

# Volunteer with LRNow



#### Volunteers planting trees

### Our goal is clean and healthy Virginia Beach waterways and our objectives are:

• To identify and reduce sources of contamination in our waterways. That includes reducing harmful nutrients, sediments, and chemicals that run off of lawns, parking lots, roadways, farmland, and out of our septic systems.

• To educate and engage the community and partner organizations in restoring and protecting our waterways and natural areas.

• To restore lost habitats such as oyster reefs, salt marshes, native plants, forests, and other buffers that help to filter polluted runoff and protect our waterways and their marine life. Volunteers of all ages help with land and water cleanups, tree plantings, rebuilding shorelines and much more!









"Trees play a critical role in creating healthier, safer, and more connected communities. They clean our air, filter our water, and even slow storm surge and flooding in our cities. Trees also provide shade and cool our cities by up to 10 degrees, which can help prevent heatrelated deaths in urban areas." -Arbor Day Foundation

> Living shorelines address erosion by providing long-term protection, restoration or enhancement of vegetated shoreline habitats . In contrast to hard structures, living shorelines preserve the important natural connections between the marine and upland ecosystems.



LRNow hosts cleanups along our Virginia Beach waterways to remove marine debris, improve water quality, and keep our city's waters healthy and safe. Cleanups may be land-based and/or water-based depending on the location chosen for any given month



## FAQ

#### What should I wear/bring to an outdoor project?

Please wear closed toe shoes and appropriate clothes for the weather. Bring a reusable water bottle.

#### Do I need any experience to volunteer?

No experience necessary! We will teach you all you need to know on site. The best part, you will have gained knowledge about native plants, shorelines, oyster restoration and more. Your efforts will have long-lasting impacts on our community and environment.

#### Do I have to be 18 to volunteer?

No, we welcome all ages to volunteer with us. You will need a parent or guardian to sign a waiver.

#### Do you offer community service?

Yes. If you have forms you need signed, please bring them with you and a staff member will be happy to sign. We also have forms at our Holland Road office. Please stop by before you volunteer to grab one.



Volunteers learning about native plants



Volunteers helping at an outreach event

We list our volunteer opportunities on our website. If you don't see a day that fits, fill out our <u>volunteer form</u>.

Have questions? Click the link to email our volunteer coordinator <u>Natasha</u>, or call the office 757-962-5398.

