



ROCK CREEK
CONSERVANCY

Top 4 New Year's Resolutions That Protect Rock Creek

With a new year, it's also a time for new beginnings! The new year gives us the chance to start fresh, so let's start out on the right foot. These four resolutions will help you get engaged in your local community while protecting your favorite public lands and waters!



A member of [Rock Creek Conservation Corps](#) holds an insect that he found while planting trees.

1. Get Close to Nature

More and more research is lauding the benefits of spending time in nature. Resolve to get outside this year and leave that urban stress behind for a few hours each week.

You don't have to leave the city or spend a dime to experience the benefits of the natural world. While many National Parks have fees, [Rock Creek Park](#) is free to visit year-round. There is something for everyone in this park right in the heart of our nation's capital. There are miles of

great [hiking and biking trails](#), 29 [picnic areas](#), and even a [horse center](#). And since Rock Creek Park is our third oldest national park, there is a lot of history related to past presidents, poets, and other historic figures.

Don't know where to start? We organize lots of volunteer and other activities throughout the Rock Creek watershed—check out our [Rock Creek Calendar](#) for information on upcoming opportunities.



Volunteers remove invasive plants at the annual Weed Wrangle event in Rock Creek Park.

2. Volunteer in Your Community

Have an impact on your community this year! Volunteering helps you gain confidence, make a difference, meet people, join a community, learn new skills, challenge yourself, and have fun. That's, like, seven resolutions in one.

The Conservancy's mission is to “restore Rock Creek and its parklands as a natural oasis for all people to appreciate and protect.” If you volunteer with us, you can be a part of that! We organize more than one hundred volunteer events every year, from trash clean-ups to restoration plantings to removing invasive plants from the parks. In 2021 alone, we removed more than 36,000 pounds of trash and recycling, cleared over 70,000 square feet of invasive plants, and saved more than 400 trees from invasive English Ivy vines, all with the help of the

Rock Creek community! Together, we can increase all of those numbers and do even more this next year.

Field work not really your thing?

Reach out to us at volunteer@rockcreekconservancy.org to find out more about additional volunteer opportunities that may be available.



A Stream Team Leader in Montgomery County engages a local girl scout troop in stewarding Rock Creek.

3) Hone Your Leadership Skills

What looks better on your resume than leadership experience? Practice inspiring others, solving problems, and making connections to restore a piece of your local community.

That's right, this year, we're asking you to take your impact to the next level! Are you already an engaged volunteer? Do you know a piece of stream that needs some love? We invite you to become a [Stream Team Leader](#).

Stream Team Leaders are dedicated volunteers who work in Rock Creek to organize clean-ups and serve as community ambassadors, educating their neighbors about important stormwater issues. Stream Team Leaders act as a representative of Rock Creek Conservancy and extend

our ability to recruit and activate volunteers all along the 33-miles of Rock Creek from Laytonsville, MD to Georgetown, DC. Adopt a section of your own to restore and protect!



When you give to nature, nature gives back. Supporting Rock Creek Conservancy financially ensures that this wonderful natural resource will be here for generations to come!

4) Choose a Charity

Donating to a charity is another great way to make a difference. Small, local nonprofits simply don't get the same amount of support as larger national environmental nonprofits, but they do more to directly affect where you live. If one of your resolutions is to impact your local community, then supporting a charity is a great way to make that change.

So, while Rock Creek Conservancy can't do much for pandas, [with your help](#) we can work to remove invasive plants, create a safe habitat for native birds, or stop the creek from overflowing with sewage.

As a nonprofit organization, Rock Creek Conservancy depends on local support to conserve this local treasure. There are many ways you can donate to the Conservancy, from becoming a supporter, giving a gift in [honor of a family member or friend](#), or planning to give to the Conservancy through [estate planning](#). And for those of you who work for the federal government, consider donating to us through the [Combined Federal Campaign](#) (Our CFC

number is 47398). Every dollar counts, and we are appreciative for every single member who supports our cause.