

JANUARY

Jan 10, Sat - **A Glimpse into St John's Past**
 Jan 12, Mon - **Full Moon Hike**
 Jan 17, Sat - **Archeology Boat Trip I**
 Jan 19, Mon - **Afro-Caribbean Drumming**
 Jan 21, Wed - **Home Grown Jewelry**
 Jan 24, Sat - **Marine Biology Boat Trip I**
 Jan 26, Mon - **The History of Steel Pan**
 Jan 28, Wed - **Reptile Hike**
 Jan 31, Sat - **Kayak Hurricane Hole I**

FEBRUARY

Feb 7, Sat - **Botanical Hike**
 Feb 8, Sun - **Eco Weaving I**
 Feb 15, Sun - **Pastels Workshop I**
 Feb 19, Thurs - **Spirit Doll Workshop I**
 Feb 21, Sat - **Archeology Boat Trip II**
 Feb 22, Sun - **Eco Spa Day**
 Feb 28, Sat - **Fish Identification Sail**

MARCH

March 1, Sun - **Stars & Their Stories**
 March 4, Wed - **Beach Cat Adventure Sail**
 March 7, Sat - **Kayak Hurricane Hole II**
 March 8, Sun - **Marine Biology Sail II**
 March 14, Sat - **Eco Weaving II**
 March 15, Sun - **Native Plant Hike**
 March 21, Sat - **Coastal Ecology**
 March 22, Sun - **Sea Turtle Sail**
 March 25, Wed - **VINP Archive Tour & Slideshow**
 March 28, Sat - **Traditional West Indian Beverages**
 March 29, Sun - **Pastels Workshop II**

APRIL

April 2, Thur - **Spirit Doll Workshop II**
 April 4, Sat - **Coral Reef Boat Tour**
 April 11, Sat - **Garden Workshop**
 April 15, Wed - **Snorkel Tour**
 April 18, Sat - **Green Building House**

Sign up today, class sizes are limited!
340.779.4940

Friends of Virgin Islands National Park is dedicated to the protection and preservation of the natural and cultural resources of Virgin Islands National Park and promotes the responsible enjoyment of this unique national treasure.

Please remember to reuse and recycle whenever possible.



Friends of
 Virgin Islands National Park

2009 Seminar Series

January 10 - April 18, 2009

Discounts for Friends members!
 Kids 12 and under receive 50% off!
 (except on boat trips)

Call now to register: **340.779.4940**
 or email us at seminars@friendsvinp.org
 We accept Visa, MasterCard and Amex.

Please note: A 50% cancellation fee will apply if cancellations occur within 48 hours of the seminar.

JANUARY

A Glimpse into St John's Past

January 10, Saturday, 9:30am-11:30am

Travel back in time with Guy Benjamin and some of his childhood friends as they share memories of their youth in the early 1900s when only a couple hundred homes existed on St John and donkeys were still the mode of transportation.

Meet: The Flamingo Club, Coral Bay
Seminar fee: \$20 (members) \$30 (non-members)
Max group: 20

Full Moon Hike

January 12, Monday, 6:00pm-8:30pm

Enjoy a moonlit hike to the top of Ram Head while you explore the southernmost point of St John with NPS Ranger Don Near. On your hike, you will learn about the fascinating natural and cultural history that exists in this part of St John.

Meet: Salt Pond Parking Lot
Bring: Hiking shoes, flashlight, snack, and water
Seminar fee: \$30 (members) \$35 (non-members)
Max group: 20

Archeology Boat Trip I & II

January 17, Saturday, 9:00am-3:00pm

February 21, Saturday 9:00am-3:00pm

Visit St John's shores by boat while traveling through the islands pre history with park archeologist Ken Wild.

Meet: National Park Visitor Center Dock
Bring: Snorkel gear, lunch, water, towel, and sunscreen
Seminar fee: \$75 (member) \$85 (non-member)
Max group: 30/18

Afro-Caribbean Drumming

January 19, Monday, 12:00pm-2:00pm

Join master drummer Eddie Bruce and learn basic entertainment and ritual drumming techniques of both West African and Afro-Caribbean cultures.

Meet: St John School of the Arts
Bring: A drum if you have one
Seminar fee: \$25 (member) \$35 (non-member)
Max group: 20

Home Grown Jewelry

January 21, Wednesday, 9:00am-12:00pm

Allow local natural jewelry maker Alton Evans to teach you about the collection and preparation of these unique seeds while making your own necklaces, earrings, and bangles. Be sure to bring your own treasures to add to your creation.

Meet: St John School of the Arts
Seminar fee: \$25 (member) \$35 (non-member)
Max group: 20

Marine Biology Boat Trip I

January 24, Wednesday, 9:00am - 3:00pm

Snorkel the underwater treasures of St John's reefs with NPS marine biologist Jeff Miller aboard the m/v *Hey Now*.

Meet: National Park Visitor Center Dock
Possible Destinations: Waterlemon Cay, Congo/ Lovango, Honeymoon
Bring: Snorkel gear, sunscreen, hat, water, and lunch
Seminar fee: \$75 (member) \$80 (non-member)
Max group: 15

The History of Steel Pan

January 26, Monday, 1:00pm-6pm

Practice your chords and a short composition while learning from one of the lead pan players from the famous WITCO Desperadoes steel band from Trinidad (the birthplace of the steel pan). Let Samuel Lawrence teach you the art and history behind steel pan creation while you immerse yourself in the beauty of the music.

Meet: Pan Dragons Pan Yard, across from Fire Station in Cruz Bay
Bring: Notebook, snack, and water
Seminar fee: \$65 (member) \$75 (non-member)
Max group: 20

Reptile Hike

January 28, Wednesday, 10:00am-1:30pm

Search for reptiles along the Reef Bay Trail with reptile expert Dr. Renata Platenberg, and enjoy a boat ride on the m/v *Sadie Sea* around St John's south shore back to Cruz Bay.

Meet: National Park Visitor Center
Bring: Hiking shoes, water, snack, and bug repellent
Seminar fee: \$40 (member) \$45 (non-member)
Max group: 25

Kayak the Mangroves of Hurricane Hole I

January 31, Saturday 10:00am-4:00pm

Kayak with local scientist Barry Devine and Arawak Expeditions through the Coral Reef National Monument while stopping along the way to snorkel in the mangroves and sea grass beds. Lunch is included in this trip!

Meet: Skinny Legs Restaurant in Coral Bay to carpool
Bring: Snorkel gear, water, towel, and sunscreen
Seminar fee: \$65 (member) \$75 (non-member)
Max group: 20

FEBRUARY

Botanical Hike

February 7, Saturday, 9:00am-1:00pm

Local botanist Eleanor Gibney will lead you on a botany hike through the unique dry land habitats of Drunk Bay. Explore with Eleanor to learn about rare plants found in this area.

NEW!



NEW!

Meet: Saltpond Parking Lot
Bring: Sunscreen, hat, snack, plenty of water, and hiking shoes
Seminar fee: \$35 (member) \$40 (non-member)
Max group: 25

Eco Weaving I & II

February 8, Sunday, 9:30am-12:30pm

March 14, Saturday, 9:30am-12:30pm

Learn to make lovely woven bags from discarded plastic grocery bags with teacher and artist Idalia Scimeca.

Meet: St John School of the Arts
Bring: Scissors and crochet hooks (if you have them)
Seminar fee: \$30 (members) \$35 (non-members)
Max group: 20 (10 Novice)

Pastels Workshop I & II

February 15, Sunday, 10:00am-1:00pm

March 29, Sunday, 10:00am-1:00pm

Learn the technique of pastels as you create tropical landscapes at Caneel Bay under the instruction of renowned local artist Livy Hitchcock.

Meet: Caneel Bay parking lot
Bring: Drinking water, snack, and wear old clothes
Seminar fee: \$70 (member) \$75 (non-member)
Max group: 6

Spirit Doll Workshop I & II

February 19, Thursday, 9:00am-12:00pm

April 2, Thursday, 9:00am-12:00pm

Explore the magic of creating a Spirit Doll while learning about different cultures from artist Annie Caswell. What will your doll be protecting, celebrating or representing? Make a gift for yourself or a memorable gift for someone special.

Meet: Skinny Legs Restaurant in Coral Bay for carpooling
Bring: Ideas and found items for your spirit doll creation
Seminar fee: \$50 (member) \$60 (non-member)
Max group: 5

Eco Spa Day

February 22, Sun. 2:00pm - 4:00pm

Bask in the cleansing mud of Salt Pond while learning about its healing mineral properties and other organic spa materials from ranger Deanna Somerville. Enjoy the cleansing of the mud, treat your skin to an aloe bath, rejuvenate your hair with natural oils, exfoliate with an anthurium natural scrub brush, and take a swim in relaxing saltpond to end your day.

Meet: Saltpond Parking Lot
Bring: Swimsuit, towel, water, and snack
Seminar fee: \$30 (members) \$35 (non-members)
Max group: 20

Fish Identification Sail

February 28, Saturday, 1:00pm-6:00pm

Become a citizen scientist on board the s/v Breath. Learn how to identify fish with Ranger Laurel Brannick. Join the



NEW!

NEW!

NEW!

REEF fish count at Flanagan Island off St John's East End. Keep your REEF kit and continue to help the REEF fish ID program.

Meet: Skinny Legs Parking lot @ 12:30pm
Bring: Snorkel gear, lunch, water, towel, and sunscreen
Seminar fee: \$75 (members) \$85 (non-members)
Max group: 18

MARCH

Stars & Their Stories

March 1, Sunday, 7:30pm-9:00pm

Relax, lie back, and allow mythologist Dr. Kelley Hunter and amateur astrologist Rich Greengold to take you on a journey through the cosmos and constellations of the night sky.

Meet: Sun Dog Café, Mongoose Junction to carpool
Location: L'Esperance trail head viewing platform
Bring: Blanket, flashlight, pillow, & binoculars (if you have them)
Seminar fee: \$35 (members) \$40 (non-members)
Max group: 35

Beach Cat Adventure Sail

March 4, Wednesday, 9:00am-3:00pm

Enjoy a wet and thrilling ride on a Hobie Adventure Cat with Sail Safaris. Sail to Congo and Lovango Cays and discover the history and ecology of the area from nature guide Han Winogron.

Meet: Cruz Bay Dock
Bring: Snorkel gear, sunscreen, hat, water, and lunch
Seminar fee: \$75 (member) \$80 (non-member)
Max group: 8 (2 boats)

Kayak the Mangroves of Hurricane Hole II

March 7, Saturday, 1:00pm-4:45pm

Kayak with Hidden Reef Eco Tours and a naturalist through the Coral Reef Nat'l Monument and South Haulover on the East End of St. John, while stopping to snorkel in the mangroves and sea grass beds teeming with marine life.

Meet: Skinny Legs Restaurant in Coral Bay to carpool
Bring: Snorkel gear, water, towel, and sunscreen
Seminar fee: \$45 (member) \$55 (non-member)
Max group: 20

Marine Biology Sail II

March 8, Sunday, 9:30am-3:30pm

Snorkel the underwater treasures of St John's reefs with NPS marine biologist Carrie Stengel aboard the catamaran Calypso.
Meet: Margarita Phil's
Possible Destinations: Waterlemon Cay, Congo/ Lovango, Honeymoon Bay
Bring: Lunch, sunscreen, and snorkel gear
Seminar fee: \$75 (members) \$85 (non-members)
Max group: 32



Native Plant Hike

March 15, Sunday, 8:00am-12:00pm

Dr. Gary Ray, botanist and plant ecologist, will walk with you along the Salt Pond Trail to Ram Head. Explore a diverse and fascinating natural area that features coastal scrub, beach strand, salt pond, unique native grassland, and a windswept, semi-arid cactus community atop rocky bluffs and crashing surf.

Meet: Saltpond parking lot
Bring: Sunscreen, hat, snack, plenty of water, and hiking shoes
Seminar fee: \$30 (member) \$35 (non-member)
Max group: 25 (rigorous hike)

Coastal Ecology

March 21, Saturday, 9:30am-3:00pm

Circumnavigate St John onboard the m/v *Sadie Sea* with VINP's chief of natural resource management Rafe Boulon, and learn about the mangroves, sea grass beds, and coral reefs that fringe our island's coastlines.

Meet: National Park Visitor Center Dock
Bring: Lunch, water, sunscreen, and snorkel gear
Seminar fee: \$75 (member) \$85 (non-member)
Max group: 30

Sea Turtle Sail

March 22, Sunday, 12:45pm-4:30pm

Sail the Castaway Girl II to Buck Island, St Thomas with park ranger and turtle specialist Christy McManus, and swim with the many green and hawksbill turtles that make Buck Island their home year round.

Meet: Charlotte Amalie waterfront, St. Thomas
Bring: Sunscreen, hat, snack, snorkel gear, and swimsuit
Seminar fee: \$60 (member) \$70 (non-member)
Max group: 30

VINP Archive Tour & Slideshow

March 25, Wednesday, 10:00am-12:30pm

Join VINP museum curator Susanna Pershern, on a private tour through the Park's archives and enjoy a slideshow of historic and rarely seen images.

Meet: National Park maintenance area, next to Mongoose Junction
Seminar fee: \$30 (member) \$35 (non-member)
Max group: 15

Traditional West Indian Beverages

March 28, Saturday, 10:00am-12:00pm

With the help of Ms. Joyce Sprauve, local seamstress, teacher, and mistress of culinary arts, you will learn hands-on how to prepare some traditional West Indian drinks such as the popular maubi, tamarind, sour-sop, hibiscus drink, lime, and passion fruit, all made



NEW!



from local fruits and plants. Learn about the unique plants and the benefits found in the consumption of their delicate flavors.

Meet: In front of Julius E Sprauve School in Cruz Bay
Seminar fee: \$30 (member) \$35 (non-member)
Max group: 20

APRIL

Coral Reef Boat Tour

April 4, Saturday, 9:30am-3:00pm

Snorkel areas along the North Shore on board the m/v *Sadie Sea* with USGS marine ecologist Caroline Rogers and learn about the diverse corals and marine inhabitants found in the waters around St John.

Meet: National Park Visitor Center Dock
Bring: Snorkel gear, towel, sunscreen, and snack
Seminar fee: \$70 (member) \$75 (non-member)
Max group: 25

Caribbean Garden Workshop

April 11, Saturday, 9:00am-12:00pm

Garden with Irene Patton, and take part in a basic, hands-on gardening discussion on the pleasures and challenges of gardening in the semi-arid climate of St John.

Meet: Sun Dog Café, Mongoose Junction to carpool
Seminar fee: \$20 (member) \$25 (non-member)
Max group: 15

Snorkel Tour

April 15, Wednesday, 9:00am-1:00pm

Explore the uninhabited cays and bays just out of reach of snorkelers and day trippers onboard the spacious and comfortable m/v *Cinnamon Bay*. Allow snorkel guide Lucy Portlock to help you identify and understand the marine inhabitants and coral communities you encounter.

Meet: National Park Visitor Center Dock
Bring: Snorkel gear, towel, sunscreen, water, and snack
Seminar fee: \$50 (members) \$55 (non-members)
Max group: 20 (Must be comfortable swimming in water over your head)

Green Building House Tour

April 18, Saturday, 10:00am-12:00pm

Tour beautiful island homes exhibiting components of alternative, eco-friendly building/living with St John architect Rob Crane, one of the founders of Island Green Building Association (IGBA).

Meet: Sun Dog Café, Mongoose Junction to carpool
Seminar fee: \$30 (member) \$35 (non-member)
Max group: 20

