

2022 NIH Earth Day

All NIH staff are invited to join the 2022 NIH Earth Day event! These activities will be held on various dates in late April. Although the activities are listed by campus, many activities are virtual and can be joined from other locations. For the most up-to-date information, please visit the [Earth Day page](#) on the NEMS website.

Bethesda

The Earth Day activities for the Bethesda campus will be held virtually on Microsoft Teams on April 28. To join, search for “NIH Earth Day” within Microsoft Teams or use this join code: qkox76t. More detailed instructions on joining the Earth Day Team can be [found here](#). Earth Day activities are split between kids’ activities (in conjunction with the NIH Take Your Child to Work Day) and staff activities. All activities share the theme “Think Global, Act Local.” How can you help protect your local environment?

* Join any of the activities listed below by clicking on the link in the title at the listed start time. Add Earth Day to your Outlook calendar [using this .ics file!](#)

Kids Activities:

- [Wear It Wild with Your Favorite Animals](#) – 10am to 11am – Learn about biodiversity and the environment while wearing clothes that feature your favorite animal! We want to see you wear it. Brave it. Rock it. Nail it. Boss it. Strut it. We want to see you work it. Because if we’re going to save our world, we need to be fiercer, braver, and louder than we’ve ever been. So, no matter how you Wear it Wild, get fierce for your world. This session will include a drawing activity (please have paper and coloring utensils ready!), fun animal facts and more!
- [Animals from Around the World to My Backyard](#) – 11am to 12pm – Learn about the ways we impact the lives of animals, both locally and around the world. Our living, breathing animal ambassadors with help to make the learning even more fun! Topics of discussion will include habitat loss, ways we can protect our local ecosystem, native animals, and exotic animals.
- [Play the Environmental Quiz Show](#) – 12pm to 1pm – Play a Jeopardy-style quiz game while learning about many environmental topics. The quiz questions will vary in difficulty to make the game suitable for students in grades 1-5.
- [Let’s Go Inside a Honey Bee Hive](#) – 12pm to 1pm – Did you know honey bees have 5 eyes and most only live for 45 days? That all the bees you see on flowers are female bees? Let’s take a look inside a bee hive and learn about life as a member of the colony.
- [Seeds for Thought for Sustainable Eating and Composting with Jeremy Wormy](#) – 1pm to 2pm – Bring your favorite seeds to follow along with NICHD in a seed planting activity to start growing your own food! Learn which plants are best to grow, how composting and soil can improve your plants and a few recipes that promote sustainable eating. Material is suitable for everyone, including kids of all ages and adults!

- [Rough-skinned Reptiles & the Environment](#) – 2pm to 3pm – Reptiles of all shapes and sizes live all around us! See these animals live to learn about how they live, how they fit into the local ecosystem, and how they are affected by the changing environment. Reptiles need our help with protecting the environment!

Staff Activities:

- [Modern Climate Change: A Symptom of a Cataclysmic Single-Species Energy Burst](#) – Hans-Peter Plag – 10am to 11am – Climate change is a symptom of the much larger syndrome of modern global change that has emerged fully over the last hundred years. Join this seminar by Hans-Peter Plag from Old Dominion University to discuss the root cause of climate change and use this to identify the best practices for remediating climate change.
- [Considering Your Cold Storage for a Greener Lab](#) – Christina Greever – 12pm to 1pm – Explore how to make your laboratory cold storage more efficient for improved sustainability. Cold storage is ubiquitous in the laboratory setting, so a few operational changes can make an outsized positive impact.
- [Aiming for Zero Waste in Montgomery County: Legislative Update & How to Recycle Right](#) – Sharon D’Emidio – 1pm to 2pm – Join Sharon D’Emidio from the Montgomery County Department of Environmental Protection to learn about the waste management practices used in Montgomery County, Maryland.
- [Alternative Transportation Methods for the Bethesda Campus](#) – Tammie Edwards & Michelle Mejia – 2pm to 3pm – Join representatives from the Division of Amenities and Transportation Services (DATS) to learn about alternatives to single occupancy vehicle commuting to the Bethesda campus. Alternatives include Transhare, satellite parking, shuttles, biking and more!
- [Gardening and Your Health](#) – Dr. Rachel Rosenberg Goldstein – 2pm to 3pm – Learn about the positive relationship between gardening and your health, specifically your mental health. The presentation will also include a few handy gardening tips for anyone looking to get started!

Other Activities:

- Seedling Giveaway - First Come, First Served - 150 Black Cherry and 150 Eastern Redbud seedlings will be available on the Bethesda campus for staff to come take one. These saplings have been graciously sponsored by the NIH Federal Credit Union. Numbers are limited, so they will only be available on a first come, first served basis. Check the [NEMS website](#) in the future for more information about the date, time and location.
- NIH Virtual Stream Walk - [Watch this pre-recorded, guided tour](#) of the NIH Stream to learn about natural features of the Bethesda campus.

Research Triangle Park

On April 19, NIEHS will host Wendi Fleener from Duke Energy to talk about residential solar panel availability for homeowners. The event is from 12pm to 1pm and will be held virtually through Zoom. On April 21, NIEHS will host Jennifer Shaltanis, Ph.D., from Duke Energy to discuss how this company is partnering with federal clients to conduct large sustainability projects through Utility Energy Services Contracts (UESC). The event will be held from 12pm to 1pm and will be held virtually through Zoom.