



HEMLOCK HAPPENINGS

Movie Night! err... scratch that. **Movie Afternoon!**

What: A showing of "Jane" (documentary you've been hearing about... Jane Goodall... chimpanzees...)

When: 2 p.m. March 25, 2018

Where: The Cary, 122 E. Chatham St. Cary, NC 27511

Why: The Cary will donate 40% of box office proceeds to The Friends, which will help with our nature center updates, [scholarships](#), and volunteer efforts.

Who to Bring: Everyone you know and at least five people you don't

Jandy Ammons Foundation Grant

We have received a generous grant of \$12,500 to update the Stevens Nature Center, specifically the exhibit "Wildlife In Action" display. The Jandy Ammons Foundation provided funds for the highly successful Children's Nature Trail project in 2015 and will partner with the Friends of Hemlock Bluffs again to integrate technology and videography into this exhibit to bring Hemlock Bluffs' native wildlife to life for visitors. Speaking of the Stevens Nature Center...

Hemlock Bluffs Nature Video

We are working with Digital P Media to create a new video for the nature center's mini theater. Check out a [sneak peek of our new video](#) (hint, the videography is gorgeous and looks great without sound too... just saying, in case you wanted to watch at work. We won't tell).

Paver Installation

A new batch of engraved pavers was recently installed in the courtyard of the Stevens Nature Center. The pavers make a great gift or memorial and help The Friends with fundraising. Interested in purchasing a paver? [You can find more info here.](#)

PARTY!!

On March 15, 2018, we celebrated the 25th anniversary of the Stevens Nature Center. We gathered in the nature center classroom to reflect on accomplishments of the nature center and look forward to the future. The even was attended by Cary Town Council members Jack Smith, Ed Yerha, and Ken George as well as Cary Parks, Recreation and Cultural Resources officials, volunteers, Friends of Hemlock Bluffs, and longtime program participants.



Hemlock Bluffs is so Cool!

In case you haven't heard, **it's going to hot this summer**. HB has got your back. Take a hike and clear your mind in the **SHADE** on the lower Swift Creek trail where the microclimate keeps it cooler (marginally, but every degree counts)! Plus, the stairs back up will officially count as your workout.

Research shows that walking on an uneven surface, such as a mulched trail, works the body more naturally than walking on concrete or treadmills. You'll work all kinds of little **stabilizing muscles** in your legs and back, AND strengthen your mind-body connection. Seriously. We cannot make this stuff up. Try it, you're brain will thank you!

SEASONALLY SPEAKING

ICYMI #springishere and the **trout lilies** won't last long. Come see them in person!

Check out our Instagram feed for current updates on Hemlock Bluffs



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Friends of Hemlock Bluffs

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