



## **2011 Brown Bag Lunch Menu**

### **PowerPoint Presentations**

#### **The Mountains-to-Sea Trail: A North Carolina Adventure**

To see and experience North Carolina's natural beauty and diversity up close and on foot – that vision sparked a proposal in 1977 to create a 1000-mile trail from the Great Smoky Mountains to Jockey's Ridge on the Outer Banks. Now more than half the trail is built, and more and more people are hiking across North Carolina using back roads to make connections. Friends of the Mountains-to-Sea Trail will take you on a journey through this presentation. See beautiful photos of the trail and learn how you can hike it and how you can get involved to build, protect and promote it.

#### **The Blue Ridge Parkway: North Carolina's Gem**

This scenic drive with spectacular views offers a respite for thousands of people while contributing \$2 million each year to the local economy. Preserving the Parkway's natural beauty is a top priority for the Conservation Trust for North Carolina (CTNC). Take a visual journey along the Blue Ridge Parkway to see the natural lands that attract both people and wildlife. This compelling slide show also will highlight other CTNC land conservation priorities: farmland protection and clean water management. Need three weeks' notice.

#### **Neuse RIVERKEEPER® Foundation: River Protection Program**

In 1980 a group of citizens concerned with pollution of the Neuse River banded together to preserve and improve the Neuse. This non-profit citizens group has continued to watch over and protect the Neuse River. In 1992 the first Neuse RIVERKEEPER® was hired to be the eyes, ears and voice of the Neuse River. There are now two Neuse Riverkeepers, Lower Neuse RIVERKEEPER® Larry Baldwin and Upper Neuse RIVERKEEPER® Alissa Bierma, who are dedicated to protecting and preserving the Neuse River basin and its rich heritage of aquatic life. Take a journey down the Neuse River and learn about the history of the river protection program, as well as solutions to keep your river healthy.

#### **Restoring Coastal North Carolina**

Restoring Coastal North Carolina (30 min) provides an overview of NC Coastal Federation's restoration work. This program includes information on shoreline and wetland restorations, oyster habitat creation and land purchases.

### **Eno River Association: Land Protection Program**

Many people are aware that the Eno River Association was instrumental in creating the Eno River State Park. Did you also know that the organization has contributed to the protection of almost 6,000 acres in the Eno River Basin through direct purchase, conservation easements, and forming partnerships with the State Parks system, local governments, and local nonprofits? This presentation outlines the different land protection strategies employed by the Eno River Association. Learn about these strategies and their priorities for the protection of one of North Carolina's natural treasures. Need two weeks' notice.

### **Carolina Mountain Land Conservancy**

Carolina Mountain Land Conservancy (CMLC) is dedicated to creating and expanding a regional network of permanently protected farm, forest, and natural land. Each year 140,000 acres—over 400 acres a day—of working farms, forests and other natural areas are lost to unplanned development in North Carolina. CMLC protects forested wilderness, working farms, clean drinking water, healthy fishing streams, native wildlife, and sweeping views. Their effort to conserve natural resources is dependent on meaningful donations and gifts like those provided through EarthShare North Carolina. Discover the strategies and tools that are currently utilized by CMLC and the imperative role that you and the broader community can play in saving the places you love. Western North Carolina only. Need three weeks' notice.

### **A Farm in Downtown Durham?**

Did you know that there is a 1.5 acre oasis with a garden and mini-farm just blocks from downtown Durham? Or that there is a group of entrepreneurial teens raising produce on that land and selling it at the Durham Farmer's Market each week? Using the garden as a tool, SEEDS is able to impact the land and youth of Northeast Central Durham. Learn more about SEEDS, their gardens, and their two main youth programs, DIG and SEEDlings. Triangle area only. Need 4 weeks notice.

### **The Environmentally Friendly Home**

Do you dream of a home that is safe and healthy for your family, comfortable to live in and affordable, all while being safe for our environment? Join a representative from the North Carolina Sustainable Energy Association who will share a brief PowerPoint slide show illustrating green building options that provide excellent air quality, insulation, and space and water heating for your home while remaining affordable. Triangle area only. Need four weeks' notice.

### **You are the Solution to Water Pollution**

We all know litter hurts our community. Come learn how to stop it. As part of the water pollution solution, you benefit North Carolina's economy, protect your family's health and preserve valuable wildlife habitat. Join a representative from North Carolina Big Sweep to learn about their award-winning annual watershed cleanups and how you can get involved in this fun and important community event.

### **Rail-Trails in North Carolina**

Looking for places to actively enjoy the outdoors in North Carolina? Rail-trails might be your answer. Rail-Trails are paths for walking, bicycling, or horseback riding converted from surplus railroad corridors. Take a video tour of some of our state's scenic rail-trails with a representative of North Carolina Rail-Trails and learn more about the benefits of these trails to our communities and how you can help support rail-trails in your community. Need one weeks' notice.

### **The North Carolina Coast: Natural Wonder, National Treasure**

Home to river otters, pelicans, dolphins and herons, North Carolina's pristine beaches and coastal region are like no other in the country. The North Carolina coast also boasts wonderful fishing and lively tourism, making it a valuable economic resource. Join a representative from the North Carolina Coastal Federation to learn how we can preserve this state treasure. Coastal area, Triangle, Triad only. Need two weeks' notice.



## **Guest Speakers**

### **Nature Hike or Trail Workday on the Mountains-to-Sea Trail**

Would you and your co-workers like to take a hike or help build a trail together? Friends of the Mountains-to-Sea Trail (FMST) volunteers all over the state like to show off the beauty of North Carolina's flagship trail and also involve people in service projects to keep the trail in good shape for all to enjoy. FMST will work with you to structure a program that is right for your group. Need three weeks notice.

### **Carolina Raptors: Keys to our Environmental Health**

Eagles, hawks, owls, and falcons occupy the top of the food chain. Like canaries in the coal mine, they are indicator species that warn us when our environment is unhealthy. See these majestic birds live and up close and learn what sets them apart from other birds. Join a representative from Carolina Raptor Center to learn about raptor rehabilitation and how people like you are the secret to protecting these splendid creatures. Charlotte area only. Need two weeks' notice.

### **Forever These Lands: Protected Piedmont Lands**

Piedmont Land Conservancy has protected over 12,500 acres on over 100 sites in Alamance, Caswell, Forsyth, Guilford, Rockingham, Randolph, Stokes, Surry and Yadkin Counties. Each site is special in its own way and embodies stories of people and special places. This fifteen minute presentation of beautiful photographs highlights the lands the Conservancy has protected and the people and wildlife that depend on those lands. Triad area only. Need three weeks' notice.

### **Gardening for Wildlife at the Office**

You can be surrounded by birds, butterflies and flowers at work, and it's easier than you think. The North Carolina Wildlife Federation Wildlife and Industry Together (WAIT) program can show you how to save a place for wildlife on your company grounds. Find out how WAIT landscapes nurture wildlife and benefit the overall quality of the environment by improving air, water and soil throughout the community. A NCWF representative will make a presentation that focuses on how to provide food, water, cover and places for wildlife to raise their young in urban and suburban landscapes. Charlotte area. Ask your presenter about hands-on demonstrations. Need two weeks notice.

### **Tiger Tales**

Learn about Carolina Tiger Rescue, North Carolina's only big cat rescue and sanctuary. Hear the history, services, and vision of this unique treasure which is home to endangered lions, tigers, and kinkajous – keystone species that are critical to a healthy environment. See what Carolina Tiger Rescue is doing to preserve these beautiful wild creatures. Amaze friends and neighbors by asking them if they know what a binturong smells like, what a caracal is, or how to chuffle. Learn how you can help save these animals and truly make a difference. We can arrange a presentation in your office, or a group visit to Carolina Tiger Rescue to enable you to see the animals firsthand.

### **Rail-Trails Near You**

Do you have a favorite rail-trail in your community? Invite a representative of North Carolina Rail-Trails to your office or take a bicycle outing to learn more about the history and status of the Lincolnton, Coastal Carolina, Thermal Belt, Dunn-Erwin Rail-Trail, Deep River Rail-Trail, or Brevard Bike Way. This is an excellent way to learn how surplus railroad corridors are acquired and transformed into public trails and how you can support rail-trails in your community. Need two weeks' notice.

### **Safer Pest Control Right from Your Own Pantry**

Have pests taken up residence in your home? Common solutions like pesticides and other toxic chemicals can contaminate our air, water and soil as well as posing hazards for our families, pets, and wildlife. Learn about creative and easy ways to control household pests with safer remedies composed of ingredients commonly found in your pantry. This 30-minute workshop offered by Toxic Free NC contains information about pesticide hazards and alternatives, tips for contracting safely for earth-friendly pest control, and plenty of time for questions. Two weeks' notice.

### **The Pamlico-Tar: One River, One Voice**

The Tar River and the Pamlico River are not two different rivers, but are simply the upstream and estuarine portions of a single river system - the 4<sup>th</sup> largest river basin in North Carolina. Let the Executive Director of the Pamlico-Tar River Foundation or the Riverkeeper introduce you to the treasures of the Tar-Pamlico, and learn why a small group of citizens formed 25 years ago to ensure its protection. You will hear about the threats to the river, how PTRF is addressing those problems, and how we can all be part of the solution to pollution. Need two-three weeks' notice.

### **Environmental Law Enforcement**

NC has some good laws designed to keep our air and water clean and hold polluters accountable for their actions. Environmental enforcement programs, however, rarely receive adequate public attention, necessary resources or ongoing political support. Learn how the Conservation Council of NC Foundation is working to increase public awareness regarding existing environmental laws and how the lack of enforcement affects our health, well-being and quality of life. You will learn more about their efforts and how it impacts your community during this presentation. Need two weeks notice.



## **Videos & DVD's**

### **A Gift to Our Children: 10 years of Riverkeeping in North Carolina**

Since 1993, Riverkeepers® have been monitoring the water quality of the Neuse River and its tributaries by boat, airplane, and truck to locate and eliminate pollution sources. In this 22 minute video, you will learn what a Riverkeeper® does, as well as the history of Riverkeepers, past successes, and future goals. There are also opportunities for you to participate in keeping the Neuse healthy through the volunteer Creek Keepers program.

### **NC GreenPower Program**

Enjoy a visit with actress Cameron Diaz as she explains in a video why renewable energy and energy efficiency are so important to our public health and the environment. Find out the simple steps that you can take to assure that clean, renewable energy generation is supplying electricity in your own home and business. Presented by NC Sustainable Energy Association. (26 min, VHS format, 2 weeks' notice needed)

### **Turning the Tide Friends of the Coast Campaign**

This 10 minute video provides a quick history of the NC Coastal Federation, coastal challenges, its key programs and expansion plans.

### **The Eastern Oyster - Food, Filter, Fun!**

This 14 minute documentary of NC Coastal Federation's student oyster restoration project at Hoop Pole Creek presents the value of oyster habitat along the coast and how area students are working to restore or create new habitat.

# **Booking an EarthShare North Carolina Brown Bag Lunch Program**

To order, call Kelly Suttles at  
(919) 687-4840  
or send an email to  
[kelly@earthsharenc.org](mailto:kelly@earthsharenc.org)

ESNC's Brown Bag Lunch programs are available year-round and are perfect for the lunch hour. If you wish to host one at another time, we'll do our best to fit your schedule. Also, please be aware that most programs require at least a two week minimum notice for scheduling purposes.



EarthShare North Carolina is a 501(c)3 non-profit coalition representing 69 local and national environmental organizations.

Our mission is to strengthen our participating organizations' capacity to preserve and enhance the natural environment and educate the public about the value of North Carolina's natural resources.



**One environment. One simple way to care for it.®**