

Calling all educators who teach in the Back Bay or North Landing Watershed. Join the Crew this summer and discover the hidden treasures of the Albemarle-Pamlico Estuary watershed.

“Sail Down the Watershed Educator Adventure” June 19-24, 2023

Five lucky teachers will join us on a 6-day sail/motor down the Albemarle/Pamlico Sound watershed to learn all about this incredible watershed. As the crew of the *Sea Weasel*, a 40 ft Morgan 416 Sailboat, you learn what it was like to sail these waters and get a unique view of the watershed. All expenses will be covered, except a few meals in port.

Starting in Elizabeth City, you will tour the Museum of the Albemarle. From there, the boat sets sails into the Albemarle Sound and then the Pamlico Sound. Along the way, we will stop and invite experts to join us. Stops may include Hatteras Ocean Island Center, Coastal Studies Institute on Roanoke Island, and natural areas. Our trip concludes by following the Intercostal Waterway back into Virginia, going through the North Landing River to the Elizabeth River and docking in Norfolk.

We will meet up again on July 25-26 at False Cape State Park. During this time you will take your new found knowledge and experience and help to develop resource guides, lesson plans and curriculum to use in your classroom and share with teachers in Virginia and North Carolina. You must come to this session to receive the stipend.

If chosen, you will attend at least one pre-sail zoom workshop on April 6, to learn about the region and get an overview of the watershed. There may be some asynchronous training before the trip to familiarize yourself with various aspects of the watershed. During this incredible journey, you will keep a personal journal and assist in keeping a ships log. After accepting a crew position, we will need a \$50 deposit to hold your spot. When we sail, this money is credited to you to cover any meals we have in ports.

Are you ready to sign up for an adventure you will never forget?

“From Bay to Cape Educator Adventure” July 17-18, 2023

This 2-day workshop gives you a glimpse at the beauty and variety that is the northern half of the Albemarle-Pamlico Estuary watershed. We will start in Back Bay and explore the dunes and Oceanside. Then we will jump into kayaks and explore the marshes and shorelines of False Cape State Park. That evening you will have the option of taking a night hike or enjoying the scenery from the Wash Woods Lodge porch. The morning will start off with a trip to the beach to watch the sunrise. After breakfast, we explore the State Park and learn from experts about the cultural and natural history of the area and the connections with North Carolina.

We will meet up again on July 25-26 at False Cape State Park. During this time you will take your new found knowledge and experience and help to develop resource guides, lesson plans and curriculum to use in your classroom and share with teachers in Virginia and North Carolina. **You must come to this session to receive the stipend.**

You may apply for one of the opportunities or both. Please fill out the appropriate application(s) and email it back to jyullmann@gmail.com on or before midnight March 24, 2023. If you have any questions, please feel free to contact me at 757-575-0750 or by email.



From Bay to Cape Adventure 2023

Fill out the following form to apply for the 2023 From Bay to Cape Adventure workshop. Eligible applicants are educators actively working in a school situated in one of the Southern Watersheds (North Landing River or Back Bay). Applications must be received no later than March 24, 2023 to be considered.

GENERAL INFORMATION

Name: _____

Gender: Male Female Non-Binary Preferred Pronouns _____

Date of Birth: _____

School _____

Position Title: _____

Home Address: _____

City: _____ State: _____ Zip code: _____

School Address: _____

City: _____ State: _____ Zip code: _____

Home/Cell Phone: _____ Work Phone: _____

Home email: _____ Work email: _____

Grade levels currently teaching or supervising: _____

Subjects: _____

Total years teaching/supervising experience: _____

Education: Degree and Institution: _____ Date: _____

Degree and Institution: _____ Date: _____

Can you swim? Yes No

Have you kayaked
or canoed? Yes No

Are you comfortable with limited to no electricity during the workshop? Yes No

Are you comfortable with limited to no connectivity during the workshop? Yes No



Have you been to the Back Bay National Wildlife Refuge or False Cape State Park before? Yes No

Have you attended any other teacher travel experiences before? If yes, where and when?

Please answer the following question. Feel free to use a separate sheet if more space is needed.

1. Describe why you would like to be a part of this opportunity and what skills, interests, and experiences you would bring to it.

2. What experience do you have writing curriculum material?

3. Are you willing to commit to attending and actively participating in the writing sessions on July 25 - 26?



From Bay to Cape Adventure

To the Supervisor: Lynnhaven River NOW is providing a unique opportunity for outstanding educators to study the diverse communities. They will be learning techniques that can be transferred to the classrooms and other educational settings.

All supervisor recommendations will be kept confidential.

Mail your recommendation separately to: Jody Ullmann 4628 Chippendale Ct, Virginia Beach, VA 23455 or email to Jody@LRNow.org

Recommendation must be received no later than March 24th, 2023 to be considered.

Name of Applicant: _____

Supervisor's Name: _____

School _____

Address: _____

Telephone: _____ Email: _____

Will the applicant make significant use of this experience? Yes No

Please rate the applicant in the following categories using a whole point system from one to five, five being the highest or strongest rating:

A. Attitude toward teaching	1	2	3	4	5
B. Organization ability	1	2	3	4	5
C. Creativity	1	2	3	4	5
D. Maturity	1	2	3	4	5
E. Intellectual curiosity	1	2	3	4	5
F. Ability to work in a group	1	2	3	4	5
G. Flexibility/Adaptability	1	2	3	4	5
H. Overall recommendation of this applicant	1	2	3	4	5

Please comment on applicant and how your institution will support his/her participation. Describe the skills this applicant will bring to the program.

Signature: _____ Date: _____



Sailing Down the Watershed 2023

Fill out the following form to apply for Sailing Down the Watershed Educator course. Eligible applicants are educators actively working in a school situated in one of the Southern Watersheds (North Landing River or Back Bay) **Applications must be received no later than March 24 , 2023 to be considered.**

GENERAL INFORMATION

Name: _____

Gender: Male Female Non-Binary Preferred Pronouns _____

Date of Birth: _____

School _____

Position Title: _____

Home Address: _____

City: _____ State: _____ Zip code: _____

School Address: _____

City: _____ State: _____ Zip code: _____

Home/Cell Phone: _____ Work Phone: _____

Home email: _____ Work email: _____

Grade levels currently teaching or supervising: _____

Subjects: _____

Total years teaching/supervising experience: _____

Education: Degree and Institution: _____ Date: _____

Degree and Institution: _____ Date: _____

Can you swim? Yes No

Have you ever been on a sailboat? Yes No

Are you comfortable with limited to no electricity during the course? Yes No

Are you comfortable with limited to no connectivity during the course? Yes No



Please answer the following questions. Feel free to use a separate sheet if more space is needed.

Have you been to the Albemarle or Pamlico Sound before? Yes No

Have you attended any other teacher travel experiences before? If yes, where and when?

1. Describe why you would like to be a part of this opportunity and what skills, interests, and experiences you would bring to it.

2. What experience do you have writing curriculum material?

3. Are you willing to commit to attending and actively participating in a zoom meeting on April 6th and the writing sessions July 25th -26th?



Sailing Down the Watershed

To the Supervisor: Lynnhaven River NOW is providing a unique opportunity for outstanding educators to study the diverse communities. They will be learning techniques that can be transferred to the classrooms and other educational settings.

All supervisor recommendations will be kept confidential.

Mail your recommendation separately to: Jody Ullmann 4628 Chippendale Ct Virginia Beach, VA 23455
or email to Jody@LRNow.org

Recommendation must be received no later than March 24th, 2023 to be considered.

Name of Applicant: _____

Supervisor's Name: _____

School _____

Address: _____

Telephone: _____ Email: _____

Will the applicant make significant use of this experience? Yes No

Please rate the applicant in the following categories using a whole point system from one to five, five being the highest or strongest rating:

A. Attitude toward teaching	1	2	3	4	5
B. Organization ability	1	2	3	4	5
C. Creativity	1	2	3	4	5
D. Maturity	1	2	3	4	5
E. Intellectual curiosity	1	2	3	4	5
F. Ability to work in a group	1	2	3	4	5
G. Flexibility/Adaptability	1	2	3	4	5
H. Overall recommendation of this applicant	1	2	3	4	5

Please comment on applicant and how your institution will support his/her participation. Describe the skills this applicant will bring to the program.

Signature: _____

Date: _____

Lynnhaven River NOW! Expedition
“Sailing Down the Watershed”
Tentative Itinerary- subject to changes due to weather conditions
June 19-24, 2023

June 19- Elizabeth City

- Visit the Museum of the Albemarle and tour the city
- Lunch in town
- Program at Port Discovery
- Meet Sailboat in Coinjock
- Anchor in Broad Bay for the Night

June 20- Sail from EC to Belhaven Marina

June 21- Belhaven to Hatteras.

- Talk from Barbara Miller Frisco Native American Museum
- Hatteras Island Ocean Center -Kayak Tour of Marsh and Tour of the building

June 22 -Hatteras to Manteo

- Visit Festival Island
- Dinner in town

June 23- Manteo to Coinjock

Coastal Studies Institute- Renewable Energy Program (9-11)

June 24 - Coinjock to Waterside in Norfolk