



FALL 2022 issue

November
2022
ISSUE 1

EXPLORER

for lovers of Art and Nature!
www.artandwildernessinstitute.com

NEWSLETTER



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Edited by:
Sumayyah
Labanieh

Newsletter
Intern

Art and Wilderness
Institute
is a community
centered
Institute
focused on getting
the community
re-connected
with Nature.

We are based in
Southern CA
and believe
that by Exploring,
Creating,
and Connecting,
we grow
as people and
as community.

All of our programs
aim at incorporating
service-learning
in order to give back
to our local communities
and the world.

To learn more

CLICK HERE



IS THE CLEAN WATER ACT

IN JEOPARDY?

by Naseera Hussein, 12 years old

What is the Clean Water Act?

The Clean Water Act (CWA) was created in 1972 and was made in response to the public's growing concern for the environment and the condition of the nation's water. The CWA has made it illegal for any person to let excess pollutants or chemicals from a specific source into navigable waters such as rivers, creeks, or streams without obtaining an approved permit from the CWA. The CWA has also maintained existing water standards for water quality and protects waterways.

What's going on with the Clean Water Act?

The supreme court has been discussing whether some waterways should be protected or not. There has been an ongoing case in Sackett VS EPA. A couple (Mr. and Mrs. Sackett) who purchased land near Priest Lake, which is the biggest lake in Idaho obtained local permits to build their house.

However, the EPA told them to stop because of how close they were building their home (only 300 feet) from the lake. This meant potentially putting the lake at risk due to sawdust, toxins, and other chemicals. If the court decides not to protect all wetlands and waterways then environmental advocates say that 50% of all wetlands and 60% of streams will be DESTROYED!

How does this affect us, and why should we care?

This topic affects all living creatures in different ways. Let's first start with wetlands. Wetlands filter out a ton of trash from going into rivers or streams and they are a vital place for birds to rest, eat and recover. It also is a great habitat for many aquatic and terrestrial animals and they provide flowing water during dry seasons.

If 50% of all wetlands aren't under the protection of the EPA or the CWA then they run the risk of either being turned into marinas or having chemicals and toxins in their waters. Any of these scenarios result in more trash, lack of habitat for the wildlife and the species that live in these wetlands.



Now time for the streams. Streams provide a place for aquatic animals to live in such as frogs, small fish, and other small water dwelling creatures. Fish are sometimes born in small streams until they are big enough to go into rivers and larger bodies of water. If there were 60% less streams then there would be a lot less fish because streams play such an important part in the life cycle of many types of fish as the place they were born. Streams also play a huge part in the quality and supply of our drinking water by ensuring a constant flow of clean water to surface waters and partially responsible for recharging underground aquifers. They also provide water for public drinking fountains which is always needed.

As you can see the Clean Water Act plays a big part of our everyday life even if we didn't realize it, so make sure you stay up to date with what's going on with the Clean Water Act.

CITING

- Marimow. Anne Supreme Court Debates Narrowing Protections in Clean Water Act Washington Post , Oct. 3, 2022, Oct. 13, 2022 , [washingtonpost.com](https://www.washingtonpost.com)
- Holst, Arthur "Clean Water Act", Oct 3, 2022, Oct 13, 2022, [britannica.com](https://www.britannica.com)
- Summary of the Clean Water Act , July 6, 2022 , Oct 13 2022, [epa.gov](https://www.epa.gov)

Nature Quote of the Month

*"Adopt the pace of nature.
Her secret is patience."*

-Ralph Waldo Emerson



Photography Competition



Submission Deadline:
December 15



For a chance to be featured in the **AWI** newsletter as 'Photographer of the Month' and earn 500 points, email awinewsletter.editor@gmail.com with a pdf file of your photo, your first and last name, your age, and the location you took the photo at.



Photography theme of the month: **any body of water!**
ie. river, pond, ocean

If you have any questions, you can reach out to the same gmail



A Dive into OC Landfills

By Sumayah
Labanieh,
age 13



Olinda Alpha
Landfill, Brea, CA

Where does our trash end up? In a landfill, of course. The landfill had always been this place we'd spoken of with a hint of distaste, not really knowing what it was or what it did. Indeed, before actually going into the landfill, I'd thought it would be a deep pit full of trash, garbage trucks continuously adding to it. But what really goes down in those mysterious places shrouded with mystery and awe? That was what my mentorship group was determined to find out.

We started off by getting into a large white van, with our very nice 'tour guides', Ms. Yoon and Mr. Abdul. We began to drive up a hill, where we saw a gas plant for the methane,

which they turn into 32 megawatts of electricity to supply 23000 homes around the area. Its amazing that they use the methane instead of releasing the harmful gas into our atmosphere. Then we continued onward to basin C, where water runoff from storms is stored. It was empty, with dirt strewn across the bottom—leftovers from the water that had evaporated.



A Dive into OC Landfills (Continued)

After that, we began ascending the “thing that was too large to be a hill and too small to be a mountain” until we reached the very top. And lo and behold—the true heart of the landfill! Piles upon piles of garbage everywhere, with bulldozers heaping them higher. Even small pickup trucks, presumably from mom-and-pop-shops, were there to dump their loads of splintered wood, rusty nails, and used tools.

It was then that Ms. Yoon informed us that the landfill would have to shut down in 2036, due to them running out of space for the trash mindlessly tossed away, creating 7,000 tons of trash per day. Small wonder, we also learned that Orange County produced the most trash in America, if not the world.

With that incredibly embarrassing fact ringing in our ears, we left the landfill, hoping that somehow we could fix things.

A big fat thank-you to
Mariam Soliman, for
helping me remember
the details!



MATRESS
RECYCLING
→

ATA TRANSPORT, INC.





Creature Feature: Acorn Woodpecker

By Sumayyah Labanieh

Ah, acorn woodpeckers. These birds hold a very nostalgic, special place in my heart— they were one of the first birds I learned about as a ‘Sama Student’. I vividly remember the day she taught us about the way they store their acorns in trees, and that said stores were called **granaries**. Acorn woodpeckers are **medium-sized** woodpeckers, and grow up to about **21 cm long**, with the average weight being **85 grams**. They’re **diurnal**, meaning they’re only active during the day.

When they fly, white circles become visible on their wings.

They make their homes in multiple cavities, one of which is used for nesting, the others for roosting at night. **They have their babies between April and June.**



Once an acorn's in there, it's near impossible to get it out!



Did you know?

When hammering away at trees, woodpeckers can experience forces of 1,200 to 1,400 g's— **14 times**

more g-force than it takes for a human to get a concussion!

Want to contribute to the Newsletter?

Email

awinewsletter.editor@gmail.com

TO JOIN THE TEAM

Call for:

- Poetry
- Articles
- Comics
- Nature Journaling Pages
- Cool stories about your AWI classes and teachers.
- and more!



FIELD ARTIST'S CORNER

From the Book "How to Draw 60 Native Plants and Animals"

Acorn Woodpecker

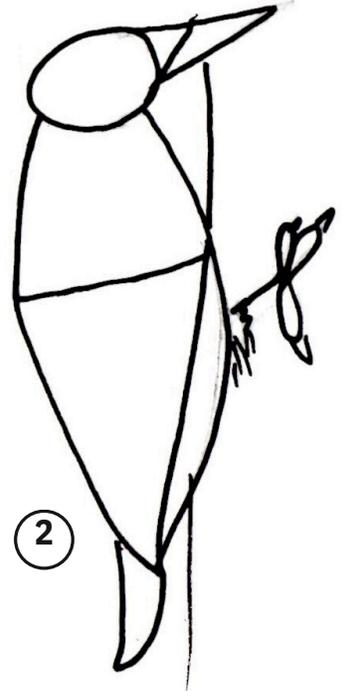
(*Melanerpes formicivorus*)



1

Because of the dense yet spongy bone tissue surrounding its brain, the Acorn Woodpecker is able to withstand the constant drilling of holes without Brain Damage

Acorn Woodpeckers love to nest in Sycamore Trees.



2



3

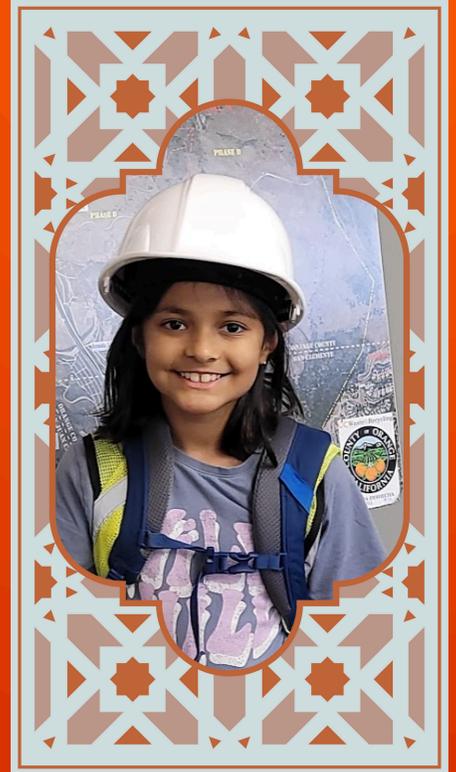


4



NATURE JOURNALING GALLERY

Featured
Artist



Ameena
Qureshi,
AGE 8



NATURE JOURNALING GALLERY

Featured Artist



Hamza Sidky,
AGE 13



GET OUTSIDE & Draw

Nature Journaling connects us to Animals & Plants that surround us. It also helps us contemplate the glorious creations of Allah (swt).

Tip #5
Add splashes of watercolor

Tip #2
Add the Title nice and large.

Tip #3
Add your observations

Tip #1
Start by drawing the plant or animal.

Tip #4
Remember that Erasers your best friend!

CLICK HERE

Diet of....
Fish, Frogs, mammals, Reptiles, & Insects.

Very Patient Hunters.

Don't Confuse For the Smaller look alike Snowy white Egret (has yellow feet)

Legs and Feet are Black. They look like sticks.

Stands up to 3 feet tall.

Retracts Neck in Flight.

1-6 eggs Bluish/Green

1ft deep

3ft wide

Yellow Bill

Aud Soc sy is

Na

a ft.

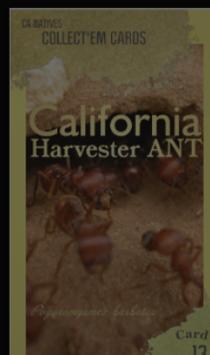
ground...
ten over water



TRADING CARD GOSSIP



SHHH..... DON'T TELL ANYONE...
DID YOU HEAR THAT A TRADING CARD POSTER IS COMING OUT
SOON? ITS COOL BECAUSE YOU CAN
COLLECT ALL THE CARDS AND QUANTITIES, MATCH THEM UP,
BUILD ECOSYSTEMS, AND EARN REALLY
AMAZING PRIZES FOR COMPLETING A ROW.
POSTERS WILL BE AVAILABLE FOR PURCHASE FOR ONLY THREE DOLLARS AT STORE DAY
(SEE PAGE 17) OR YOU CAN JUST USE THE WEBSITE
(FOR FREE) TO
MATCH UP THE CARDS!!!!
SEE NEXT PAGE FOR A SNEAK PEAK.
GAMES BEGIN DECEMBER 17



TRADING CARD GOSSIP

CONTINUED

Riparian	Card # 8 Coast Live Oak 5 cards	Card # 7 CA Sycamore Tree 5 cards	Card # 74 Arroyo Willow 5 cards	Card # 23 Ca Ground Squirrel 3 cards	Card # 43 Wolf Spider 3 cards	Card # 14 Black Phoebe 3 cards	Card # 51 American Crow 3 cards	Card # 75 Northern Raven 1 card	Card # 11 Red Shouldered Hawk 1 card
Wetland	Card # 46 Cattail 5 cards	Card # 86 Tule 5 cards	Card # 22 Ca Mulefat 5 cards	Card # 68 Flameskimmer Dragonfly 4 cards	Card # 55 Western Toad 3 cards	Card # 19 Snowy Egret 3 cards	Card # 49 Great Blue Heron 2 cards	Card # 85 White Pelican 2 cards	Card # 47 Osprey 1 card
Ocean	Card # 71 Giant Bladder Kelp 5 cards	Card # 65 Brittle Star 4 cards	Card # 39 Hermit Crab 4 cards	Card # 32 Sea Anemone 4 cards	Card # 89 Opaleye Fish 4 cards	Card # 66 Octopus 1 card	Card # 76 Eel 2 cards	Card # 34 Humpback Whale 1 card	Card # 91 Bottlenose Dolphin 1 card

CA NATIVES TRADING CARDS

CA NATIVE TRADING CARDS ARE EDUCATIONAL CARDS THAT CAN BE EARNED, PURCHASED, TRADED, BATTLED, AND COLLECTED. THEY CAN BE USED OUT IN THE FIELD TO HELP GAIN A DEEPER UNDERSTANDING OF THE PLANTS AND ANIMALS THAT SURROUND US. ONE SIDE HAS A REAL PHOTO OF THE PLANT OR ANIMAL AND THE BACK SIDE HAS A HAND DRAWN NATURE JOURNALING PAGE WITH FACTS ABOUT THE PLANT OR ANIMAL.

EACH YEAR, NEW TRADING CARDS COME OUT. USE YOUR CARDS TO TRY TO BUILD YOUR FOOD CHAIN AND ECOSYSTEM EMPIRES.



- COLLECT AN ENTIRE ECOSYSTEM BY PLACING THE CORRECT CARD # NUMBER OF CARDS ON EACH SQUARE.
- RESEMB A ROW OR ALL 5 ECOSYSTEMS FOR DIFFERENT PRIZES.
- FOR RULES AND PRIZE LIST, PLEASE VISIT

www.artandwildernessinstitute.com/ca-natives-trading-cards

SCAN ME



Desert	Card # 9 Prickly Pear Cactus 5 cards	Card # 93 Joshua Tree 5 cards	Card # 37 Giant Hairy Scorpion 3 cards	Card # 13 Ca Harvester Ant 3 cards	Card # 67 Tarantula 2 cards	Card # 41 Kit Fox 2 cards	Card # 59 Red Diamond Rattlesnake 2 cards	Card # 42 Big Horned Sheep 2 cards	Card # 48 Mountain Lion 1 card
Coastal Sage Scrub	Card # 3 CA Sagebrush 5 cards	Card # 28 CA Black Sage 5 cards	Card # 1 CA Buckwheat 5 cards	Card # 15 Cottontail Rabbit 4 cards	Card # 4 Pincate Beetle 4 cards	Card # 30 Western Fence Lizard 3 card	Card # 35 Ca Quail 3 cards	Card # 40 Greater Roadrunner 2 card	Card # 33 Red-tailed Hawk 1 card
Chaparral	Card # 5 Chaparral Yucca 5 cards	Card # 29 Laurel Sumac 5 cards	Card # 2 Toyon 5 cards	Card # 25 Western Scrubjay 4 cards	Card # 63 CA Mule Deer 3 cards	Card # 12 Coyote 3 card	Card # 60 Bobcat 2 cards	Card # 82 Great horned Owl 1 card	Card # 27 Turkey Vulture 3 cards

Ecosystem Definitions Desert

In all deserts, plants and animals are adapted to very harsh conditions, with very little rainfall. Despite the harsh conditions, our CA Deserts have many plants and animals that call it home.

Coastal Sage Scrub

Coastal Sage Scrub habitat is characterized by short shrubs of various heights with large trees, such as the Redwood, and short trees with adaptations for dry and hot conditions. Shrubs grow 1-5ft tall.

Chaparral

Chaparral is derived from the Spanish word "Chaparral" for about 100 years. It has a dark olive green appearance with primarily short trees and leathery leaves that can hold moisture. Plants include Toyon, Scrub Oak, Laurel Sumac, and Lemonade Berry among others. Chaparral typically grows in the North-Face.

Riparian

Riparian is an area located along a body of freshwater with large trees, such as Willow, Sycamore, Cottonwood, Male Fir, Coast Live Oak, and more.

Wetland

A Wetland is an area where the land is submerged in water for at least part of the year. Wetlands can be fresh water or marine. The ocean has tides that are affected by the moon that change 4 times a day. 80% of the world's oxygen comes from the phytoplankton in the ocean.

Ocean

SNEAK PEAK

Students in the Field



Learn all
about mule fat
with Amani in
Nature News
#5!

Such Gossip.
Who you
calling
Fat?



Mark Your Calendars

Winter FESTIVAL



SATURDAY, DECEMBER 17
PERALTA PARK
115 N PINNEY DR, ANAHEIM, CA 92807
12PM - 4PM



A TRADITION TO COME REDEEM THE POINTS
YOUR KIDS HAVE WORKED HARD FOR WHILE
ALSO SUPPORTING A GREAT CAUSE.

GAMES, BAKE SALE

FOOD, AWI POINTS STORE, AND SO
MUCH MORE!!



PURCHASE YOUR FESTIVAL BUCKS
ONLINE.

NO BUCKS WILL BE SOLD ON-SITE.

100% OF THE MONEY FROM THE FESTIVAL PORTION
WILL GO TOWARDS

THE BUTTERFLY GARDENS PROJECT
HOSTED BY FLORA & FAUNA CLUB

PLEASE EMAIL SAFIYYAUMARJI@GMAIL.COM
TO VOLUNTEER WITH A BOOTH THAT DAY.



sign up to help out at
the festival and have a
booth!

CLICK HERE to sign up.
ALL PROCEEDS will go
towards building a
butterfly garden at New
Horizon Community
Center

SIGN UP NOW



742126

To buy
festival bucks

CLICK HERE

742126

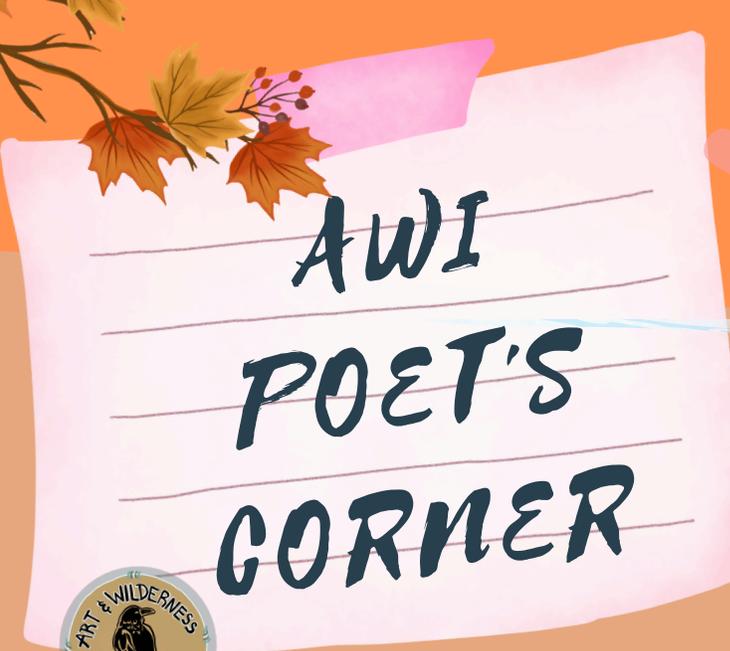


SPRING
CLASSES

...

REGISTRATION
NOW OPEN





**AWI
POET'S
CORNER**



CREEK

By Fatima Mohammad



SNOW

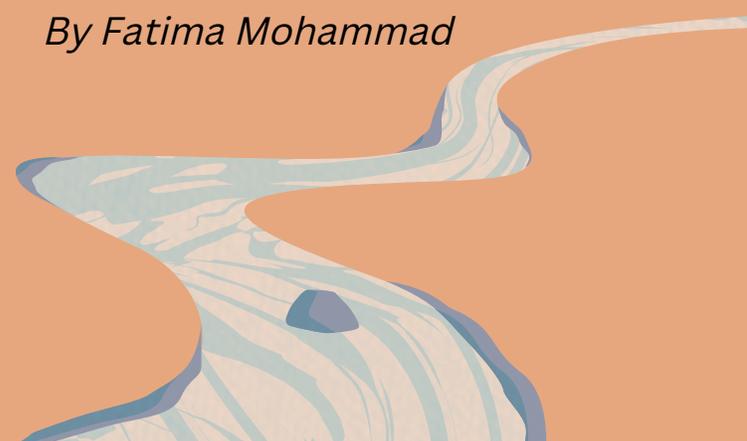
By Fatima Mohammad

A liting, ethereal, dusting of
snow

Lining the branches of the lone
willow

A swift, misty aura of flakes
Fall softly down

As ice crusts the lakes



The bumbling, tumbling creek is there
Pebbles reflected in the cougar's stare
Water tumbles over stone

As the ghost of the mountains stands alone

The burbling, beckoning creek is near
Come, my fawn, we are almost here
The doe, pads lightly, feather soft
As the owl silently goes aloft

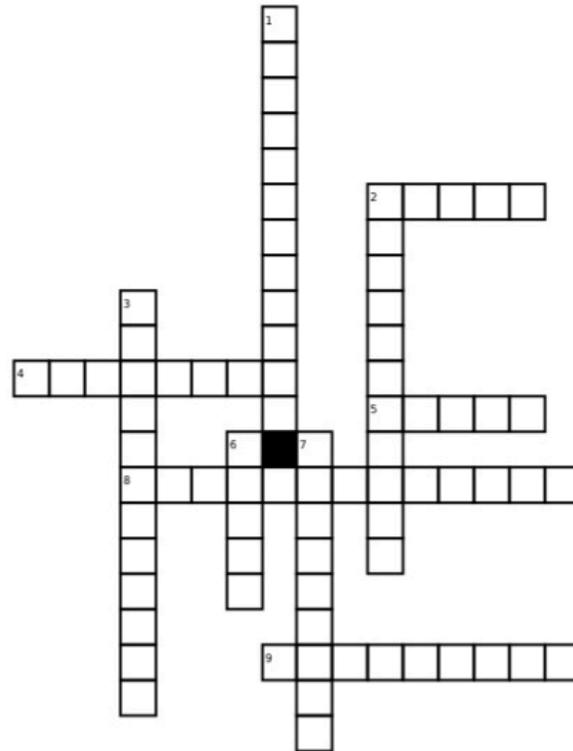


If you want to submit a poem for a chance to be
featured in the Poet's Corner, email
awinewsletter.editor@gmail.com

Crossword Puzzle

Ca Native Plants

Answer key: Page 20



Down:

1. I have long yellow vines, on which green, oval-shaped fruits hang down from. My fruits also have fuzzy spikes.
2. I am a type of cactus with a yummy red fruit. There is a slimy substance inside me that helps cuts heal.
3. I am an evergreen oak tree, found near coastal hills and plains. Usually, my leaves curve downwards at the tips.
6. My leaves make tea and a wound wash. Hollywood is also named after me.
7. My leaves are edible, but very bitter. Some birds even eat them, like sparrows.

Across:

2. I am California's state flower; I am yellow and orange
4. My leaves are very fuzzy, and sometimes mistaken for maple leaves. My bark is used for making tea, which is usually white.
5. I have sword shaped leaves, and moths pollinate me. I am found in a variety of climates, and I make great soap!
8. My small berries are edible, and a bright red color. Roadrunners enjoy eating them, and I am named after a popular, sweet and sour drink.
9. I am found in dry areas, and have heart-shaped leaves. I am not a type of wheat, although "wheat" is in my name.



Credit to: Rawan Alhajjar

TEACHER FEATURE

Meet one of our newest teachers



**DEBORAH
GRAVES**

Deborah Graves OTD, OTR/L
Redwood Raven School Instructor
Licensed Occupational Therapist

My love of nature, whole-body learning, and nurturing growth in others has woven through, defined, and created the fabric of my being and life-purpose.

Early on I pursued my Bachelors degree in Environmental Studies with a focus on Environmental Education. I then taught PK through 6th grade science and outdoor education for 11 years through the Orange County Department of Education as a Traveling Scientist and Program Naturalist. During summers I taught swimming, sailing, and kayaking as an outdoor adventure instructor. Later I went on to pursue my Masters and Doctoral degrees in Occupational Therapy. I also received specialty training in Ayers Sensory Integration, as well as numerous intensive trauma-informed practices and interventions, preparing me to further integrate a holistic and caring approach to supporting children's growth and learning. More recently, during the 2021-2022 school year I developed curriculum and taught groups of children ages 4-13 in several enrichment-based, multi-subject homeschool programs. I apply my combined experience to offer a teaching style that challenges and engages students in strengthening their body, mind, and relationships, gaining valuable skills of resilience for care of self, others, and our planet. In my free time I enjoy a variety of movement and mindfulness-based practices, hiking with friends, nature photography, creative writing, therapeutic art, learning new things, and cultivating curiosity! I am looking forward to getting to know your family!



Word Search



CA Native Plants

R	Y	P	U	Y	L	U	N	O	Y	O	T	T	O
R	R	A	Y	O	C	U	O	H	C	C	E	T	H
P	G	Y	P	U	R	A	C	A	U	L	L	W	S
R	Y	E	P	O	U	E	Y	Y	A	A	R	O	C
I	L	T	O	C	A	G	B	C	E	P	E	A	C
C	A	A	P	O	C	M	C	I	A	O	C	U	D
K	W	R	E	B	M	U	C	U	C	D	L	I	W
L	E	C	R	E	Y	P	A	B	S	H	K	O	S
Y	L	U	G	B	U	C	K	W	H	E	A	T	R
P	R	Y	C	P	O	E	R	O	M	A	C	Y	S
E	S	A	G	E	B	R	U	S	H	S	S	E	W
A	Y	R	R	E	B	E	D	A	N	O	M	E	L
R	U	K	A	O	E	V	I	L	T	S	A	O	C
Y	R	C	I	U	V	L	E	Y	L	O	A	E	E

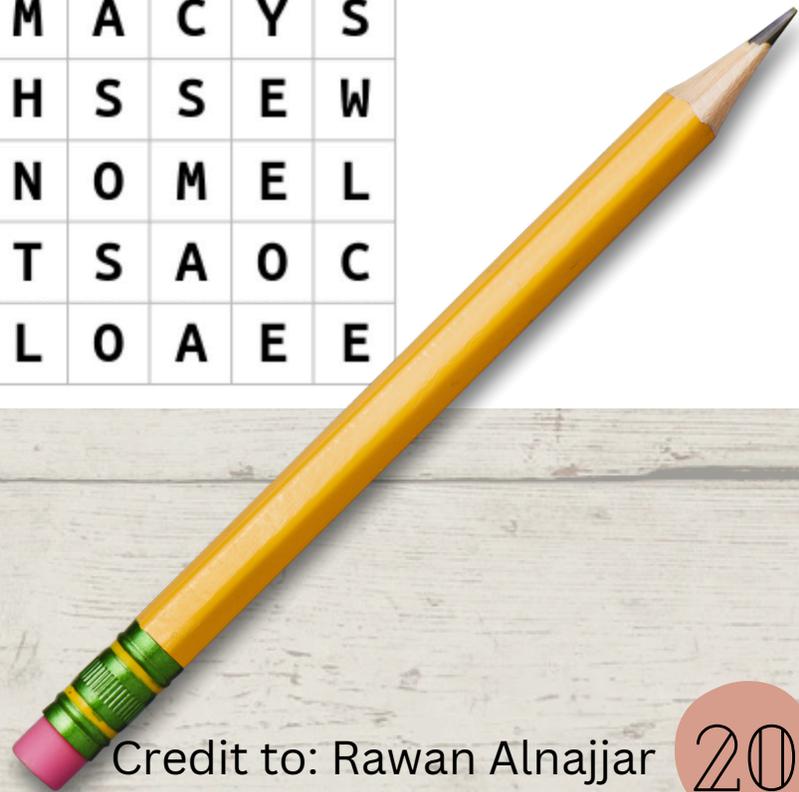
YUCCA
PRICKLY PEAR
SAGE BRUSH
LEMONADE BERRY
SYCAMORE
WILD CUCUMBER
TOYON
BUCKWHEAT
COAST LIVE OAK
POPPY

TAP HERE

To play online

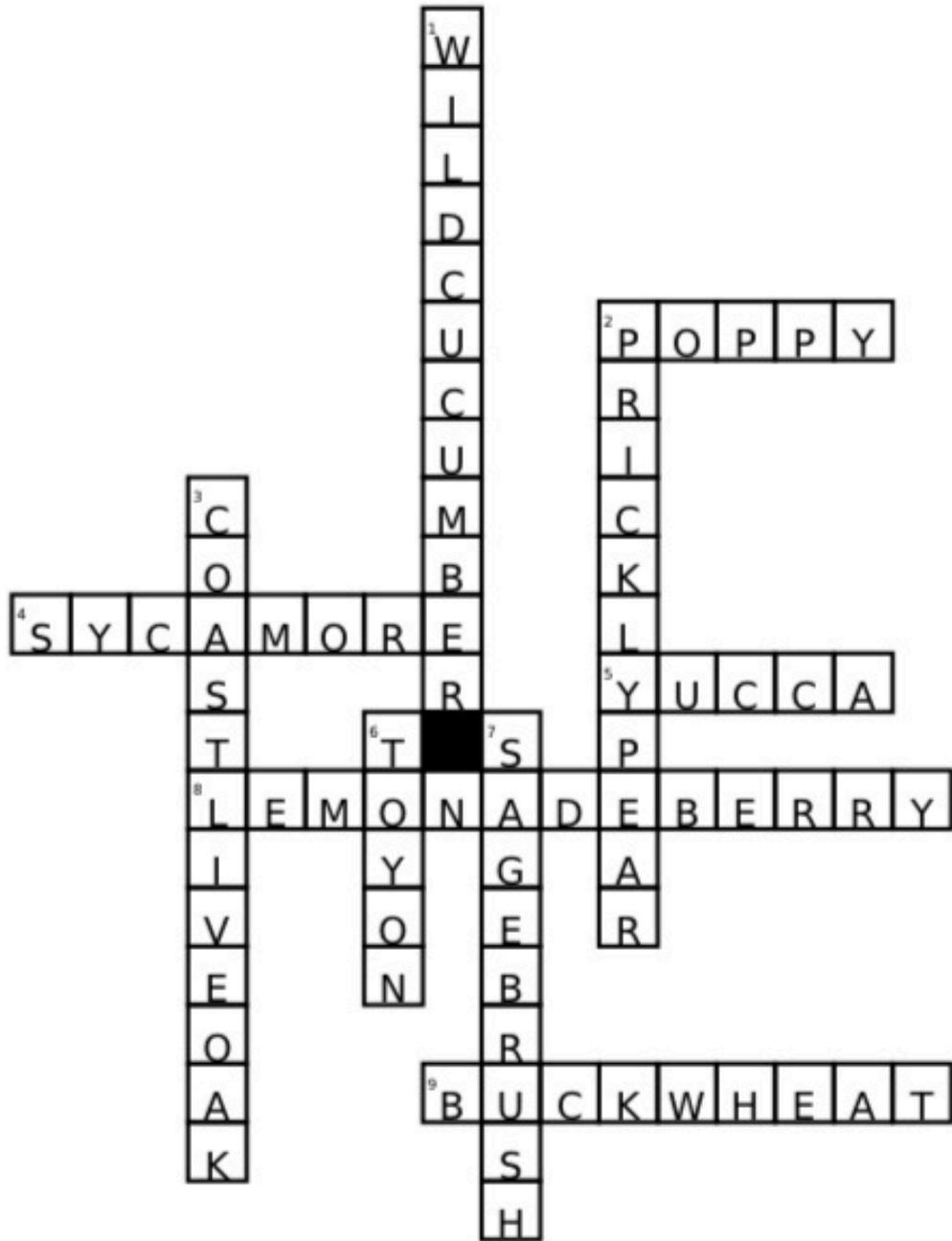


Credit to: Rawan Alnajjar



Crossword Puzzle

ANSWER KEY



Credit to: Rawan Alnajjar

HOUSE SCOREBOARD



FOX FANGS

187

POINTS



SAGEBRUSH STEWARD

153

POINTS



REDWOOD RAVEN

119

POINTS



EMERALD OWL

120

POINTS

See what
House you
are in

[CLICK HERE](#)



Learn more
about how
the houses
earned these
points

[CLICK HERE](#)



Did you know?

Students get to add their house points to their total points on store day!

T-Shirt Contest Winners

Stay tuned to see final design in the next issue

CONGRATS!

Jibreel Hussein

AK Azhar

Maimuna Zeitoun

Amina Hameed

Safiyya Umarji

Husayn Ali

Fatima Mohammed

Abdulrahman Khalife

Kareem Wareh

Najwa Jazairi

