

NATURE

Trail Workdays ~ The Sonoma County Trails Council hosts workdays to maintain park trails around the county. Check out the calendar for upcoming event: www.sonomacountytrails.org

Feb 14 ~ Mushroom Hunt & Cook-up ~ Hunt for seasonal finds, discuss hunting etiquette & notables. Afterwards, cook up edible finds & enjoy potluck picnic. Fee: \$30 & potluck picnic item. (Kids price.) 10:00-3:00 pm at Salt Point State Park. Registration: Charmoon Richardson, Wild About Mushrooms, PO Box #1088, Forestville, CA 95436 ~ 707-829-2063 ~ www.wildaboutmushrooms.net

Community & Docent Education Seminars ~ \$15 per seminar; regular volunteers Free. RSVP required. Ruby Herrick, 707-869-9177 x1#, rherrick@mcn.org ~ www.stewardsofthecoastandredwoods.org

Feb 14 ~ Pinnipeds, Coastal Birds, & Seal Watch Program Logistics. 9:00-3:30 with lunch break.

Feb 21 ~ Wildlife of Western Sonoma County. 9:30-12:30

Mar 14 ~ Geology of Sonoma Coast & Environmental Living Program Logistics. 9:00-4:00 with lunch break.

Mar 21 ~ Wildflower & Plant ID Hike. 12:30-2:30

Feb 14, 22 ~ Cotati Creek Stewardship Days ~ Tasks such as planting, weeding, mulching, refurbishing used tools. All welcome, rain or shine! Second Saturdays 9:00am-Noon & last Sundays 10:00am-1:00pm. Meet at 'Ladybug Lot' (City of Cotati Well Lot #2 next to Ladybug Park), Lakewood Ave, Cotati ~ RSVP to Jenny Blaker, 707-792-4422 ~ www.cotaticreekcritters.info

Hike Tolay Lake Regional Park ~ 9:00 am, Lakeville Hwy at Cannon Lane, Petaluma ~ RSVP required: 707-565-2730 ~ www.sonoma-county.org/parks/pk_tolay.htm

Feb 14 ~ "Love Your Heart," 2-hour hike with a focus on moderate exercise for heart health.

Feb 22 ~ "Celebrate George," 3-hour hike with a focus on the agricultural history of the property.

LagunaKeepers Workday ~ Snacks are on us; Bring gloves, water, & friends! Only heavy rain cancels. 9:00am-Noon ~ 707-527-9277 x108 ~ www.lagunafoundation.org

Feb 14 ~ Laguna Uplands. Meet at the end of Palm Avenue in Sebastopol, just south of Palm Drive Hospital.

Mar 14 ~ Irwin Creek. Meet at Stone Farm, 900 Sanford Road, Santa Rosa to caravan to the site.

Feb 15 ~ Mushroom Identification Class ~ Learn the basics: terminology, techniques, spore prints, using ID keys, and much more. Classroom & outdoor time. Specimen display included. Fee: \$49/\$46 for members. 10:00-4:30 with the Pt. Reyes Field Seminars at the Pt. Reyes National Seashore Visitors' Center ~ RSVP 415-663-1200 ~ www.wildaboutmushrooms.net

Feb 19 ~ Campsite Building ~ Help Sonoma County Regional Parks construct a new backpacking campsite, funded through a generous grant from REI Santa Rosa. Gloves, tools, water & snacks provided. 9:00-1:00 at Hood Mountain Regional Park, 3000 Los Alamos Road, Santa Rosa ~ 707-565-3356 ~ www.sonoma-county.org/parks

Feb 21 ~ Spirit Creek Stewardship Renewal Day ~ Clean up the creek and share your smiles. Please bring your own gloves, water and a bag lunch. 9:30-1:30, meet at Center for Spiritual Living, 2075 Occidental Rd, Santa Rosa ~ RSVP: Michelle Keip, 707-544-2673 ~ www.spiritcreekstewardship.org

Feb 23 ~ Laguna Docent Training Orientation ~ Learn about the Laguna Docent Training Program beginning March 16, continuing Mondays thru May 18. Orientation 6:30-8:00 pm at the Central Santa Rosa Library, 211 E St. at 3rd ~ 707-527-9277 x102 ~ www.lagunafoundation.org

Mar 2 ~ Down in the Murky Depths of Water Policy ~ With your guide Jake Mackenzie, retired federal employee with 30 years in US EPA, a decade of involvement with Russian River watershed issues, & self-described 'local policy wonk.' Refreshments provided. Donations welcome. 7:00 pm at the Ray Miller Community Center, Stony Point Room, 216 E. School St. (behind City Hall), Cotati ~ 707-792-4422 ~ www.cotaticreekcritters.info

Mar 21 ~ State Park Volunteer Orientation ~ Join us for an overview of all the programs, responsibilities, and chat with park staff, experienced docents, & stewardship volunteers. 9:00-11:30am. Location confirmed upon reservation. ~ RSVP Ruby Herrick, 707-869-9177 x1#, rherrick@mcn.org ~ www.stewardsofthecoastandredwoods.org

Mar 23 ~ Park Advocacy Day ~ Seventh Annual meeting with policymakers to advocate for the protection and enhancement of California's 278 state parks. Join the Stewards of the Coast and Redwoods 8:30 am to 5:00 pm in Sacramento. Carpooling/contribution to chartered Bus encouraged ~ www.stewardsofthecoastandredwoods.org

Wednesdays ~ Riverkeeper Stewardship Days ~ Help keep our Park clean for all to enjoy! Please bring tools. Rain cancels. 8:30-11:30 am next to the pedestrian bridge, 16153 Main St., Guerneville ~ Victoria Wikle, 865-2474 ~ www.russianriverkeeper.org



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Watercolor for GUYS

**FEB. 28th and March 1st
Bodega Coast Inn, Bodega Bay**

When was the last time you had an opportunity to discover new ways to think and problem solve, free up your creativity, and have a great time?

In Vesta's article on "*Choosing Optimism*" (WCG 1/15/09 issue, pgs. 7 and 8), she suggested controlling your state of mind and boosting your self esteem by accomplishing something new and enjoying it, especially in these challenging times!

Annie Murphy Springer, the artist noted for her bold use of color and innovative approaches to watercolor, is offering a unique workshop.



You may wonder... "Why a workshop for guys?".....

Annie's experience as an instructor and master trainer has honed her abilities to motivate and inspire "guy groups", such as Emergency Response personnel, and others in primarily "male occupation" organizations over more than 35 years.

When she teaches watercolor classes, she often has guys who have had less than a great experience in other art classes, disappointed with the focus on kittens, "forget-me nots" and especially more gossip than serious discussion about how art is made. The students who migrate to her classes have asked her to create a painting experience more focused on male interests and learning styles.

In this workshop, you can expect a serious, in depth (but humorous!) approach to what Annie calls the "wonders of watercolor":

- the many and interesting results from how watercolor behaves on a variety of unusual surfaces.
- how the basic principles of color, composition, perspective, and style play out in watercolor.
- how to "systematically experiment" (not an oxymoron!) to get different results.
- how to simply and quickly create 3-4 paintings, ready for framing.

If you are an experienced artist, you will get a fresh start and new techniques for your repertoire. If you have never painted with watercolor, this workshop will give you a jump start, a new direction, and even new ways to communicate!

The combination of a relaxed group setting, the view from the Coastal Inn, exciting materials to work with, and Annie's high energy and humorous style will provide a memorable weekend!

To learn more about this workshop visit Annie's website www.anniemurphyspringer.com and click on "classes". OR email her at anniem@sonic.net OR Call her at 707 876-3211

**Seize this opportunity
to recharge, renew,
learn, and create!**

You can see Annie's work at many local venues, including the Bodega Coastal Inn in Bodega Bay, the Artisans' Coop Gallery in Bodega, the Bodega Post Office, Fiesta / Pacific Market in Sebastopol among many others.