## **East District Digest**

2012 Fall Issue

#### National Capital Parks-East

#### National Park Service





Wild Turkeys in Fort Dupont Park

#### Who are we?

National Capital Parks-East is a unit of the National Park Service. The East District is comprised of the Frederick Douglas National Historic Site, Anacostia Park, Kenilworth Aquatic Gardens, as well as Fort Dupont Park. We offer a variety of Ranger programs varying from kayaking and biking to tours of historic sites.

To learn more us please visit our website: www.nps.gov/nace

## Kenilworth Aquatic Gardens www.nps.gov/keaq 202-426-6905

#### Listen for the Music

AARP is the latest to endorse "vitamin N" for healing The "N" stands for nature as therapy for stress, pain, and to speed recovery from surgery and illness. Join Ranger Kate for a half hour or more of gentle exercise, relaxation techniques and focus on the music of nature our ears were made for. No special equipment is needed.

Date: November 10 at 8 a.m.

#### Sleepy Time Frog

Walk with a Ranger to discuss how frogs prepare for winter. **Date**: 1/04/2012

Time: 1PM

# October Service Day

Bring work gloves, and wear closed toe shoes to help get the gardens ready for fall.

**Date:** 10/27/2012 **Time:** 9:00 AM to 12:00

PM

#### I love snow!

Discover the secret life of animals as you hunt for footprints in the snow with Ranger Lee.

Multiple Days: 12/02/2012, 12/09/2012 Time:

## Fort Dupont Park www.nps.gov/fodu 202-426-7723 press "0"

#### **CWDW Ranger led tours**

Join a Ranger for weekly tours of the Civil War Defenses of Washington. Each Saturday we will lead tours to some of the most fascinating sites in the District.

Please call for more details

#### Civil War at the Arlington House

Rangers from the CWDW will be at Arlington House to Explain the Strategic Importance of Arlington House during the Civil War.

**Dates**: Every other Saturday (starting on October

10, 2012) Time: 11AM -2PM

#### Ranger Bike Tours

This mountain bike tour will journey along the Civil War Defenses of Washington Hiker-Biker trail.

Time: 10-1PM

Dates: Every last Saturday of

the month

## Frederick Douglass N.H.S. www.nps.gov/frdo 202-426-5961

#### **Oratorical Contest**

The goal of the annual Oratorical Contest is for students to experience the same transformative power of language that Frederick Douglass did as a young man by presenting a portion of a Douglass speech. **Due date for applications**: 11/12/2012

Multiple contest Days: 12/06/2012, 12/07/2012, 12/08/2012

#### **Guided Ranger Tours**

Ranger led tours are the only way to see the inside of the Frederick Douglass house. Tours are ticketed, and there are a limited number of tickets available for each tour.

#### Reservations recommended

call: 1-877-444-6777

## Anacostia Park www.nps.gov/anac 202-472-3884

#### Ranger Fit Challenge

Challenge fitness course along the river trail with rangers available to advise, encourage and promote healthy lifestyles. **Date**: Every Thursday **Time**: 5 PM to 6 PM

#### Birding along the Anacostia

Come enjoy birding for beginners along the Anacostia River with

Ranger Miguel.

Location: Meet at the Skating Pavilion

Date: Every Saturday

### Shepherd Parkway www.nps.gov/nace 202-426-5961

#### Cleanup with the Anacostia Watershed Society

Date: October 20 Time: 9AM—1PM Gloves, bags, lunch all provided!

#### **Christmas Tree Lighting**

Join the National Park Service for the annual lighting of the Christmas Tree at Parklands

Please check our website for date and details