<table>
<thead>
<tr>
<th>Sessions</th>
<th>NRS Curriculum Topics</th>
<th>Instructors</th>
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| Session 1 8:30 start for students (Volunteers: 9:00 am - 4:00 pm) | **Course Introduction and Welcome, Using a Compass, and Tree ID**  
- forms and expectations  
- welcome, icebreakers, introductions, community building  
- class wiki  
- compass use  
- tree id | **NRS Program Coordinators:**  
- AJ Dupere, NH Division of Forests and Lands  
- Lauren Chase-Rowell, Outdoor Rooms: Ecological and Sustainable Design Services  
- Mary Tebo Davis, UNHCE |
| Session 2 8:30 am - 4:00 pm | **Water Resources**  
- Explore the functions and ecology fresh water wetlands and salt marshes and how to lessen our impacts. | Judy Tumosa, NH Fish and Game Dept.  
Mark Wiley, UNHCE |
| Session 3 8:30 am - 4:00 pm | **NH's Landscapes, Ecosystems and Wildlife**  
- perspective, observation, & mindfulness  
- where we live: watersheds, eco-regions, geology and soils, forest and habitat types  
- forest communities, species and habitats  
- biodiversity, populations and limiting factors | Mary Goodyear, NH Fish and Game Dept.  
Matt Tarr, UNHCE  
Vicky Stafford, Merrimack County Conservation District  
Lauren Chase-Rowell  
Mary Tebo Davis |
| Session 4 8:30 am - 4:00 pm | **Intro to Permaculture & Reading Forested Landscape**  
- permaculture principles introduced  
- forces that shape and impact NH forests and the plants and animals associated with them | Steve Whitman, Plymouth State  
Dave Anderson, Society for the Protection of NH Forests  
Tim Fleury, UNHCE |
| Session 5 1:00 pm - 8:00 pm | **Permaculture Day – Nottingham, NH**  
- **Special session:** Dalton’s Pasture Farm sense of place, local foods supper, night sky  
- practices that support natural resources: working with what you have, growing food | Lauren Chase-Rowell, Outdoor Rooms: Ecological and Sustainable Design Services |
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<tr>
<th>Session</th>
<th>Time</th>
<th>Title</th>
<th>Description</th>
<th>Speakers</th>
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<tr>
<td>Session 6</td>
<td>8:30 am - 4:00 pm</td>
<td><strong>Sustainable Living &amp; NH Soils</strong></td>
<td>a practical view of sustainability and how choices affect natural resources. Soils: origin, types, and composition; the foundation of forest ecosystems, landscapes and connection to our daily lives. Soil tunnel</td>
<td>Beth Tener, Private Consultant; Cathy Neal, UNHCE; Tom Canfield, Private Consultant; Bambi Miller, Private Consultant</td>
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<td>Session 7</td>
<td>8:30 am - 4:00 pm</td>
<td><strong>Tree Biology, Pruning and Identification &amp; Forest Management</strong></td>
<td>how trees function, grow, and compartmentalize wounds; pruning techniques and tree identification, and pruning practice; why forests are managed, mapping tools, practices, and forest impacts including invasive plants</td>
<td>Lauren Chase-Rowell; Mary Tebo Davis; Margaret Hagen, UNHCE; Angie Hammond, NH Div F&amp;L; Fred Borman, UNHCE</td>
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<td>Session 8</td>
<td>8:30 am - 4:00 pm</td>
<td><strong>Ecological &amp; Sustainable Landscaping</strong></td>
<td>integrating design, planting and maintenance as equal partners; landscape practices based on ecological principles, natural features, plantings that promote biodiversity; planting and landscaping techniques</td>
<td>Lauren Chase-Rowell, Outdoor Rooms: Ecological and Sustainable Landscape Design Services; Mary Tebo Davis, UNHCE; AJ Dupere, NH Div F&amp;L</td>
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<td>Session 9</td>
<td>8:30 am - 4:00 pm</td>
<td><strong>Presentation Skills, and Ground Water &amp; the Impacts of Land Use Practice</strong></td>
<td>techniques and demonstrations to build confidence; groundwater and land use impacts at the community level, decision making</td>
<td>Dennis Souto, U.S. Forest Service (retired); Bambi Miller, Consultant</td>
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<td>Session 10</td>
<td>8:30 am - 4:00 pm</td>
<td><strong>Working with Local Government &amp; Land Conservation and Innovative Resource Management Projects</strong></td>
<td>The roles of conservation commissions, planning and zoning boards, and volunteers; panel discussion / real world problem solving; tools, strategies, techniques and how volunteers can help conserve land. Stormwater reduction strategies including rain gardens, pervious pavement</td>
<td>Carol Andrews, NH Association of Conservation Commissions; Nik Coates, Planning Commission; Anna Boudreau, Strafford Rivers Conservancy; JB Cullen, NH Div F&amp;L (retired); Amanda Stone, UNHCE; Julia Peterson, UNHCE</td>
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<td>Session 11</td>
<td>8:30 am - 4:00 pm</td>
<td><strong>Presentations Part A &amp; NH Big Tree Program; Tree Inventory and Evaluation</strong></td>
<td>identify, measure, and estimate tree conditions for management and care for communities; learn about measuring NH’s biggest trees; community/volunteer service &amp; invasive species presentations</td>
<td>Fred Borman, UNHCE; John Parry, USFS; AJ Dupere, NH F&amp;L</td>
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| Session 12 | **NH Wildlife and Climate Change Impacts & Presentations Part B & World Café**  
8:30 am - 4:00 pm  
- Wonders of Wildlife, fur bearers, other wildlife volunteer opportunities  
- Wildlife and Natural Resources Inventories  
- community/volunteer service & invasive species presentations  
- evaluation exercise  
  
| **Participants**  
- Mary Goodyear, NH Fish and Game Dept.  
- Emily Brunkhurst, NH Fish and Game  
- Amanda Stone, UNHCE  
- NRS Coordinators  
| Session 13 | **Steps to Energy Savings & Tree ID and Evening Graduation**  
12:30 pm - 4:00pm  
- learn which steps to take to reduce your energy use  
- final Tree ID  
  
| 4:00 – 6:00 pm  
- dinner break on your own  
  
| 6:00 – 9:00 pm  
- Natural Resources Stewards Graduation Celebration at the Urban Forestry Center, Portsmouth- Students, volunteers, and families welcome!  
- dessert social  
- retrospective  
- graduation  
  
| **Participants**  
- Denise Blaha, My Energy Plan  
- AJ Dupere, NH Div F&L  
- All Coordinators |