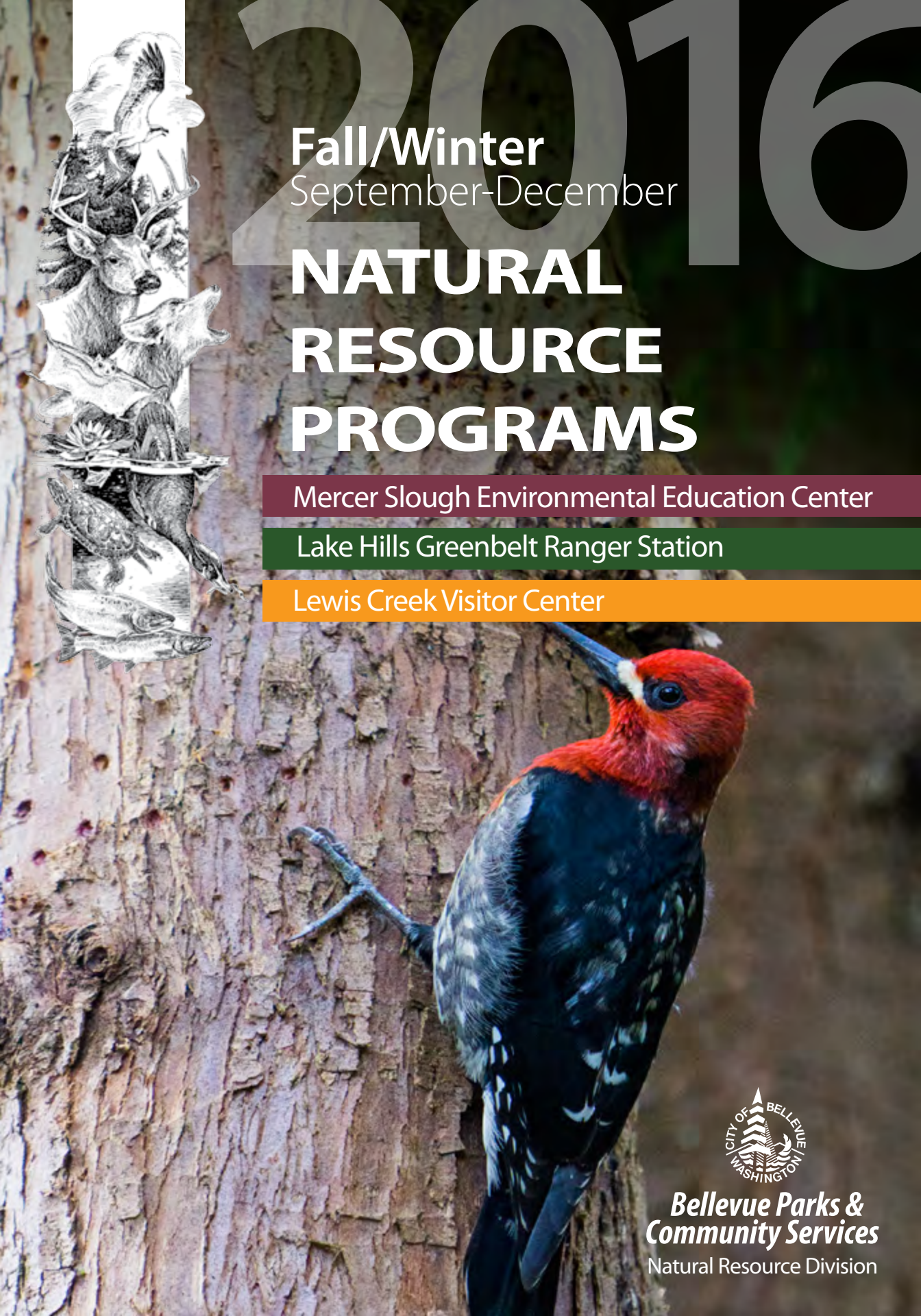

2016

Fall/Winter
September-December

NATURAL RESOURCE PROGRAMS

Mercer Slough Environmental Education Center

Lake Hills Greenbelt Ranger Station

Lewis Creek Visitor Center

CITY OF BELLEVUE WASHINGTON

Bellevue Parks & Community Services

Natural Resource Division

Cover photo courtesy Laurie Elizabeth Photography, drawings by Linda Feltner, photos iStockPhoto.com

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Program Registration: www.myparksandrecreation.com

Program Registration: www.myparksandrecreation.com

Let us know how we're doing!

Bellevue Parks & Community Services wants to know how we can make our environmental education programs better. We invite you to give us feedback about programs you've attended and suggestions for future programs. You can do this two ways:

1. Ask for an evaluation card at a visitor's center that you can fill out on the spot, or
2. Simply send us an email at *program_feedback@bellevuewa.gov*.

Any thoughts you have about our programs are welcome, but we're specifically wondering;

- Did the program you attended increase your knowledge of the natural world?
- Did the program you attended increase your respect for natural areas?
- What would the ideal length be for a ranger program?
- Do you prefer programs on animals, plants, ecosystems, natural resources, or something else?
- Do you/your family prefer programs outdoors/in parks or indoors with photos and videos?

Thank you for your help in shaping the future of our educational programs!

Special Events

BELLEVUE'S 2016 SPECIES OF THE YEAR

Each year, the Bellevue Master Naturalist corps features a native species that is local to our area. The Species of the Year for 2016 is the Pacific treefrog (Pseudacris regilla), also called the Pacific chorus frog. You've likely heard the calls of these amphibians as they compete for territories and advertise to potential mates.

Look for this frog icon next to program titles in this guide. These programs will feature information on Pacific treefrogs and amphibians in general. Come explore what makes the Pacifc treefrog so special, and how you can help conserve Bellevue's amphibians. We'll even be going on some guided frog hikes! Join us at all three visitor centers to learn about the Pacific treefrog!

Bellevue Master Naturalist

LOCAL AREA HIKES

Did you know Bellevue has almost 100 parks and more than 90 miles of trail to explore? Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the year. Please dress for the weather, bring water and wear sturdy shoes. Hikes vary in theme and length. Please see details below. **Cost:** FREE! **Registration:** Not required. **Info:** 425-452-4195 or 425-452-7225.

MERCER SLOUGH RANGER HIKES

Sundays, 2-3:30 p.m., rain or shine

Join a ranger to take a short hike through the wetlands of Mercer Slough Nature Park. We begin with an overview of the LEED Gold education center and end at the bridge that spans the channel of Mercer Slough. Hear about the natural and cultural history of the slough. Afterward, you are free to explore further on your own, or return to the education center with the ranger.

Distance: 2+ miles.

Level of Difficulty: Easy (30 feet elevation change)

Meeting Place: Mercer Slough Environmental Education Center, 1625 118th Ave SEv **Info:** 425-452-2565 or mseec@bellevuewa.gov

LEWIS CREEK RANGER HIKE

Saturdays, September 3, October 1, November 5, December 3
10:30 a.m.-12 p.m.

Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes.

Distance: approximately 1 mile.

Elevation Change: 50 ft.

Meeting Place: Lewis Creek Visitor Center 5808 Lakemont Blvd SE

Info: 425-452-4195 or lcvc@bellevuewa.gov

LAKE HILLS GREENBELT RANGER HIKES

Saturdays, 2-3:00 p.m., rain or shine

Join a ranger on a walk through the Lake Hills Greenbelt and gardens. We meet at the Ranger Station and will walk to either Phantom Lake or head out through the wetland to discover the natural history of the area. Once complete you can continue to explore the trails on your own, or return to the education center with the ranger.

Distance: 2+ miles.

Level of Difficulty: Very Easy (flat gravel path)

Meeting Place: Lake Hills Greenbelt Ranger Station, 15416 SE 16th St.

Info: 425-452-6993 or ParkRangerProgram@bellevuewa.gov

MANDARIN-LANGUAGE RANGER HIKE

Saturday, November 19, 10:30 a.m.-12 p.m.

Join a Park Ranger and a Bellevue Master Naturalist for a Mandarin-language Ranger Hike. Explore the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes.

Distance: 1.0 miles.

Level of Difficulty: Easy (~50 feet elevation change)

Meeting Place: Lewis Creek Visitor Center 5808 Lakemont Blvd SE

Info: 425-452-4195 or lcvc@bellevuewa.gov

COAL CREEK RANGER HIKE

Saturday, September 24, 10 a.m.-12 p.m.

Discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife.

Distance: 5 miles.

Elevation Change: Moderate (100 feet elevation)

Meeting Place: Cinder Mine Trailhead (Newcastle Golf Club Road, west of Redtown Trailhead)

Info: 425-452-4195 or lcvc@bellevuewa.gov

LAKEMONT COMMUNITY PARK RANGER HIKE

Saturday, October 15, 10 a.m.-12 p.m.

This lovely trail winds through green corridors alongside Lewis Creek as we ascend and descend throughout the park.

Distance: Approx. 4.5 miles.

Elevation Change: Difficult (350 feet elevation change)

Meeting Place: Lakemont Park, 5170 Village Park Drive Southeast

Info: 425-452-4195 or lcvc@bellevuewa.gov

LEWIS CREEK PARK 'WOOF WALK'

Saturday, October 8, 10 a.m.-12 p.m.

Come explore Lewis Creek Park with your furry friend and learn about the natural history and wildlife of the park and how we can keep our pets safe. Please limit one dog per guest with leash and bring a doggy waste bag.

Distance: 1.5 miles.

Elevation Change: Moderate (350 feet elevation change)

Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Info: 425-452-4195 or lcvc@bellevuewa.gov

A WINTER WANDER

Saturday, December 10, 10 a.m.-12 p.m.

Come take a walk in Lewis Creek Park and explore the beauty of winter. Rain or shine we will explore the mosses and lichens of the park, the deciduous and evergreen trees, and discuss wildlife preparations for winter.

Distance: approximately 1.5 miles.

Level of Difficulty: Moderate (350 feet elevation change)

Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Info: 425-452-4195 or lcvc@bellevuewa.gov

MERCER SLOUGH
ENVIRONMENTAL EDUCATION CENTER

Mercer Slough Environmental Education Center, 1625 118 Avenue SE

Hours: *Daily, 10 a.m.-4 p.m.* ***Phone:*** *425-452-2565*

Email: *MSEEC@bellevuewa.gov*
Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable view of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures, and program information today.

Family Discovery Series

Ages: All ages are welcome. **Cost:** FREE! **Registration:** RSVP requested.
Info: 425-452-2565 or mseec@bellevuewa.gov.

FABULOUS FALL FOLIAGE
Saturdays, September 17 & 24, 2-3 p.m.

Have you ever wondered why leaves change colors in the fall or what happens during photosynthesis? This program will provide you with the answer to those questions and much more. Enjoy a guided walk to see the fabulous fall foliage in the Mercer slough followed by a crafting activity in our community room.

NO "BATS" ABOUT IT
Saturdays, October 15 & 22, 2-3 p.m.

Bats play a vital ecological role all over the world. Several species of bats call the Mercer Slough Nature Park home. Come learn some fun facts about these mammals. Enjoy a spooky bat story and put your artistic skills to use to take home your own batty creation.

IT'S O"FISH"ALLY SALMON SPAWNING SEASON

Saturdays, November 12 &19, 2-3 p.m.

Salmon were once abundant here in the PNW but have been on a rapid decline in most of our region. Come learn more about the Salmon that make the arduous journey from the ocean to the Mercer Slough where they will eventually spawn in the shallow waters of Kelsey creek. Learn about the different stages of our Salmon and what you can do to help aid in their survival.

CREATURES BELOW THE SNOW

Sundays December10 & 17, 2-3 p.m.

The surface of the snow covered ground looks peaceful and serene, what lies beneath is drastically different. Many animals struggle to survive the harsh winter months while others thrive below the snow. Enjoy a story about these creatures' survival strategies and make a pinecone feeder for our resident birds toughing out the winter months.

Movies

Popcorn provided! **Ages:** All ages are welcome.
Cost: FREE! **Registration:** RSVP requested. **Info:** 425-452-2565 or mseec@bellevuewa.gov.

WINGED MIGRATION

Friday, September 30, 5-6 p.m.

Enjoy the natural world as you fly along with some of the world's most amazing birds. This awe-inspiring film takes you to 40 different countries on each of the seven continents to capture a wide variety of bird migrations. Together the team of experts, cinematographers, and pilots are able to lead you on a rare journey to follow these birds from a variety of unique perspectives.

FORTRESS OF THE BEARS

Friday, October 28, 5-6 p.m.

Sustained by an abundance of salmon streams in an isolated and protected environment, nearly 2,000 Alaskan Brown bears call Admiralty Island home. Located in south East Alaska, this area is known to support the largest Brown Bear Population in the entire world. Follow the struggle of one young mother attempting to raise 3 little cubs in this challenging environment.

SALMON RUNNING THE GAUNTLET

Friday, November 18, 5-6 p.m.

Salmon play a vital role in sustaining millions of miles of diverse ecosystems here in the PNW. Unfortunately, human interference, over fishing and habitat loss have led to the drastic decline in their numbers. This film forces us to take a closer look at our conservation efforts. It will shed new light on how we are all connected and play a vital role in the overall health of these iconic creatures and the health of our ecosystems.

THE ARCTIC WARRIOR

Friday, December 30, 5-6 p.m.

Enjoy a rare opportunity to look closer into the life of a polar bear and her cub. This film will take you across the vast wilderness of the Arctic for a breathtaking look at some of nature's most fierce creatures. These arctic warriors fight for survival in what most would consider inhospitable conditions. For the polar bear, the arctic is their home where they can thrive. Narrated by David Attenborough.

Adult Enrichment Series

MAKING THE CUT: THE LOCKS, THE LAKE AND A CENTURY OF CHANGE

Sunday, October 9, 2-3 p.m.

Presentation by David Williams, author of "Too High & Too Steep: Reshaping Seattle's Topography"

This speaker series is presented as a part of Making the Cut: The Locks, the Lake and a Century of Change. Eastside Heritage Center's 2016 speaker series will feature programming related to the opening of the Lake Washington Ship Canal, the lowering of Lake Washington and the impact this had on the Eastside and surrounding areas. **Ages:**10+. **Cost:** FREE! **Registration:** RSVP requested. **Info:** 425-452-2565 or mseec@bellevuewa.gov.

Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and the Pacific Science Center. For information on programs provided by Pacific Science Center, please visit www.pacificsciencecenter.org.

LAKE HILLS GREENBELT
RANGER STATION

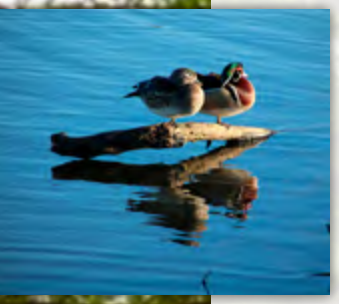
Lake Hills Greenbelt Ranger Station, 15416 SE 16 Street

Hours: *Tuesday-Saturday, 12-4p.m.* ***Phone:*** *425-452-7225*
Email: *ParkRangerProgram@bellevuewa.gov*
Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive displays, trails, environmental program information, and friendly Park Rangers to answer your questions.

Family Discovery Series

Pre-registration required. Register: MyParksAndRecration.com
Info: 425-452-6993 or ParkRangerProgram@bellevuewa.gov.

DUCKS, OUR WEB FOOTED FRIENDS



Friday, September 23, 10-11 a.m.

Many ducks make their home in the Pacific Northwest all year round. As summer comes to an end, do you know how ducks prepare for winter? Learn about our web footed friends, and how they adapt to the changing seasons. Also enjoy a duck craft! All children must be accompanied by a registered adult. **Ages:** All ages welcome. **Cost:** $2 donation suggested at door for program supplies. **Course #107623**

WHO'S THAT AT YOUR BIRDFEEDER?

Friday, October 14, 10-11 a.m.

Bring your children and join a Bellevue Park Ranger to learn what kinds of birds live in your backyard. You can also make a pine cone birdfeeder to take home with your child. All children must be accompanied by a registered adult. **Cost:** $2 donation suggested at door for program supplies. **Course #107626**

CREATURES OF THE NIGHT

Friday, October 28, 7:30-9 p.m.

Just as the sounds of wild creatures fill the forest during the day, the night time forest is also filled with activity. Come learn what amazing creatures come to life at the Lake Hills Green Belt after dusk. Afterward, we will go on a Night Hike, listening for the sounds of creatures living in the dark. **Course #107627**

DISCOVER AUTUMN: FALL INTO FALL

Friday, November 18, 10-11 a.m.

Why do trees lose their leaves in the Fall? Why does it start to get cooler outside, and why do the days become shorter? Come learn more about the Autumn season, and what brings about this great change to our world each year. This program will include a leaf print craft, so feel free to bring interesting leaves to share! Families are encouraged to attend, please register with your child. **Ages:** All ages welcome. **Cost:** $2 donation suggested at door for program supplies. **Course #107628**

WHERE ARE THE WOLVES?!

Friday, December 2, 10-11 a.m.

The Grey Wolf, once extinct from the Pacific Northwest, have returned and are slowly growing in numbers. But are wolves dangerous to humans? Come to hear some answers to this question and others you may have about the Canis Lupis, and learn what you can do to stay safe when traveling in wolf country. And have a howl of time creating a wolf craft with your child at the end of the class! **Course #107629**

A WARM WINTER HOME.

Friday, December 16, 10-11 a.m.

As the winter days become shorter and colder, many animals bundle up inside their little homes for protection. All sorts and sizes of animals build unique shelters to winter the cold season. Come learn about these animals, their homes, and what we can do to help them keep safe until the spring. Ages: All ages welcome. Cost: $2 donation suggested at door for program supplies. **Course #107631**

LEWIS CREEK
VISITOR CENTER

Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Hours: *Wednesday - Sunday, 10 a.m.-4 p.m* ***Phone:*** *425-452-4195*

Email: *lcvc@bellevuewa.gov*

This beautiful park offers ample opportunity to wander through forests, meadows, and wetlands. Come inside the Visitor Center to pick up trail and park maps for the area, attend a Natural Resource program, or simply enjoy the relaxing atmosphere.

Family Discovery

Story Time

Look, listen and create during an hour of stories and crafts with a park ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. **Ages:** 3+. **Cost:** Free! **Pre-registration** is required for each participant-adult and youth at: www.MyParksAndRecreation.com or 425-452-6885. **Info:** 425-452-4195. Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE.

SALMON STREAM

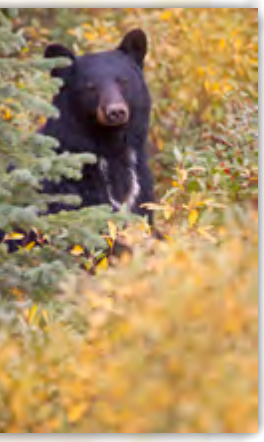
Friday, September 2, 11 a.m.-12 p.m. & 1:30- 2:30 p.m.

Look, listen, and create during an hour of stories and crafts. Lewis Creek provides habitat for salmon and they start running in the fall! Learn about the journey that salmon take at this time every year. We always make a fun craft to take home! Pre-registration is required for children and adults. **Course #107835** or **107836**

WATER DANCE

Friday, October 7, 11 a.m.-12 p.m. & 1:30-2:30 p.m.

Look, listen, and create during an hour of stories and crafts. Water takes many forms and is seen all throughout the world. Come see water's dance and hear its story. We always make a fun craft to take home! Pre-registration is required for children and adults. **Course #107837** or **107838**



TIME TO HIBERNATE!

Friday, November 4, 11 a.m. -12 p.m. & 1:30-2:30 p.m.

Look, listen, and create during an hour of stories and crafts. During the cold winter months many animals take a very long nap called "hibernation". Find out what animals get very sleepy in winter! We always make a fun craft to take home! Pre-registration is required for children and adults. **Course #107839** or **107840**

WHO LIVES IN THE SNOW?

Friday, December 2, 11 a.m.-12 p.m & 1:30-:30 p.m.

Look, listen, and create during an hour of stories and crafts. Lewis Creek provides habitat for salmon and they start running in the fall! The woods are cold and quiet in the wintertime, though there are signs of life everywhere! Come look for clues to find who lives in the snow. We always make a fun craft to take home! Pre-registration is required for children and adults. **Course #107841**or **107842**

Explorers' Club

WHAT'S IT TAKE TO BE A KOKANEE?

Saturday, September 10, 1-2 p.m.

Friends of the Issaquah Salmon Hatchery will be presenting to kids and adults alike about watershed stewardship and protecting our local salmon populations. Come learn about the different types of salmon and how we can keep our community healthy and protected. **Pre-registration required** at: Aramsay123@AOL.com **Ages:** 5+. **Cost:** Free!

LEWIS CREEK WILDERNESS TEA PARTY

Sunday, September 11 & 17, 1-2:30 p.m.

Join us for a tea party where you never know what new friends you will make! Come learn who lives in our forests and listen to the sounds of nature as we sip beneath the trees. Wear that dress or tie that you don't mind getting a bit dirty and sip on our selection of decaffeinated teas. Pre-registration is required for children and adults. **Best for ages:** 3-7. **Cost:** Free! **Pre-registration required** at: www.MyParksAndRecreation.com or 425-452-4195. **Course #107844** (9/11) and **107845** (9/17)

NIGHT HIKE

Saturday, September 16 & October 28, 7:30-9 p.m.

When the sun sets and the dark of night creeps in Lewis Creek comes alive! Learn about the different nocturnal and crepuscular species that call Bellevue home, and join a Ranger on a hike through the woods after dark! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey! Pre-registration is required for children and adults.
Ages: 5+. **Cost:** $2 Resident $3 Non-Resident. **Pre-registration required** at: www.MyParksAndRecreation.com or 425-452-4195.
Course #107846 (9.16) and **107847** (10.28)

I'M LICHEN YOUR STYLE

Saturday, November 12, 1-2 p.m.

Ever notice that orange stuff all over the tree trunks? There are many types of lichen in Washington and right here in Lewis Creek Park. Where does it grow and what is its purpose? Come learn the difference and its relationship to the trees. Take a walk with a Ranger to see firsthand lichen living in Lewis Creek Park.
Ages: 5+. **Cost:** Free! **Registration:** Not required.
Info: 425-452-4195.

HIBERNATION PAJAMA PARTY

Friday, December 9, 7:30-9 p.m.

Come learn about animals that hibernate, as well as other ways of surviving the winter. Make sure to bring your PJ's and a blanket or pillow as we settle in for the winter! Pre-registration is required for children and adults. **Ages:** 5+. **Cost:** $2 Resident $3 Non-Resident. **Pre-registration required** at: www.MyParksAndRecreation.com or 425-452-4195. **Course #107849**

Nature Films

Ages: 3-7. **Cost:** Free! **Registration**: Not required. **Info:** 425-452-4195.

WILD KRATTS — HONEY SEEKERS

Sunday, September 18, 1-2 p.m.

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Run time 30 min.

REALLY WILD ANIMALS — SWINGING SAFARI

Sunday, October 16, 1-1:45 p.m.

Come along on a wild African Safari and experience the amazing ways that animals like cheetahs, crocodiles, rhinos and elephants survive. Run time 44 min.

GROWING UP WILD — FUN FAMILY FROLICS

Sunday, November 20, 1– 1:30 p.m.

See how baby animals spend the day with their families: eating, sleeping, playing and learning. Check out episode "Spouts Ahoy" all about Whale and Dolphin friends. Run time 30 min.

ADULT ENRICHMENT

HOT TOPICS IN WASHINGTON STATE: ARE OUR BATS IN DANGER?

Saturday, October 22, 1-2 p.m.

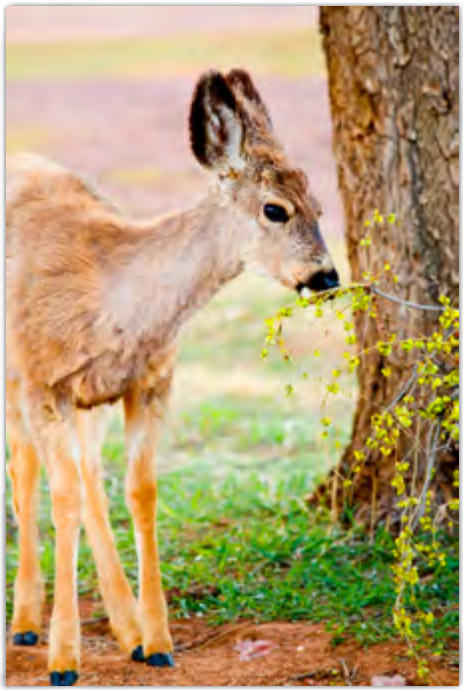
The first case of white-nose bat syndrome west of the Rockies was discovered on March 11th, 2016 near North Bend, Washington. Come learn about the history of the syndrome, what other threats there are to our bats in the Puget Sound and how we can help them.
Ages: 13+. **Cost:** Free! **Registration**: Not required. **Info:** 425-452-4195

Living With Wildlife Series

DEER DIFFERENCES

Saturday, November 26, 1-2 p.m.

Deer are one of the most commonly-seen large mammals in our area. Come learn about the different deer species in Washington State and how to tell them apart. Then, get some tips on how to make sure they stay out of your garden!
Ages: 13+. **Cost:** Free! **Registration**: Not required. **Info:** 425-452-4195.



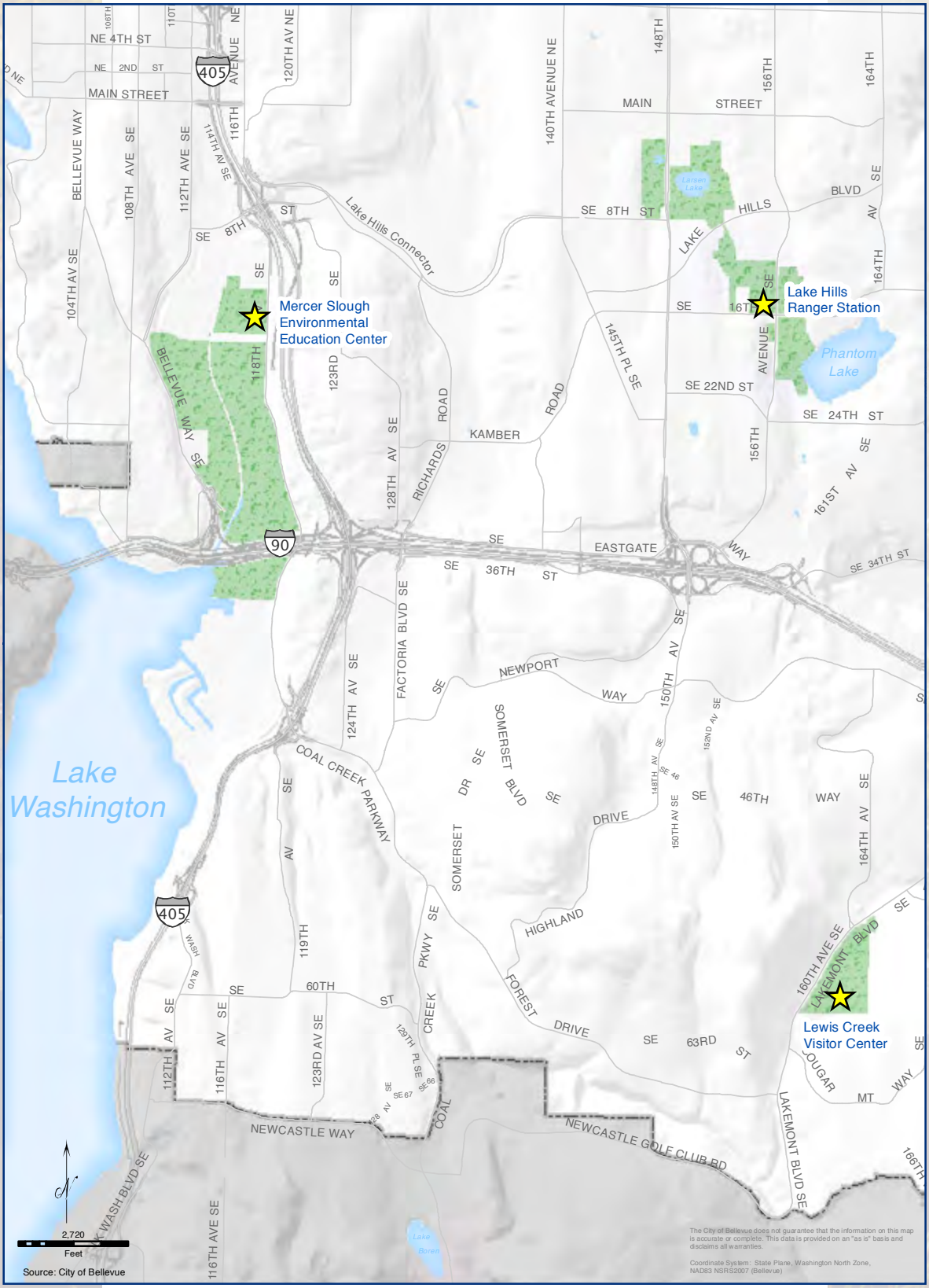
VISITOR CENTERS

Mercer Slough Environmental Education Center
425-452-2565
1625 118 Avenue SE

Lake Hills Greenbelt Ranger Station
425-452-7225
15416 SE 16 Street
(15500 SE 16 Street: Parking Location)

Lewis Creek Visitor Center
425-452-4195
5808 Lakemont Blvd SE

VISITOR CENTER LOCATIONS



NOTES

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1625 118 Avenue SE

Lake Hills Greenbelt Ranger Station
425-452-7225
15416 SE 16 Street
15500 SE 16 Street: Parking Location

Lewis Creek Visitor Center
425-452-4195
5808 Lakemont Blvd SE

Bellevue Parks & Community Services

MyParksandRecreation.com
A Service of eCityGov.net

Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

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