from experts about natural history & conservation.	2/17/2021, 6:30pm. Healing the Big River - Salmon Dreams and the Columbia River Treaty. Twelve contributing authors combine essays & visual storytelling about the Columbia River.	Download Christine Elder's free ebooks: Getting Started with Nature Sketching, Nature Journaling for all ages, and Quick Start Guide to Travel Journaling.	Visit a Chelan PUD maintained park to look for wildlife in Chelan, Entiat, Orondo, East Wenatchee, or Wenatchee. Use the link above to find a park and access details.	Engage with your U.S. Representative on a natural resource or conservation topic you care about. The webpage link above provides all contact information.	
	<a href="https://www.mountaineers.org/books/books/#_start=0&amp;c8=mtneers.book&amp;c4=Environment">https://www.mountaineers.org/books/books/#_start=0&amp;c8=mtneers.book&amp;c4=Environment</a>	<a href="https://www.fs.usda.gov/pnw/podcast">https://www.fs.usda.gov/pnw/podcast</a>	<a href="https://www.youtube.com/watch?v=noP6p8tUE&amp;feature=youtu.be">https://www.youtube.com/watch?v=noP6p8tUE&amp;feature=youtu.be</a>	<a href="https://www.youtube.com/watch?v=xRqZV9IN2rc&amp;list=PLt48fEMxo71cyDGxWxKb">https://www.youtube.com/watch?v=xRqZV9IN2rc&amp;list=PLt48fEMxo71cyDGxWxKb</a>	<a href="https://www.wenatcheeva.gov/services/parks-recreation-and-cultural-">https://www.wenatcheeva.gov/services/parks-recreation-and-cultural-</a>	<a href="https://app.leg.wa.gov/districtfinder/displaydistrict/12">https://app.leg.wa.gov/districtfinder/displaydistrict/12</a>	
	Browse the bookshelves of Mountaineers Books online to find a new title to purchase or check out at the library. I recommend Steven Arno's Douglas Fir: The Story of the West's Most Remarkable Tree, and Northwest Trees, 2nd Edition: Identifying and Understanding the Region's Native Trees	Podcast by the U.S. Forest Service, Pacific NW Research Station, featuring research scientists. Check out "Changing Wildfire, Changing Forests," posted 7/24/2020.	Ashley Ahearn, a freelance journalist, speaks of what sage-grouse can teach us about ourselves, our relationship with nature, and the division we face in our country, using excerpts from her "Grouse" podcast.	Watch and paint along with Molly Hashimoto as she demonstrates how to paint a Northwest forest scene, from her book Colors of the West.	Go for a nature walk in at least three City of Wenatchee Parks. Use the link above to find a park and access details.	Engage with your Washington State Senator on a natural resource or conservation topic you care about. The webpage link above provides all contact information.	
	<a href="https://www.kirkusreviews.com/book-reviews/j-drew-lanham/the-home-place-">https://www.kirkusreviews.com/book-reviews/j-drew-lanham/the-home-place-</a>	<a href="https://www.poetryfoundation.org/?gclid=CjwKCAIAgJWABhArEiwAmNVTB6X3RjQs">https://www.poetryfoundation.org/?gclid=CjwKCAIAgJWABhArEiwAmNVTB6X3RjQs</a>	<a href="https://usfs.maps.arcgis.com/apps/MapSeries/index.html?appid=88ed07b14f14b">https://usfs.maps.arcgis.com/apps/MapSeries/index.html?appid=88ed07b14f14b</a>	<a href="https://www.youtube.com/watch?v=w9Zp6OVk8">https://www.youtube.com/watch?v=w9Zp6OVk8</a>	<a href="https://cityofleavenworth.com/city-services/parks/">https://cityofleavenworth.com/city-services/parks/</a>	<a href="https://app.leg.wa.gov/Rosters/MembersByDistrictAndCounties/House">https://app.leg.wa.gov/Rosters/MembersByDistrictAndCounties/House</a>	
	The Home Place: Memoirs of a Colored Man's Love Affair with Nature by Drew Lanham. From the fertile soils of love, land, identity, family, and race emerges The Home Place, a big-hearted, unforgettable memoir by ornithologist J. Drew Lanham.	Type in a nature-themed search word on the Poetry Foundation website to discover poets new to you. Read several poems out loud to yourself, as poems are meant to be spoken and listened to.	A USFS Storymap showcasing Pacific NW huckleberries and other fruit and seed crops important to traditional tribal diets and social history of Native Americans.	Explore Clare Walker Leslie's website, and her book The Nature Connection: An Outdoor Workbook for Kids. It is a workbook designed to show children and adults the excitement of discovering nature outside.	Go for a nature walk in at least three City of Leavenworth Parks. Use the link above to find a park and access details.	Engage with your Washington State Representatives on a natural resource or conservation topic you care about. The webpage link above provides all contact information.	
	<a href="http://www.ncwlibraries.org/">http://www.ncwlibraries.org/</a>	<a href="https://dl.allaboutbirds.org/evergreen_download-owl-sounds-">https://dl.allaboutbirds.org/evergreen_download-owl-sounds-</a>	<a href="https://www.conservationnw.org/our-favorite-wildlife-monitoring-photos-from-">https://www.conservationnw.org/our-favorite-wildlife-monitoring-photos-from-</a>	<a href="https://bloedelreserve.org/strolls-at-home/">https://bloedelreserve.org/strolls-at-home/</a>	<a href="https://www.chelanpud.org/docs/default-source/default-document-">https://www.chelanpud.org/docs/default-source/default-document-</a>	<a href="https://www.co.chelan.wa.us/board-of-commissioners/contacts">https://www.co.chelan.wa.us/board-of-commissioners/contacts</a>	
	Read a classic of American nature writing: Barry Lopez's Arctic Dreams, Edward Abbey's Desert Solitaire, Rachel Carson's Silent Spring, Margaret Murie's Two In the Far North, or Aldo Leopold's Sand County Almanac.	Layer up, grab a flashlight, and go for an evening owl-prowl listening walk. You can download owl calls using the link above to help identify what you may hear. This is owl mating season!	Watch the Best-of-2020 webcam wildlife camera images of Conservation Northwest's WA Community Wildlife Monitoring Project. Fishers, wolves, lynx, and more, Oh my!	The Bloedel Reserve is a 150-acre public garden & forest on Bainbridge Island. It is offering free virtual practices "Strolls at Home" with 12 self-guided prompts to use anywhere. The theme is the restorative powers of nature. Try some of these journaling prompts.	Go to a new-to-you trailhead along the Apple Capital Loop Trail and take a walk. Use the link above to find all parking access for trailheads.	Engage with Chelan County Commissioners on a natural resource or conservation topic you care about. The webpage link above provides all contact information.	
<a href="https://seattle.bibliocommons.com/list/share/621112288/1288357597">https://seattle.bibliocommons.com/list/share/621112288/1288357597</a>	<a href="https://paulwinter.com/earth-music/">https://paulwinter.com/earth-music/</a>	<a href="https://www.youtube.com/watch?t=360&amp;emci=4bf3e8a7-8141-eb11-a607-">https://www.youtube.com/watch?t=360&amp;emci=4bf3e8a7-8141-eb11-a607-</a>	<a href="https://www.wenatcheenaturalist.com/wp-content/uploads/2021/01/Field-">https://www.wenatcheenaturalist.com/wp-content/uploads/2021/01/Field-</a>	<a href="https://www.cdlandtrust.org/sites/default/files/2020-">https://www.cdlandtrust.org/sites/default/files/2020-</a>	<a href="http://www.douglascountywa.net/elected-offices/bcc">http://www.douglascountywa.net/elected-offices/bcc</a>		
Explore nature book gift options for a child in your life. The Seattle Library has a nice list of titles, including non-fiction and myths. Most will be available at your local library, or for purchase at your local bookstore.	Take a listen to the music composed by Paul Winter. He has won seven Grammy Awards for his unique genre of "earth music," which interweaves the voices of the greater symphony of the wild with instrumental voices from classical, jazz and indigenous traditions of the world, introducing people to the variety of species and ecosystems on earth through the beauty of sound. The music is often improvised, and recorded in natural acoustic spaces	Watch Washington Audubon's webinar "Sagelands Seminar" to learn about shrub-steppe ongoing joint projects with Washington Dept. of Wildlife to protect birds.	Revisit the weekly journal prompts used during our 12-week Wenatchee Naturalist course. These can serve to trigger entries into your journal, in your own backyard, or at a frequently visited field site.	Take a winter hike in the Wenatchee Foothills on a trail south of Fifth Street. (Trails North of Fifth Street are in winter closure to protect mule deer.) Use the link above to the newly updated CDLT Foothills map. Trails may be icy so shoe "grippers" recommended.	Engage with Douglas County (or other county) Commissioners on a natural resource or conservation topic you care about. The webpage link above provides all contact information.		
<a href="https://www.cdlandtrust.org/education/getinspired">https://www.cdlandtrust.org/education/getinspired</a>	<a href="https://www.allaboutbirds.org/news/watch-to-watch-for-duck-courtship-video/">https://www.allaboutbirds.org/news/watch-to-watch-for-duck-courtship-video/</a>	<a href="https://www.wnps.org/wnps-annual-events/virtual-events">https://www.wnps.org/wnps-annual-events/virtual-events</a>	<a href="https://thewritepractice.com/five-senses-in-writing/">https://thewritepractice.com/five-senses-in-writing/</a>	<a href="https://parks.state.wa.us/535/Lake-Wenatchee">https://parks.state.wa.us/535/Lake-Wenatchee</a>	<a href="https://www.wenatchee-world.com/site/forms/online_services/letter_editor/">https://www.wenatchee-world.com/site/forms/online_services/letter_editor/</a>		
The Chelan-Douglas Land Trust and North Central Washington Libraries have partnered to bring you resources to find nature-based books for kids. Stop to look at the office display window at 18 N. Wenatchee Ave. to see a selection of seasonal books in the sidewalk display case. Visit the Jacobson Preserve StoryWalk to enjoy a reading walk.	Winter is the time for duck courtship, and behaviors that make noises. Spend time along the Columbia River where a variety of duck species are pairing up. The link above will help you identify a male mallard's appealing "grunt whistle."	Explore the list of exciting online talks hosted by the Washington Native Plant Society. Check out the 5/27/20 Biological Soil or the 10/7/2020 Wenatchee Mountain Flora talks, hosted by our local chapter.	Challenge yourself to make time in your week for nature journaling on two or more days. Try to use at least two drawing exercises. Spend 10 minutes writing using the five-senses exercise. At home, add a little bit of color to your sketches. Pull out the booklet provided by Heather Murphy, filled with ideas to try.	Spend time exploring both the North and South units of 492-acre Lake Wenatchee State Park. Snowshoes might be fun! Use the link above to learn about winter access. The heated bathrooms are a nice amenity!	Write a Letter to the Editor to the newspaper of your choice about a natural resource or conservation topic you care about. The link above is to the Wenatchee World LTE submission page.		
<a href="https://www.wenatcheenaturalist.com/bibliography/">https://www.wenatcheenaturalist.com/bibliography/</a>	<a href="https://onetreepanted.org/blogs/stories/nature-podcasts">https://onetreepanted.org/blogs/stories/nature-podcasts</a>	<a href="http://birdofpreymovie.com/">http://birdofpreymovie.com/</a>	<a href="https://www.paperbarkwriter.com/nature-journaling/">https://www.paperbarkwriter.com/nature-journaling/</a>	<a href="https://www.chelanpud.org/docs/default-source/default-document-">https://www.chelanpud.org/docs/default-source/default-document-</a>	<a href="http://www.eco-usa.net/orgs/wa.shtml">http://www.eco-usa.net/orgs/wa.shtml</a>		
Explore the topical bibliographies on the Wenatchee Naturalist webpage and find one book to read in 2021! Consider adding a field guide to your collection, request it at the library, or place an order at a locally-owned bookstore.	The link above offers 24 environment-related podcast options that bring inspiration and joy. Nature, sustainability and environment options include offerings by Jane Goodall, the Yale Climate Connections, and the Nature Journal.	Stream "Birds of Prey," this award-winning documentary by Cornell Lab of Ornithology. The Great Philippine Eagle is the largest and rarest bird of prey in the world. Fewer than 800 individuals remain today and their survival is tied to the fate of the last fragments of old-growth forest in the Philippines.	Australian artist, Paula Peters, offers her book Make a Date with Nature: An Introduction to Nature Journaling. Download a free copy at her website and try a few of her suggested activities.	Take a walk in the Horan Natural Area to watch the nesting bald eagles, starting their third year of rearing young. The link above is to a fact sheet about the area. Free parking at Walla Walla Point Park.	Explore the website of a new-to-you Washington non-profit conservation organization. The link above is a list of our state's environmental organizations.		
<a href="https://www.sierraclub.org/sierra/8-black-eco-poets-who-inspire-us">https://www.sierraclub.org/sierra/8-black-eco-poets-who-inspire-us</a>	<a href="https://landscapemusic.org/">https://landscapemusic.org/</a>	<a href="https://www.youtube.com/watch?v=TBs0u14ZHUE">https://www.youtube.com/watch?v=TBs0u14ZHUE</a>	<a href="https://outdoorschool.oregonstate.edu/educators/educational-resources-for-stay-">https://outdoorschool.oregonstate.edu/educators/educational-resources-for-stay-</a>	<a href="https://www.wta.org/go-hiking/hikes/ancient-">https://www.wta.org/go-hiking/hikes/ancient-</a>	<a href="https://www.thebalancesmb.com/best-nonprofits-protecting-the-environment-in-">https://www.thebalancesmb.com/best-nonprofits-protecting-the-environment-in-</a>		
Seek out and read a collection of nature-based poems written by leading American poets, including Gary Snyder, Mary Oliver, and Wendell Berry. Discover Black American eco-poets in the link above.	The Landscape Music's project mission is to deepen public appreciation of the natural world by providing a platform for contemporary composers whose music engages with landscape, nature and place. Take a listen to their "Earth Year 2020 Initiative" selection of artists.	Watch a dynamic talk about wolverine ecology, policy and conservation in the Pacific NW by Wolverine Foundation director, Rebecca Watters- a program of the Swan Valley Connections.	Oregon State Extension's Outdoor Program offers a series of weekly nature journal writing prompts for use by teachers, students, and individuals. Try out a writing prompt options using the link above.	Plan a winter hike at Ancient Lakes. Be sure to read recent trip reports on The Washington Trails Association link above. Remember your DISCOVER Pass.	Explore this 2020 list of U.S. top-rated non-profits that protect the environment using Charity Navigator.		
<a href="https://www.poetryfoundation.org/collection/144560/native-american-poetry-and-culture">https://www.poetryfoundation.org/collection/144560/native-american-poetry-and-culture</a>	<a href="https://www.motherearthnews.com/nature-and-environment/sounds-of-nature-">https://www.motherearthnews.com/nature-and-environment/sounds-of-nature-</a>	<a href="https://sewardpark.audubon.org/programs/presentation">https://sewardpark.audubon.org/programs/presentation</a>	<a href="https://www.rei.com/learn/series/outdoor-photography">https://www.rei.com/learn/series/outdoor-photography</a>	<a href="https://www.wta.org/go-hiking/hikes/icicle-river-road-">https://www.wta.org/go-hiking/hikes/icicle-river-road-</a>	<a href="https://cfncw.fcswite.com/erp/donate/list/directory">https://cfncw.fcswite.com/erp/donate/list/directory</a>		
Read poems written by Native American poets. The link above provides a curated list that includes Spokane/Coeur d'Alene tribal member Sherman Alexie, who grew up in Spokane.	Train your brain to listen to the sounds of nature and discover a new world. Try out some of the tips offered in this article that will also bring relaxation as you learn to quiet internal noise and hear nature sounds around you.	Select a recorded webinar to watch. Options include authors, researchers, artists and newsmakers who have shared time with the Seattle Audubon community. Each talk will broaden your knowledge and offer new perspectives.	Taking good outdoor photos has challenges. Read one or more of a series of seven skills-focused articles offered free by REI, and then get outside to try some tips!	Take a winter snowshoe hike on the unplowed, paved Icicle Creek Road, starting a few miles south of Leavenworth. Due to frequent snowmobile traffic, you'll likely find a nicely compacted snow trail for walking. The link above will have recent trip reports.	Check out a few local non-profit conservation organization websites. Start with this list (with links) on the Community Foundation of North Central Washington website.		