

Shelby Bottoms Nature Center

Fall 2015 Program Schedule

Shelby Bottoms Nature Center is open:
Tues/Thurs/Sat – 9 am to 4 pm
Wed/Fri – 12 to 4 pm

Shelby Bottoms Greenway is open
7 days a week from dawn to dusk.

Mailing Address:
Shelby Bottoms Nature Center
1900 Davidson St.
Nashville, TN 37206

Phone: 615-862-8539
Fax: 615-262-0245

Email: shelbybottomsnature@nashville.gov
Website: www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



Fall Sky by Mark Hackney

Better late than never, right? Summer has been busy and the program schedule reflects it. We're so sorry it is getting to you so late but hope that you take it and run to the next program!

Much is in store for autumn including hiking, biking, astronomy, fall colors program, seed saving, a morning with the esteemed author (and seed saver) Janisse Ray, a new art exhibition by artist Tom Lewis, a

modern dance production centered on the Earth with Blue Moves Dance Company, an exploration of sound with guest lecturer from MTSU Matt Brown, DragonBoat Fest, and even PIRATES on the Cumberland! So, check it out quickly and sign up for one or many more! Fall can be a fast and furious time of year so get over here and make the most of it! We hope to see you soon!

September

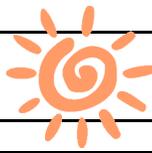
Sip and See— Happy Hour for Hummingbirds	Tuesday, September 1 5—6 pm All ages Registration required	Join us on the back porch for lemonade and hummingbird viewing! We will learn more about this delicate, yet mighty creature.... And hopefully spot a few at our many feeders! Leader: Christie Wiser
Cook it, Can it, Dry it.... Get it off my kitchen counter!	Thursday, September 3 6—7:30 pm Ages 13+ Registration required	The summer season is coming to close here in mid- TN and that brings a menagerie of random garden fare. Join us for a class that explores methods to using and preserving these garden strays. Learn how to make green tomato relish! Leader: Christie Wiser
Wildflower Walk	Friday, September 4 9—10:30 am All ages Registration required	Join us on a leisurely walk; our fall wildflowers will be plentiful as will the insects that frequent them. Leader: John Michael Cassidy
Bike Tour – Shelby Bottoms	Saturday, September 5 9—10:30 am All ages Registration required	Join us for a naturalist-led bike ride to explore the flat and easy trails of the Bottoms. Leader: John Michael Cassidy
Neato Mosquito	Saturday, September 5 2—3 pm All ages Registration required	I know what you're thinking... "Neato?? They are terrible!!! Why do they exist? What good are they? What purpose could these blood sucking pests actually serve in any ecosystem???" Join us for this program that will take a closer look at the often despised MOSQUITO in order to understand them a little better. Leader: Christie Wiser



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Watered Down



Friday, September 11
10—11 am
All ages
Registration required

This workshop is focused on water quality education that will provide a greater appreciation and understanding of the importance of water as a natural resource. Each participant will receive a copy of *Life Support—Tennessee's Water*, a workbook sponsored by the Cumberland River Compact that provides excellent information on water. 11-14 years of age will benefit the most from this class. Leader: Christie Wisner



Saturday, September 12
8 am—3 pm
All ages
for more info go to:
www.nashvilledragonboat.com

Join us in DRAGONLAND Children's Area for the ninth year of Nashville's coolest riverfront event! With origins dating back more than 2300 years, dragon boat racing is a fun, unique cultural event of adrenaline-pumping action. Teams race in authentic 46-foot long Hong Kong style dragon boats. They rave about the excitement, friendly competition, and community spirit surrounding the sport. All ages, skill levels, and physiques perfect their stroke and timing for the ultimate teamwork experience!

We'll be there along with other organizations offering activities for the kids! So come by to watch the races and have fun with the kids. Want to learn more or to be a paddler in a dragon boat? Go to <http://nashvilledragonboat.org> or contact our friends at the Cumberland River Compact, which benefits from these races at 615-837-1151 or carolyn.wright@cumberlandrivercompact.org.

Body Works

Saturday, September 12
9:30—10:30 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.

Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com

For the Love of Books

Friday, September 18
6:30—7:30 pm
Ages 13+
Registration required

The busy days of summer are fading and fall is almost here. What better way to welcome this nostalgic season than with good reads and hot chocolate? Come by the nature center this evening as we read passages from beloved naturalists like John Muir and Aldo Leopold and enjoy the changing weather. Feel free to bring your favorite writings or passages to share!

Leader: Sarah Gilmore

Talk Like a Pirate Day with Tom Mason and the Blue Buccaneers

Saturday, September 19
10—10:45 am
All ages
Registration required

ARRRRR!!! East Nashville's pirate band be sailing up the Cumberland River to celebrate their favorite holiday, International Talk Like a Pirate Day, at the Shelby Bottoms Nature Center. These world traveling musicians will have pirates young and old singing and dancing along to shanties from their three CD's, and they'll teach a few key phrases to prove your piratitute at sea. Pirate wear optional but encouraged. HUZAZH!!

www.tommason.net

Cornelia Fort Pickin' Party

Saturday, September 19
6—10 pm
All ages
Call or email Friends of Shelby for more info
www.friendsofshelby.org/

Friends of Shelby is excited to announce the Cornelia Fort Pickin' Party series! This will be a small scale family-friendly bluegrass pickin' series combining the tastes and talents of East Nashvillians and offering a DIY night of food and music with proceeds benefiting Shelby Park/Bottoms. Taking place inside one of the hangars of the former Cornelia Fort Airpark, now part of Shelby Bottoms Greenway, the event will feature local bluegrass band, local craft beer, local eateries and plenty of room for gathering pickers in groups and circles (all ages and abilities welcome!), as well as lots of space for kids to run and play. Call or email Friends of Shelby for more info. <http://www.friendsofshelby.org/Pickin-Party>



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Bicycling the Natchez Trace

Wednesday, September 23
6:30—7:30 pm
Ages 21+
Registration required

We will discuss the basics of bicycle touring and highlights (camping, stops, etc.) of the 444 mile Natchez Trace Parkway which runs from Nashville, TN to Natchez, MS. Fall and Spring (JMC rode NTP: 4/2015) are great options for riding “The Trace.” Beginners and veteran bicycle tourers are encouraged to provide insight and field questions. Light snacks and refreshments provided.
Leader: John Michael Cassidy and Friends

All About Apples

Saturday, September 26
11am—1 pm
All ages
Registration required

Apple pie, apple cider, apple sauce, apple fritters, apple butter, apple muffins...so many things to do with apples and so much to learn about them! In honor of Johnny Appleseed’s 241st birthday today we will have all sorts of homemade baked apple goods and information about this interesting fruit and man. Come stop by and enjoy!
Leader: Sarah Gilmore



Saturday, September 26
5:00 pm

AND

Sunday, September 27
5:00 pm

Blue Moves Modern Dance Company presents “Blue Terra,” a free outdoor dance centered around the broad theme of Earth with five all-new choreographic works by company members, plus a piece by guest choreographer Erin Law. A pre-show, beginning at 5 p.m., will feature earth-inspired performances from local youth dancers from DancEast (Saturday only) and Second Story Studio (Sunday only), live music, and time to peruse educational green and sustainability booths from Urban Green Lab, Earth Matters Tennessee and others. “Blue Terra” begins at 5:30 at the Nature Center, from which the audience will embark upon a drummer guided walking tour through trails and greenway of Shelby Bottoms. The tour will stop at points on this path to experience dance in a natural setting. Saturday’s performance will conclude with an optional moonlit nature walk led by Nature Center staff.

Color Me HAPPY!

Wednesday, September 30
6—7:30 pm
Ages 21+
Registration required

Learning to “color” is one of the first basic forms of art we learn to create in our early childhood years. We discover how colors symbolize emotions, times of the day and year, plants and animals. All while showing the young mind how to stay in the lines and create depth with shades. This program will allow participants to once again embrace the benefits of sitting down with paper, crayons, and the time to finish a coloring sheet. Materials and light snacks provided.
Leader: Christie Wisner

October

National Trails and Rivers Celebration Weekend

Friday and Saturday,
October 2-3
All ages
No registration

Stop by the Nature Center’s classroom this weekend as we celebrate the designation of the National Trails System Act and National Wild & Scenic Rivers Act. These two conservation acts designated protection and funding for trails and rivers that offer significant natural, historical, and recreational opportunities for the public to enjoy for the future generations. We will highlight and share our experiences of a few trails and rivers that we have visited and explored.
Host: John Michael Cassidy

Creek Crawl

Friday, October 2
11 am—12:30 pm
All ages
Registration required

Get some old shoes and your sense of adventure ready for a morning of exploring one of our local creeks in Shelby Bottoms. We will provide equipment to assess what we catch and release.
Leader: John Michael Cassidy

Body Works

Saturday, October 3
9:30—10:30 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com



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October 5-9 MNPS Fall Break

A Sense of Wonder with a Naturalist



Tuesday, October 6
10 am—11:30ish
All ages
No registration

We know by now that unstructured outdoor play is beneficial to child development. We also know that children are naturally inquisitive, routinely make careful observations, and often have a boundless sense of wonder. Because these are the makings of a naturalist, we seek to nurture these in our young visitors. So bring your kids and I will bring my experience! Together we'll go on adventures led by kids, but facilitated by a naturalist (who is really just a big kid too).
Facilitator: Denise Weyer

Fall Break Bird Ringing and Reveling



Wednesday, October 7
10—11:30 am
All ages
Registration required

Fall is great time to see birds you wouldn't see any other time of year in Tennessee! These world travelers are making their way from their northern breeding grounds to their southern wintering grounds and making pit stops in highly important places—the stopover grounds—places like here in TN. Come revel at the beauty of these tiny world travelers as we catch them in mist nets and place a tiny ring, or band, around their legs. Then learn what banding/ringing is all about why we do it, and find out we ALL can do to help the little songsters outside our door! The best part? It's so easy...and fun!
Leader: Denise Weyer

Family Birding Trip

Thursday, October 8
8—9:30 am
All ages
Registration required

Join us for a bird-focused outing, we will learn about some common birds around our nature center and take a walk in search of more.
Leader: John Michael Cassidy

Make a Survival Bracelet

Friday, October 9
10—11:30 am
Ages 7+
Registration required

We will make a “survival bracelet” out of parachute cord and learn some easy/useful knots in the process.
Leader: John Michael Cassidy

Spider Hike

Friday, October 9
7—8 pm
All ages
Registration required

Night time can be a great time to explore our arachnid friends by looking for them using a special technique called, “eye shine.” We will have stories, crafts and a special snack!
Leader: Christie Wiser



Birding Walk – Shelby Park

Saturday, October 10
7—8:30 am
All ages
Registration required

Meet us at the Shelby Community Center for a birding walk around the hills, springs, and lake in Shelby Park.
Leader: John Michael Cassidy

Picnic and Hike



Saturday, October 10
12-2 pm
All ages
Registration required

Let's go for a stroll around Shelby Park and Bottoms during this gorgeous time of year. We will find a quaint spot to eat before heading back to the Nature Center. Bring your own picnic lunch and blankets; the Nature Center will provide dessert. 😊
Leader: Sarah Gilmore

Birding the Stones River/ Lytle Farm Park

Saturday, October 17
9—11 am
Ages 10+
Registration required

Come explore one of Metro Parks' newest and largest properties. Encompassing the entire bend of the Stones River at the confluence with the Cumberland, this park is a former farm and still contains a great deal of disturbed habitat. Despite that, at over 600 acres, it's a large tract of unbroken green space that is undoubtedly valuable to wildlife. We will explore the area with expert birders and document any wildlife we find, with neotropical migrants at the top of our priority list.
Leaders: Denise Weyer and Volunteer Naturalist Barbara Harris



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Bike Ride – Farmer’s Market/Bicentennial Mall – 12th Annual TN History Festival
 Saturday, October 17
 10:30 am—12:30 pm
 Ages 12+
 Registration required

The Nashville Farmer’s Market is a great place to taste local eateries and purchase local produce. We will also stop at Bicentennial Mall which is a great place to learn about the history and geography of TN. The 12th Annual TN History Festival is 10/16-17 and is a free event.
 Leader: John Michael Cassidy

Flowers Galore

 Saturday, October 17
 11 am—12 pm
 All ages
 Registration required

When it comes to pressed flower petals and leaves the possibilities are ENDLESS. Join us for this fun craft session and make some pretty things to take home!
 Leader: Sarah Gilmore

Sound Scapes
 Saturday, October 17
 1—2 pm
 Adults and well behaved children
 All ages
 Registration required

The power of sound can be influential in many different ways. It can alter our memories, the way we learn and feel, how we know the time of year, or time of day. Sound can even indicate what is going on in different regions of the planet. Join us with special guest, Matthew Brown, poet and lecturer at MTSU as he explains his experience and use of different “soundscapes” to tell stories and document various places. We will also take a short hike to listen for some sounds that lend to the autumn landscape throughout beautiful Shelby Bottoms.
 Leader: Christie Wisner & Matthew Brown

Cornelia Fort Pickin’ Party
 Saturday, October 17
 6—10 pm
 All ages
 Call or email Friends of Shelby for more info
www.friendsofshelby.org/



Friends of Shelby is excited to announce the Cornelia Fort Pickin’ Party series! This will be a small scale family-friendly bluegrass pickin’ series combining the tastes and talents of East Nashvillians and offering a DIY night of food and music with proceeds benefiting Shelby Park/Bottoms. Taking place inside one of the hangars of the former Cornelia Fort Airpark, now part of Shelby Bottoms Greenway, the event will feature local bluegrass band, local craft beer, local eateries and plenty of room for gathering pickers in groups and circles (all ages and abilities welcome!), as well as lots of space for kids to run and play. Call or email Friends of Shelby for more info. <http://www.friendsofshelby.org/Pickin-Party>

Pumpkin Party: Pumpkin Carving, Movie, Picking Party, Bring-a-Picnic and more!
 Saturday, October 24
 1-3 p.m.
 All ages
 Registration requested for supply totals

We love this fun time of year here at the Shelby Bottoms Nature Center! Come celebrate by bringing a pumpkin to carve and a picnic lunch to enjoy on our porch or lawn. It’s going to be “Spooktacular”!!! Registration is requested; it helps us know how many supplies are needed.
 Leader: Christie Wisner and SBNC staff

Full Moon Mosey
 Tuesday, October 27
 8—9 pm
 All ages
 Registration required

This can be one of the most iconic times of year to bask at a big brilliant full moon. Let’s keep our fingers crossed that we will be able to view this one! Plan to meet at the nature center for a leisurely mile long night hike. No flashlights, please.
 Leader: Christie Wisner

Happy Halloween!
 Saturday, October 31st
 10 am—3 pm
 All ages
 Registration required

Put on your best costume and head over to the nature center for crafts, candy, and roasted pumpkin seeds. You may even spot the nature center staff disguised as animals, too!
 Leader: Sarah Gilmore



November

Bike Ride – Fall Colors
 Thursday, November 5
 12—1 pm
 All ages
 Registration required

We will visit a number of notable trees and areas in Shelby Bottoms and Park that have great colors. Bring your lunch and we can enjoy some hot beverages on the porch after the ride.
 Leader: John Michael Cassidy



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<p>Body Works</p>	<p>Saturday, November 7 9:30—10:30 am Ages 18+ Registration required</p>	<p>This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com</p>
<p><i>An opening reception for</i> Art by Nature: <i>Featured works found in nature and by local artist Tom Lewis</i></p>	<p>Saturday, November 7 4—6 pm All ages No Registration</p>	<p>Join us in welcoming this unique exhibit that will highlight some of the best creations by one of the most celebrated artist of all time, Mother Nature! This collection will collaborate items found right here in the park and other protected natural areas. The exhibit will also tie in the amazing works of local artist, Tom Lewis. Tom is able to give reclaimed forest products a “third life” by making works of art and furniture with recycled material from fences, pallets, old cabinets and more. Exhibit will show in the classroom until the end of January 2016 Curated by: Christie Wiser</p>
<p>Fall Colors Walk</p>	<p>Friday, November 13 11 am—12:30 pm All ages Registration required</p>	<p>We will visit a number of notable trees and areas in Shelby Bottoms and Park that have great colors. Bring your lunch and we can enjoy some hot beverages on the porch after the ride. Leader: John Michael Cassidy</p>
<p>Autumn and Art</p>	<p>Saturday, November 14 2—3 pm All ages Registration required</p>	<p>Autumn is a great time of year to collect various fallen twigs, leaves, seeds, nuts, or dried plants! With these little treasures we will make beautiful works of art that represent just how special fall can be! Leader: Christie Wiser</p>
<p>Star Party with</p>	<p>Saturday, November 14 6:30—8:30 pm All ages No registration</p>	<p>Join us with our partners, the Barnard Seyfert Astronomical Society, for an open house style event held outside of the nature center in the event field. Astronomers from BSAS will have telescopes on hand to view the heavens. Bring your best questions! Cancelled if the weather is not suitable.</p>
<p>Build Your Own Bike Pannier</p>	<p>Wednesday, November 18 6:30—7:30 pm Ages 12+ No registration</p>	<p>Learn to build you own pannier (bike storage container) using cheap, easy-to-find materials — an easy way to reduce, reuse and recycle! Materials will be provided to make and take home one hardy, waterproof pannier for a \$15 donation. Leader: John Michael Cassidy</p>
<p>Autumn Sunrise</p>	<p>Friday, November 20 6:30—7:30 am All ages Registration required</p>	<p>Celebrate the rising sun on a beautiful fall day in Shelby Bottoms! This naturalist guided hike will highlight some of the beautiful changes autumn brings to the park. Coffee and donuts provided. Leader: Christie Wiser</p>
<p>Seed Swap</p>	<p>Saturday, November 21 9—10 am All ages No registration</p>	<p>Drop by the classroom for a “come and go” style program that allows participants to share, trade, and swap seeds and knowledge to make next year’s growing season even more successful. We’ll be sharing some of the seeds we harvested from our very own teaching garden! Please feel free to stay for our special guest, author and seed saver, Janisse Ray at 10 am! Leader: Christie Wiser</p>
<p>On Local and Urban Agriculture, Sustainability, and Seed Saving with Author Janisse Ray</p>	<p>Saturday, November 21 10 am All ages Registration is required Space is limited.</p>	<p>Writer, naturalist, and activist Janisse Ray is author of five books of literary nonfiction and a collection of nature poetry. Ecology of a Cracker Childhood was a New York Times Notable Book and was chosen as the Book All Georgians Should Read. Her latest is a nonfiction book on open-pollinated seeds, The Seed Underground (Chelsea Green), published in 2012. Ray attempts to live a simple, sustainable life on a farm in southern Georgia with her husband, Raven Waters. Ray is an organic gardener, seedsaver, tender of farm animals, and slow-food cook. She lectures widely on nature, community, agriculture, wildness, sustainability and the politics of wholeness.</p>

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