

April Community Events

Birding on Skis

Description: Connect skiing and the environment with [Tracy Aviary](#) by helping us expand our bird list with bird surveys at Alta! All participants must be 12 years of age and be able to ski intermediate, groomed runs. Event requires a lift ticket or season pass.

Date: Friday, April 15th

Time: 9am-12pm

Location: Alta Ski Resort, meet at the bottom of Collins lift

Register: ([registration](#) begins the first week of April, spots will fill quickly!)

Snowshoe with a Naturalist – Alta Earth Day

Description: Join us for a special Snowshoe with a Naturalist tour in support of Alta's Earth Day Celebration! Join us for a guided interpretive snowshoe tour up Alta's Summer Road.

Date: Friday, April 15

Time: 1:30 pm - 3:30 pm

Location: 10010 Little Cottonwood Canyon Road Alta, UT 84092

Sign up: <https://calendly.com/lhaven/alta-earth-day-snowshoe-tour>

Party for the Planet

Description: Mother Earth deserves a party and Tracy Aviary knows how to make it wild! Families can join this Earth Day celebration on April 21 at Tracy Aviary in Liberty Park, and at Tracy Aviary's Jordan River Nature Center on Saturday! During the event, you will learn how to care for and enjoy our planet through exciting hands-on activities, amazing bird encounters, and insightful demonstrations.

Date: Friday, April 21st (Tracy Aviary) Saturday, April 22nd (Jordan River Nature Center)

Time: 10:00am-4pm

Location: Tracy Aviary (589 East 1300 South) Jordan River Nature Center (1125 West 3300 South)

Earth Day Jordan River Trail Clean Up

Description: You'll be walking the river trail and river bank areas with a group of 50-150 folks to remove litter from the land and water, trimming back low hanging tree/bush branches and clearing debris off the trail.

Date: Saturday, April 22nd

Time: 7:30 AM – 11:30 AM

Location: Jordan Park & Jordan River Trail

Sign up: <https://stewardship.slc.gov/opportunities/LTlhkZs3LR>

Earth Day Qigong at Red Butte Garden

Description: Join us Saturday, April 22, 2023 outside for an hour of Qigong from 10:30-11:30am, at the beautiful Red Butte Garden. Bring the whole family, there will be plenty to see before and after class. Plus your ticket purchase for the class, allows you access to the Garden all day, if you

are not currently a member. During this class, we will connect with our breath, our surroundings, and our physical body. Qigong is open to all ages, no experience necessary. We will also do a 5-7 minute walking meditation.

Date: Saturday, April 22nd

Time: 10:30-11:30am

Location: Red Butte Garden, 300 Wakara Way SLC

Register: [Red Butte Garden website.](#)

SoJo Earth Day Run

Description: Celebrate Earth Day with a 5K, 10K & or Kids Run in South Jordan!

Date: April 22, 2023

Time: 10am-12pm

Location: Holt Farm

Register: <https://www.raceentry.com/races/sojo-earth-day-10k/2023/register>

Earth Day Trash Clean Up

Description: Celebrate Earth Day during the annual cleanup of Kimball Junction and the Swaner Preserve. Volunteers will head to locations all over Kimball Junction to pick up trash that has accumulated over the winter.

Date: Saturday, April 22nd

Time: 9:00 am - 2:00 pm

Location: Swaner Nature Preserve and Eco Center, 1258 Center Dr, Park City, UT 84098

Forest Bathing at Red Butte Garden

Description: Red Butte Garden's Forest Bathing experience increases the well-being of participants through guided immersive experiences in the garden which shift one's perspective and renew the spirit. We will explore slowly, using one sense at a time, the ways of grounding to nature and capturing the beauty of the moment.

Date: Saturday, April 22nd

Time: 10am-12pm

Location: Red Butte Garden

Register:

<https://redbuttegarden.org/plan-your-garden-visit/online-classes-virtual-resources/adult-education/forest-bathing/>

Nature and Health Speaks: Taming the Anxious Brain with Nature in Mind with Dr. Heidi Schreiber-Pan

Description: Interest in the new frontier of nature-informed mental health has amplified in recent years. Nature-informed (psycho)therapy explores nature-based methods of psychological healing, grounded in the belief that the natural world has profound mental health benefits, especially for anxiety and stress related challenges. This workshop will provide introductory knowledge of neuroscientific concepts of anxiety as well as nature-based strategies and

exercises designed to successfully manage emotional de-regulation. This topic is particularly relevant as many individuals struggle with an uptick in anxiety in the aftermath of the Covid-19 epidemic.

Date: Monday, April 24th

Time: 12-1:30pm

Location: Zoom

Register: [washington.zoom.us...](https://washington.zoom.us/j/9171111111)

2023 City Nature Challenge

Description: The City Nature Challenge is an annual international bioblitz that encourages people to find and photograph plants and wildlife in cities around the globe using iNaturalist. In Northern Utah, we call our "city" *Utah's Wasatch* (a combination of Box Elder, Cache, Davis, Salt Lake, Summit, Utah, Wasatch, and Weber Counties). Any iNaturalist observation made in these counties during the CNC will be automatically added to the project - helping to record Utah's unique biodiversity alongside hundreds of other cities worldwide! Get out on your own to make observations, or join an event with a local organization. More info:

<https://nhmu.utah.edu/citizen-science/challenge>

Date: April 28-May 1

Location: Box Elder, Cache, Davis, Salt Lake, Summit, Utah, Wasatch, and Weber Counties

City Nature Festival

Description: Celebrate urban nature during our second annual City Nature Festival! There will be presentations by educators from Tracy Aviary, Utah's [Hogle Zoo](#) and the [Natural History Museum of Utah](#). Learn how to use [iNaturalist](#) and participate in the City Nature Challenge Bioblitz! Enjoy complimentary snacks, and more!

This event is FREE to the public!

Date: Saturday, April 29th

Time: 9am-2pm

Location: Jordan River Nature Center, 1125 West 3300 South

Additionally, a really interesting opportunity was sent our way that we wanted to pass along to our community:

Public Health – Seattle & King County currently has a request for applications open for individuals or organizations to apply to conduct observations of park use this summer. The paid contractors will be trained in using a park observation tool and independently collect data in July and August. The data will help us build our understanding of how parks are used in King County.

*The Request for Applications is open now and **applications are due April 14th by 5:00 pm**. More information and the application can be found here:*

<https://kingcounty.gov/depts/health/partnerships/funding/soparc-observation-tool.aspx>

There is also an opportunity to ask questions about this RFA at a pre-application conference:

Date and time: Friday, April 7, 2023 at 10 am PT

Join Zoom Meeting:

<https://us06web.zoom.us/j/89719544939?pwd=V3F4b1JaUUcxSmtkd3lLM21XdIzTUT09>

+1 253 215 8782 US

Meeting ID: 897 1954 4939

Passcode: 270144