



Director's Matters

What are NAI Regions and Sections? How are they different? Which should you be part of?

Regions are based on where you work and sections are based on professional interest areas. You're assigned your region when you join NAI but you can choose to join more to learn what other regions are doing. Sections you need to actively choose to join. You can join other regions and sections through your membership portal. Membership in all regions and sections are included in your membership.

There are now eight sections for you to choose from:

ZWPA-Zoos, Wildlife Parks, and Aquaria holds important conversations on topics relative those types of facilities and their special issues. They have been doing on-line, Interpretive Conferences for 10 years.

NCD-Nature Center Directors host the most popular National Conference pre-conference workshops called the Road Show. They travel to different Nature Center in and around the conference area.

IM-Interpretive Media, this section grew and launched NAI's national awards program for interpretive media. Other activity includes FB page post projects and how to get feedback on designs. With new leadership that started in January, look for more to come from this group. They have over 1,000 members.

CUA-College & University Academics run the Student Scholarship Program and evaluate the research track for the conferences.

CHI-Cultural and Historic Interpretation has also done a roadshow in the past. They are currently deep in conversation on potential certification options with NAI.

IN-Interpretive Naturalist is the most active in communicating with their members. They have a monthly zoom game night, host guest speakers, and host an on-line Interpretive Naturalist conference.

(NEW) Sustainability section provides an advice committee to help make the national conferences more green. They hope to provide input to interpreters on how to embed green initiatives and thinking to workshops and site operations.

(NEW) JEDAI – Justice, Equity, Diversity, Accessibility, and Inclusion offers members sessions, newsletter and information on the topics in their title.

You can join as many sections as you choose at no additional cost.
With so many options which will you choose?

Yvonne Johnson
Director NAI Region 2

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Region 2 Leadership continued

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Meet the Board

Tiffany Jenkins (she, her)

Park Naturalist II at Meadowside Nature Center, Montgomery Parks

Hello Chesapeake Region!

I am one of two Maryland State representatives for the Region 2 board! If you live in Maryland I would love to learn all about your work, your site, and the many amazing ways you are making positive changes in your community. Contact me (tiffanyjenkins@montgomeryparks.org)!

I am lucky enough to work for Meadowside Nature Center where I get to spend my time caring for raptor ambassadors and offering environmental programming for visitors. My journey into interpretation began about 10 years ago when my love for the natural world and my background in formal education married and I began my first job as a seasonal environmental educator for Toldeo Metroparks in Ohio. Since that time, I moved to Maryland and fell in love with the eastern woodlands and Chesapeake Bay through volunteering for amazing organizations like FrogWatch and Owl Moon Raptor Rehabilitation Center. Along the way, I became a Maryland Master Naturalist and NAI Certified Interpretive Guide. Over the past five years, I have been fortunate to use the love and skills I've developed while working for Montgomery Parks. In my free time I am an active Girl Scout Leader, I love birding, painting, pottery, and above all a walk in the woods.



Region 2 Leadership continued

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Celebrating Your Healthy Lifestyle During Earth Month: An Interview with Dr. Stacy Beller Stryer- Associate Medical Director of Park RX America (PRA)

Jennifer Simms

April is a month full of showers and flowers and has been dedicated as "Earth month". As a naturalist, I love the idea of celebrating the Earth for the entire month. But, finding time to give back to the planet can be tricky, especially when juggling work, family, a social life, and more. How can I contribute towards a self-care routine for the Earth, when I feel pulled into so many different directions?

What if I told you that the Earth had a self-care tip to help us create a healthier lifestyle and all it involved was to walk out the front door?

"Just get outside" is what Dr. Stacy Beller Stryer, Associate Medical Director of PRA, told me to do. She is a board-certified physician whose company's mission is to decrease the burden of chronic disease, increase health and happiness, AND foster environmental stewardship. How do they achieve this mission? Through prescribing nature. I wasn't exactly sure what that meant, so I sat down with her to ask a few questions.

- I. What does it mean to prescribe nature and how does it work? How can someone obtain a prescription?

Prescribing nature is very similar to prescribing medication for a medical condition but instead of prescribing, let's say, an antibiotic for an ear infection, we prescribe time outside for conditions such as anxiety, depression, diabetes or obesity, among others. Just like a regular prescription, a nature prescription is very specific, where the outdoor place, type of activity, time and days of the week one goes to this location are all included. Being specific increases the chances someone will fill the prescription and holds them more accountable. Anyone can tell their provider they read about nature prescriptions and want one written for themselves. They might have to give the website, parkxamerica.org, to their providers if they are unfamiliar with it. Another option is to print out a prescription from the website, fill it out and hand it to a provider who can then continue to write future prescriptions and follow up on a

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regular basis. I think it would be so helpful to work together to make going outdoors second nature (pun intended), like getting dressed in the morning.

2. Why was PRA created?

It began as a park prescription program to integrate a searchable map to make it easier for providers to find a nearby park or greenspace for their patients anywhere in the country, with thousands searchable by location. However, this was limiting the ability to write prescriptions for two reasons. First, not every park in the country is in our database and second, not everybody has a park close to their home, particularly those living in urban areas and amongst minority populations. We want everybody to have equal access to nature, no matter where they live. So we developed a custom destination, where any natural space can be prescribed, preferably a place that is close, free and where the patient feels safe. Sometimes a patient is unable to go outside for a variety of reasons, so a prescription can even be written to spend time among plants indoors or watching nature and/or wildlife from a window.

3. Your mission supports environmental stewardship, what is one way that someone can develop a nature self-care routine AND give back to the Earth at the same time?

Because we spend most of our time indoors these days, we have lost our connection with our surroundings and the environment. Many studies have shown that spending time outdoors increases environmental stewardship and a connection with the environment. So by merely motivating people to get outside to take care of themselves and their own health, we can increase their care and nurturing of our environment and earth.

And there you have it; thank you Dr. Stryer! We can lower our stress by spending more time outdoors and give back to Earth. As educators, naturalists, and outdoor enthusiasts, together, we can work on a self-care routine for the Earth throughout April, and encourage our park visitors to do the same. But most importantly, we can also work on a self-care routine for ourselves. Learn more at: <https://parkrxamerica.org>



NAI National Workshop photos courtesy of Yvonne Johnson
additional Workshop photos can be found on pages 6-8



Thanks to our workshop sponsors:

Many thanks to the generous sponsors who supported the 2022 Chesapeake Region Spring Workshop with their generous donations. Take some time to visit their websites to learn more about how they can support your work and keep them in mind when looking for products and services.

If your company, institution or organization is open to sponsoring future workshops please contact Yvonne Johnson at nairesregion2website@gmail.com

Levels:
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Paddler - \$250

Paddlers



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How Conference Scholarships Make Dreams Come True

Maggie Cavey

I love dredging material and making science look and sound appealing and relatable. My professional career revolves around the practice of removing material from the bottom of the Chesapeake Bay and transforming it to the habitat you see today! I fell into a niche category of science and I am thankful everyday I did. BUT... science isn't always relatable or easily understood by all people. You can't deny we have all read those journal articles where you read the twenty word long title twice just to make sure we are clear on what the topic is. My passion lies in taking amazing science, engineering, and innovation and making it relatable to everyone. I seek to resonate the words of Freeman Tilden in my career: "Through interpretation, understanding; through understanding, appreciation; through appreciation, protection."

My name is Maggie Cavey, a (very new) Coastal Planner specializing in the beneficial use of dredged material for the Maryland Department of Natural Resources (MDNR) and a two-time virtual attendee of the National Association for Interpretation's national conference. Maybe one day I'll make it in person! NAI webinars and trainings have always captured me and transformed me as an interpreter. The NAI National Conference was no exception.

A week of being "surrounded" by fellow interpreters and listening to some amazing concurrent sessions on all the latest and greatest has sparked my creativity and it's been a bit hard to contain. Even content that doesn't directly apply to me, I find myself tracking down colleagues to share the inspiring nuggets of information I gained at the conference. I am confident that the sessions I attended during the conference will have a ripple effect and mold future programming for my entire network. The sessions I attended will also help me charge full steam ahead into my new role at MDNR. The most powerful sessions for me were those relating to JEDI. I feel like there is still so much to be done surrounding this important topic and it was fantastic to see so many JEDI sessions presented.

When I applied for the scholarship, my organization was not funding any conference and before the actual conference, I changed positions. Without the support of my Chesapeake Region, I would have never been able to attend the NAI National Conference. With the struggles the last 2 years have brought, being able to participate in the conference was an honor. I can't wait to spend my entire "Christmas Break" watching the sessions I wasn't able to attend live. Thank you, Region 2: Chesapeake, for making my dreams come true.

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Esther Leaming

I used to hate networking. Or, at least, I hated the idea of it. I pictured stale, windowless convention halls lit with fluorescent bulbs and lined with tables of people waiting to shake hands, exchange papers, and sell themselves. Or a couple dozen people shifting their weight from one leg to the other at cocktail tables, gesturing vigorously and trying to one-up one another with work anecdotes and lists of accomplishments. I didn't see where I fit into those pictures.

And then I got to Palm Springs. In December, I had the privilege of attending NAI's National Conference, held in Palm Springs, California, thanks to a generous scholarship from the Chesapeake Region. It was my first time in California, my first time on the West Coast, and my first time at an NAI event. I'm a new member, and new to the field of interpretation, although I have loved telling stories and sharing beautiful places with others for as long as I can remember. I currently get to put those skills to use as an intern at Longwood Gardens, where I help manage and train the volunteer docents who engage our guests.

I saw beautiful things in California. Granite boulder formations in Joshua Tree, a coniferous forest in the middle of the desert (at the top of Mt. San Jacinto!), and more cacti and palms than I could count. I learned so much from the keynotes and breakout sessions. But the best part of the conference by far was getting to meet so many passionate, interesting, friendly, funny interpreters in sessions, on the trail, and beyond. The interpretation community is a close-knit and vibrant one, and I immediately felt welcome. I'd found my people. Turns out, building a network is pretty easy when you are doing something you care about and are surrounded by people who want to talk about it as much as you do.

I thought that networking was all handshakes, fake smiles, and small talk; people collecting other people in case they needed them. But it's not. It can be strategic and helpful and can serve to further your career, and those are all good things. But it can also just be making friends, being a kind person, and having conversations that are valuable in and of themselves, even if they don't lead to a new job or a new partnership. Conversations like these spark new ideas and provide encouragement to all parties involved, and I am grateful to have had so many such encounters in Palm Springs.

I met some of you at our regional meeting under the bougainvillea, on the nicest 90-degree day I've ever experienced. The flowers were gorgeous, but it is the people I will remember. I look forward to the day we meet again!

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Kaden Borseth

In Fall of 2021 I was able to attend the National Association for Interpretation's National Conference virtually. I am so thankful that the conference had a virtual element and that the scholarship I was awarded made it possible to attend. My biggest take-a-way was just how amazing and far reaching our community is. It not only inspired me but made me feel a little better about the world with the great work we are doing through interpretation. Through the conference, I was reminded of the incredible people doing similar work all over the country, who are great resources to learn from. Forming connections at this conference was harder in the virtual format, but it reminded me of the importance of getting outside of your own bubble of work. We are a great community and reaching out to ask for advice, as well as sharing everything I have tried and learned from during this time of digital learning and beyond, will help us all move forward and make a better impact together. I'm grateful for the opportunity to learn and make connections.



Submission Guidelines

NAI REGION 2:

Delaware

District of Columbia

Maryland

New Jersey

Pennsylvania

Virginia

West Virginia

Each edition will be theme-based so if you have something to contribute short or long refer to the table below for upcoming deadlines and themes. Submissions for other sections can be sent at any time but if it fits in with a particular theme send it by that edition's deadline otherwise it will be used for a future edition.

Recommended lengths for submissions: 500-600 words for articles
100 words for each tip or trick

Pictures should be submitted as an attachment to your email. Other materials may be sent in the body of your email or as an attachment.

If you have any suggestions for a theme for future newsletters, please send your suggestions or requests. Themes can be anything related to interpretation that would be of interest to the region.

Newsletter submissions including calendar items should be sent to:
ChesapeakeChat@gmail.com

We're on the Web!

See us at:

www.interpnet.com/2/



**National Association for
Interpretation Region 2
Chesapeake**

	Deadline	Theme
Winter Newsletter	January 15	For the Love of Interpretation, Work around the Workshop theme, Nature Self Care (around Earth Month)
Spring Newsletter	April 15	Creative Camps/Interp, Experience Summer
Summer Newsletter	July 15	Field Trip Tricks and Tips, Experience Fall
Fall Newsletter	October 15	Interpreter Grattitudes, Creative Winter Programming, Experience Winter