



SPRING 2023 issue

MARCH 2023

ISSUE 3

EXPLORER

for lovers of Art and Nature!

www.artandwildernessinstitute.com



THE CORRECT WAY TO HIKE

Bake sale succeeds!

Read about it on page 21

Edited by:
Sumayyah Labanieh
Newsletter Intern

page (FILL IN)

Future of Supercars page 3

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



New SONG: California Plants page 16

How can nature help me?

pg. 17



PLANT OF THE MONTH:

NATAL PLUM! pages 1 and 6

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



Plant of the month: Natal Plum



By Maryam Wang and Safiyya Ruknuddeen



Natal plum is a tasty plant. It is an evergreen. Latex is inside of the fruit, there are seeds as well. The leaves and stem are poisonous. When green the fruit is poisonous, when ripe the color is crimson red. The flowers have snowy white petals, there are five petals. Great fragrance comes out of the flowers especially at night. Grows around 1-3 feet tall, sometimes taller. Fun fact natal gets its name from the natal region on the eastern cape of south america. In my opinion it tastes like candy!!!!

Nature Quote of the Month

“Happiness will grow if you
plant the seeds of love in the
garden of hope with
compassion and care.”

-Debasish Mridha

THE FUTURE OF SUPERCARS



an article by Yusuf Khan, age 12

When somebody says “supercar”, what comes to mind? Maybe words like fast, sleek, expensive, luxury, performance, horsepower, etc. One of the words that probably won’t come up is “electric”. Did you know that many well-known car brands have plans for electric vehicles? Ferrari has announced that by 2030, 80 percent of their models will be electric or hybrid! Similarly, Lamborghini has declared that their first electric supercar will be released in 2028. Car brands are also starting to release electric hypercars, which 20 years ago would sound crazy.

Not only that but Rimac just released their Nevera which is now the fastest electric car in the world, and reached a whopping 256 MPH! It also owns the second fastest 0-60 time - 1.85 seconds and its top speed is 8th in the entire WORLD. Adding to that, it has the most horsepower of any car. This shows us that it is definitely possible to make high-speed ultra-performance cars that are also electric.

(continued on next page)



(continued)

THE FUTURE OF SUPERCARS



One of my favorite Hybrid cars is the Ferrari SF90 Stradale. Only 500 hundred were made. I love it when I see one of them. Its sound is music in my ears. It uses a 4.8 liter V8 engine and its acceleration from 0-62 mph is 2.5 sec. Its top speed is an insane 211 mph which is achieved with its 1000 horsepower.

My favorite fully electric vehicle is easily the Tesla roadster 2. It's the first supercar to set every performance record and still fit seating for four. It's 0-60 is 1.9 seconds. The top speed is over 250 miles per hour, with an all-wheel drive. Most of these are speculated because it is still in development. I also really like its sleek design.

Many people think making cars electric is a downgrade but I think it's an upgrade. I believe that electric cars are more capable than gas cars, but people haven't realized it. I believe we are living in a fantastic era where we can see all of these changes happening right in front of our eyes and soon I hope to see many electric cars on the road, normal cars and supercars alike.

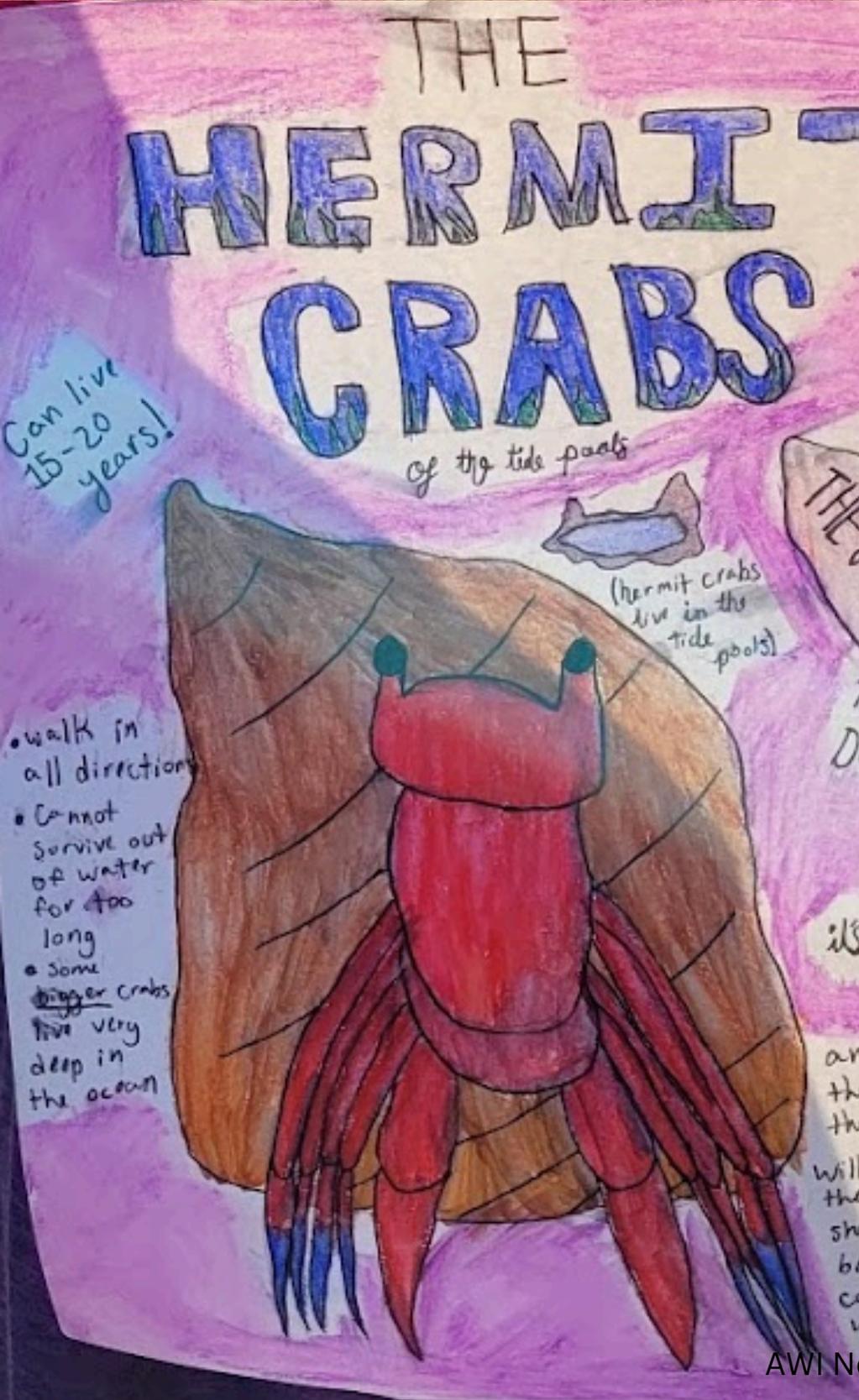


NATURE JOURNALING GALLERY

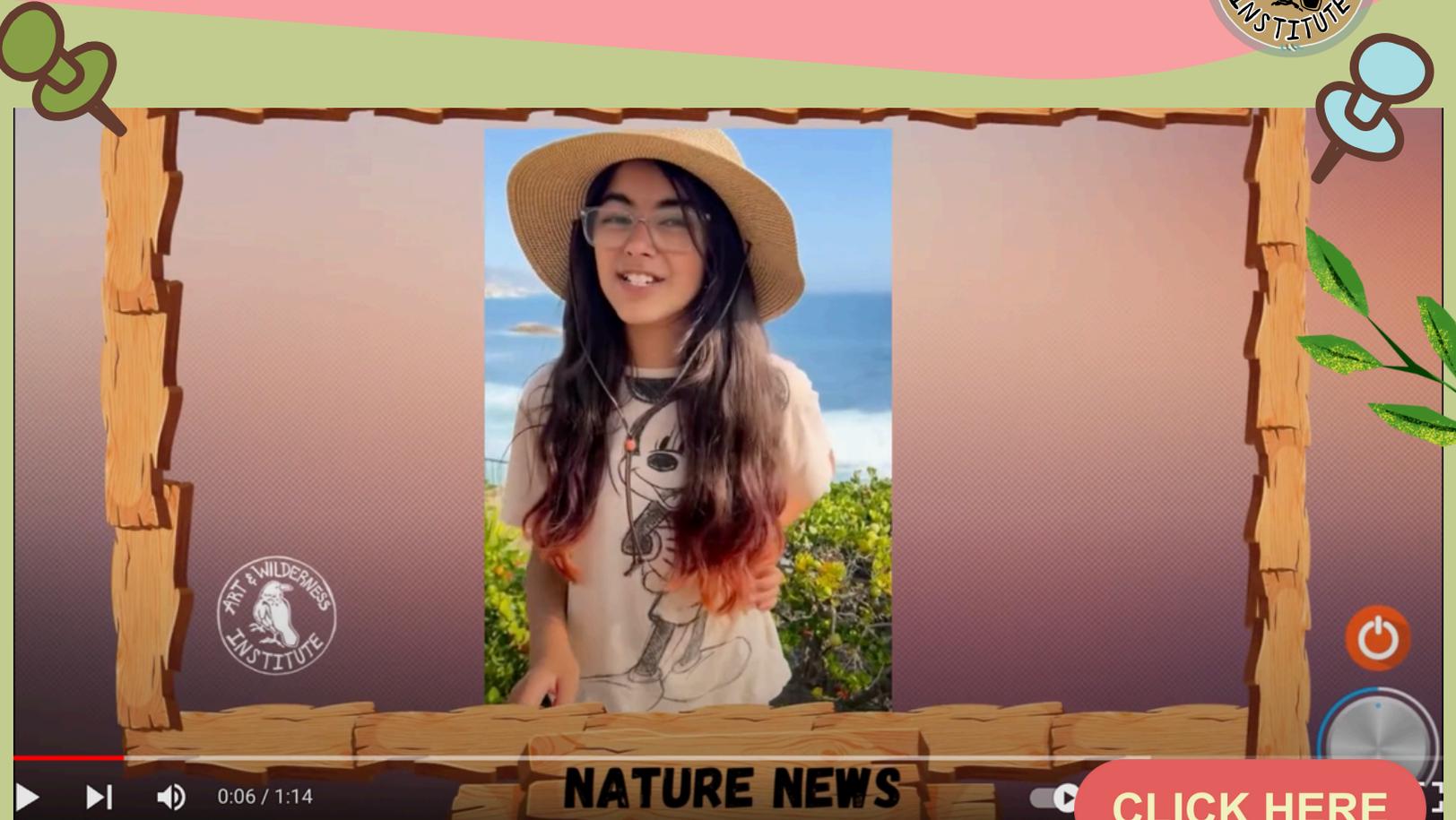
Featured
Artist



Layanne
Soliman
age 14



Students in the Field



Learn all about natal plum with
Amani in Nature News #6!



6

Follow

43.5 K followers



Safiyya Rukneddeen

@safiyyawrotethisarticle

Y'all probably know Miss Sama, Sister Sama, whatever you call her, anyway she told me to write an article about a WILDLIFE CORRIDOR, Guess what's worse, It is for the newsletter (FYI writing is not my strong suit). I was horrified, I was screaming "WHAT" I have to write about a wildlife corridor this is going to be soo hard, AGH again more research. As hard as it is I did it!

today, 7:11 PM

What is a wildlife corridor, anyway?

A wildlife corridor is a strip of natural habitat connecting residents of wildlife, otherwise separated by cultivated land, roads, etc.

One animal I wanted to discuss is at the top of the food chain... Can you guess what it is?

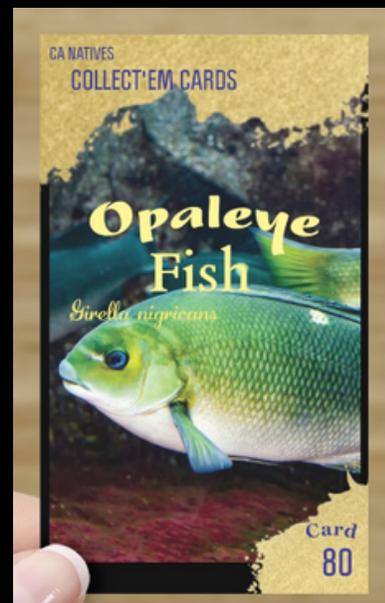
If you guessed Mountain lion you are correct 🥳! The mountain lion doesn't have that Corridor or that hallway to get around to hunt, it has to go through roads, etc.

And if people see it they probably kill it or put it in a cage or something like that, And if they die all the other animals will die. The deer will overpopulate. And you probably know if there's no deer there's no nothing.

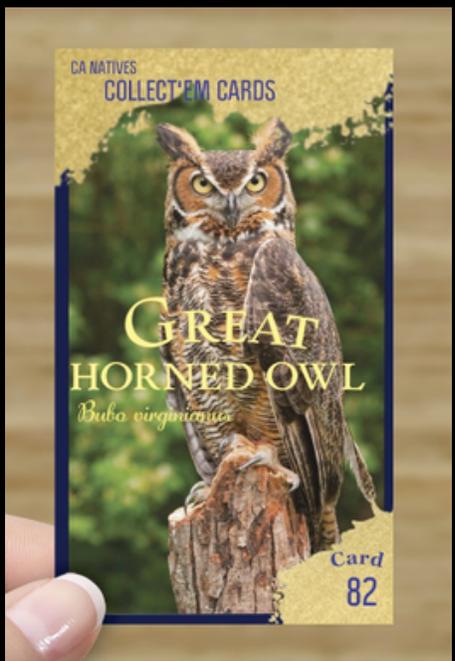
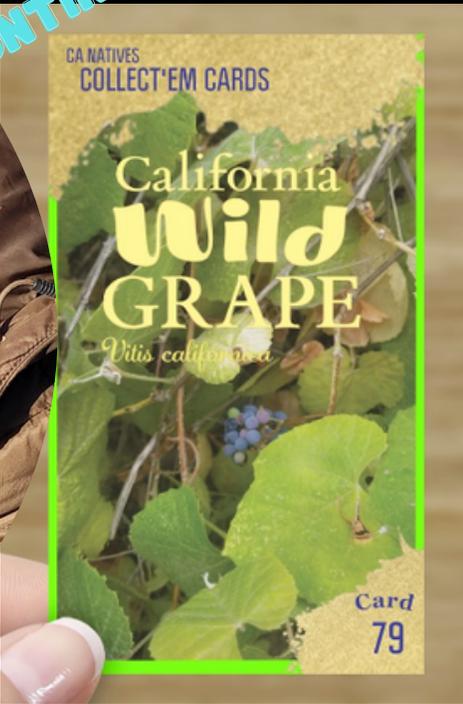
So I want you to remember that you can make a change!

7

TRADING CARD WINNERS

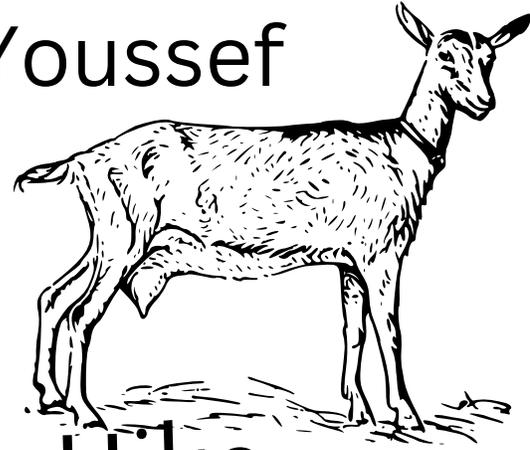
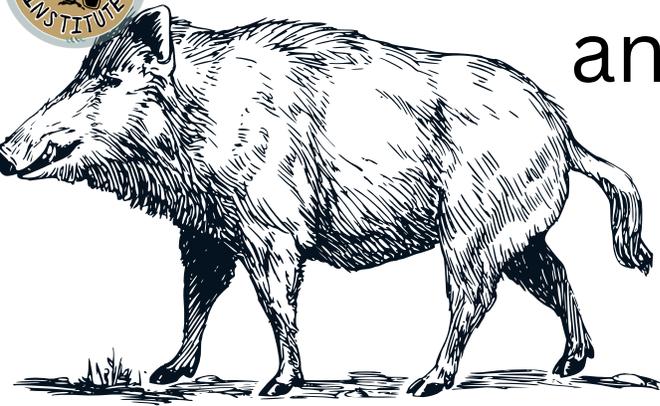


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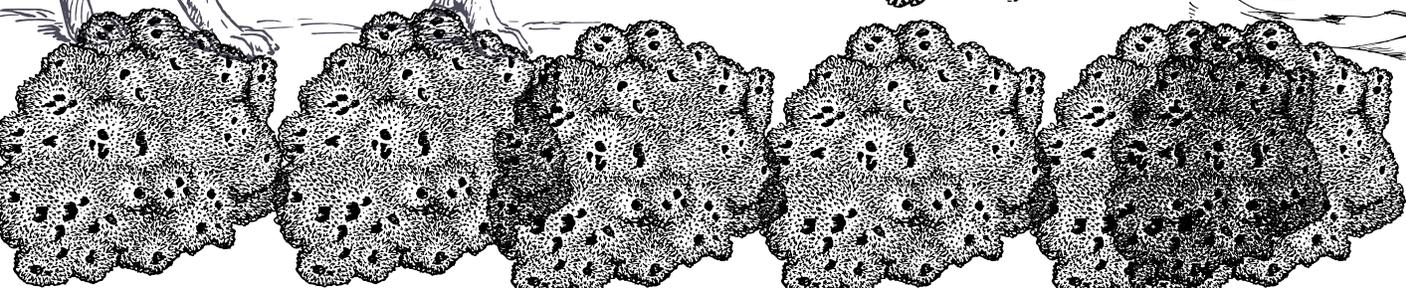
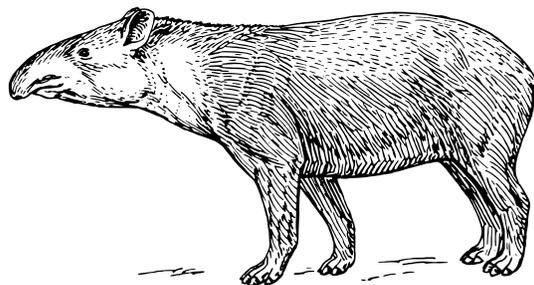
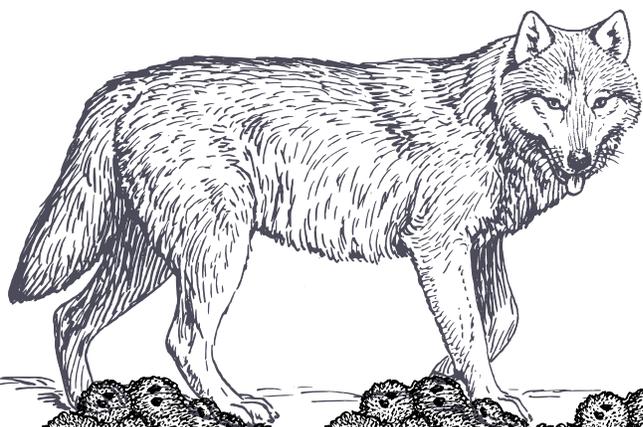
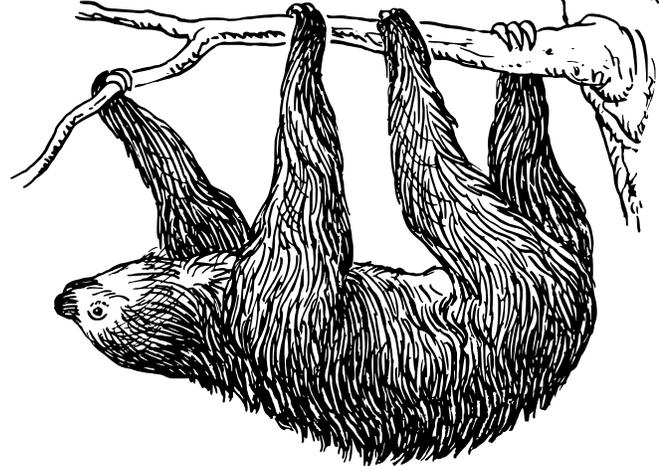
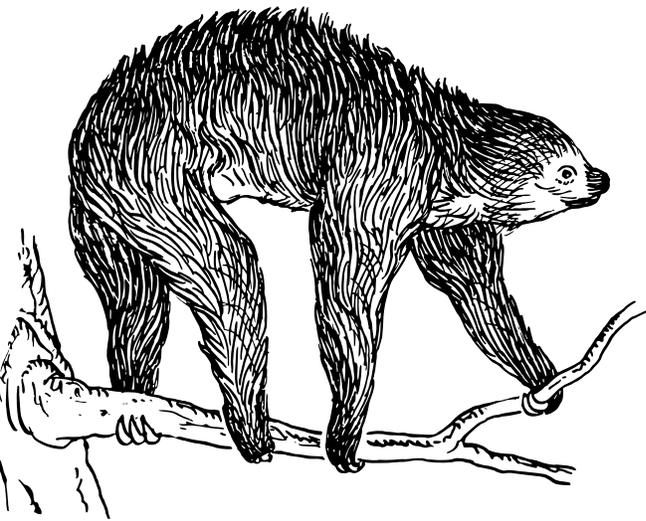


Designed and written by Ali Sidky
and Mariam Youssef



The proper Way to Hike

chapter 1, Animal Encounters



WHAT TO DO IF YOU ENCOUNTER A MOUNTAIN LION

Maintain eye contact

Never run past or
away from a
mountain lion.

Don't bend over or
crouch down.

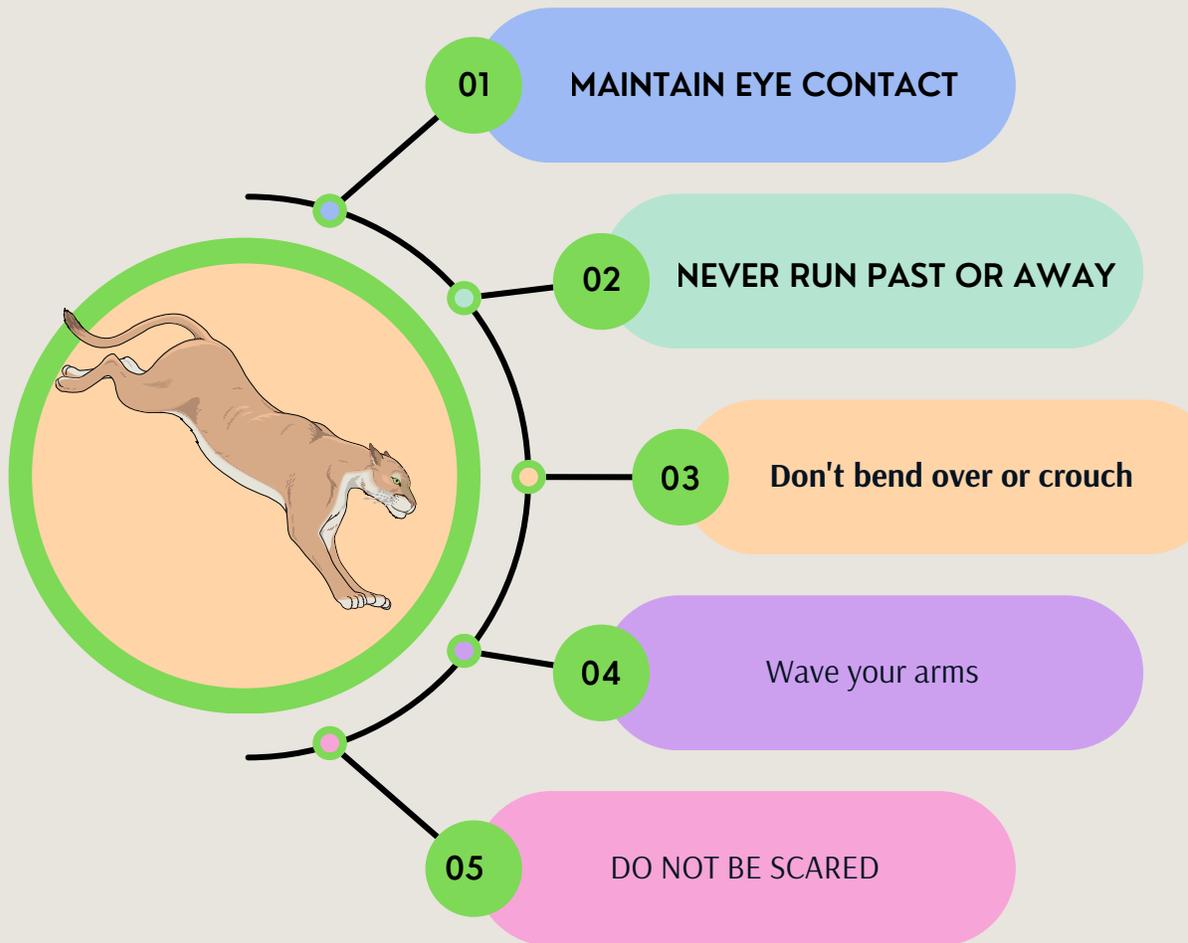
Aggressively wave
your arms,

Throw stones or
branches, do not
turn away.

Hold your ground or
back away slowly.

Continue facing the
mountain lion, and
maintain eye
contact.

Do all you can to
appear larger; Stand
upright, raise your
arms, raise your
walking stick, open
your jacket. If you
have small children
or pets with you, try
to pick them up
without turning
away.



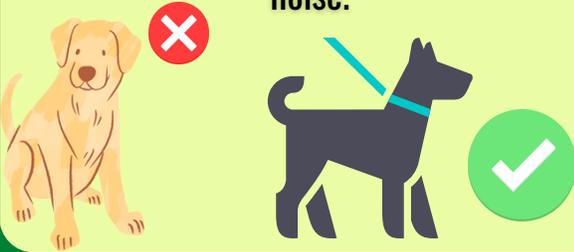
- **Don't run away from a coyote.**



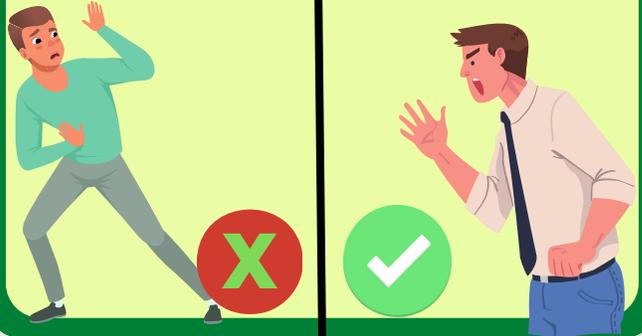
make and keep eye contact with the animal.



- **Leash any dogs or pick up smaller dogs, and make some noise.**



Yell, wave your arm



WHAT TO DO IF YOU ENCOUNTER A COYOTE

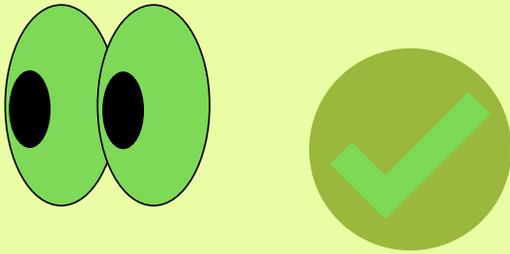
- Don't run away from a snake .



It's safest to wait it out or turn back.



Make and keep eye contact with the animal.



WHAT TO DO IF YOU ENCOUNTER A SNAKE



Crocodile

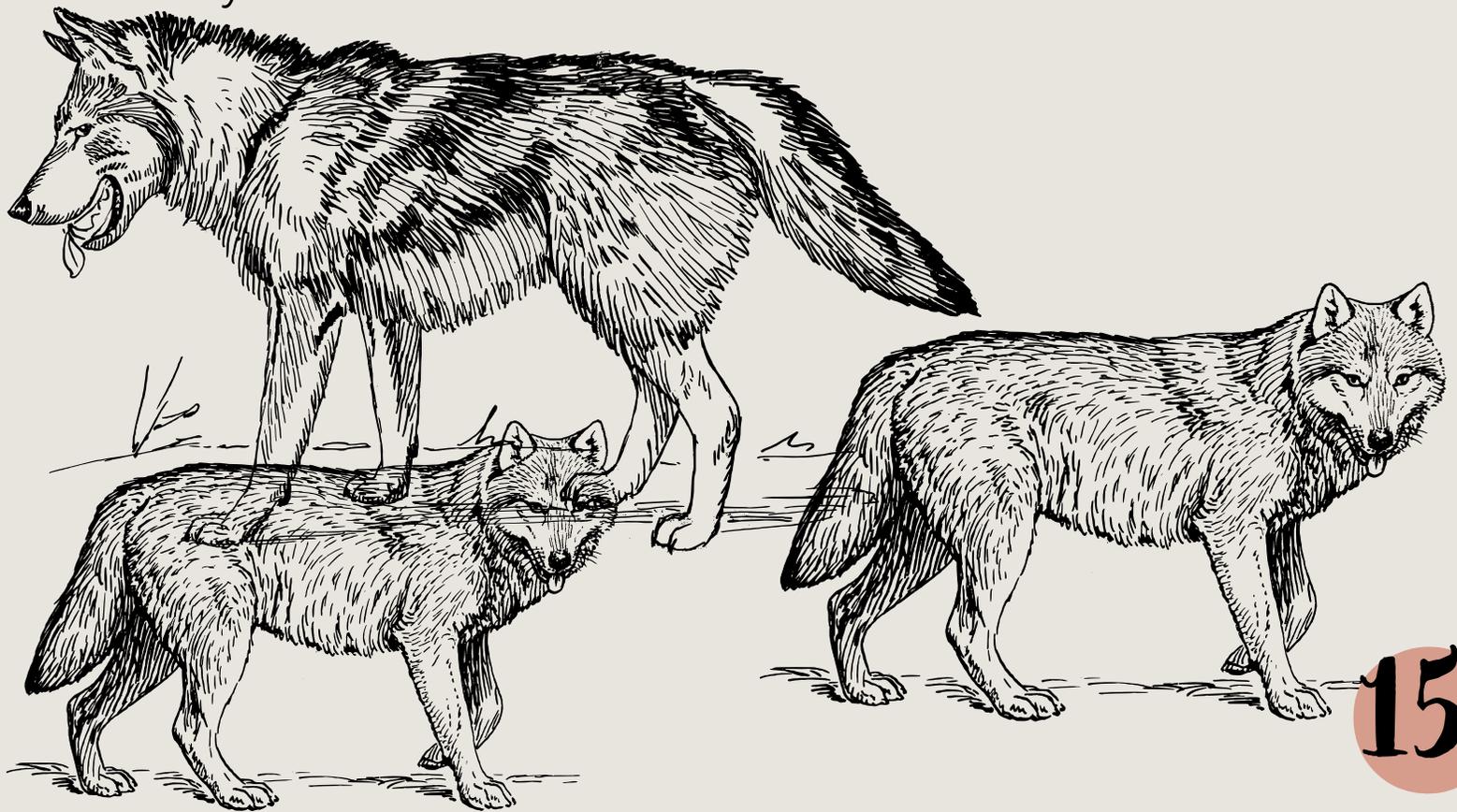
If you spot a croc, back away slowly and try not to make sudden movements. Splashing in water will only draw attention. If a crocodile heads your way, *run* away in a straight line. The eyes of the crocodilian are its most vulnerable part, and several croc-attack survivors have reported eye-gouging as their salvation. Attempt to kick, or poke the animal in the eye with your hands or whatever you can grab. Don't give up until you are free: you are literally fighting for your life and how quickly they can run. Most crocodiles can achieve speeds of around 12 to 14 kph for short periods, which is slower than a fit human can run. Don't believe the hype - if you're reasonably fit, you can outrun a crocodile!



WHAT TO DO IF YOU ENCOUNTER A WOLF



Stand tall and make yourself look larger. Calmly, but slowly, back away and maintain eye contact. If the wolf does not run away immediately, keep eye contact, and back away. Don't run. Wolves hunt prey that is on the run, and typically if their prey doesn't run, they don't pursue the attack. Don't stare the animal down. Don't turn your back on the animal(s). Get big and scary. Back away slowly. Be careful not to fall or act scared.



ECO-SONGS WITH SAFIA

Hi, my name is Safia. I love my family and our family movie nights. I also love horseback riding and all things horses, they're my favorite animal. My hobbies are singing, dancing, cooking and art. My favorite subject is math and science.



Album: Eco-songs

Song 2: California Plants



[LISTEN TO THE SONG](#)



[WATCH THE MUSIC VIDEO](#)

Ways that nature helps you BOTH mentally and physically



by **Mariam Soliman**



There are many benefits to going outdoors besides just for fun. Just a simple quick walk can do wonders for your body and mind; boosting your immune system and energy, or improving your creativity and focus, a few of the things you will see here.

Being outdoors is scientifically proven to improve your mental health and mind in a multitude of ways, boosting your creativity and making you a better person in general. Scientists have found that backpackers scored much higher on creativity tests than others after spending only a couple of days in the wild and if you have trouble focusing, time spent outside can help restore your focus. According to psychologists, being in nature helps us ignore pressure, and value important things like family and friends. A study in the University of Michigan had participants take walks out in nature, and in a city. The score of those who walked in nature was 20% better than others when they took a memory test.

In the winter, there are shorter days and less light, which can trigger SAD (Seasonal Affective Disorder) with conditions such as anxiety and sadness, and scientists have proven that being in nature can decrease its effects, feelings of anxiety, stress and depression have been noted to lessen in nature as well.



ways nature helps you mentally and physically *(continued)*



by **Mariam Soliman**

Nature can have amazing effects on your body, a study showed that most participants chose an outdoor setting to be in when stressed. As little as twenty minutes can boost a person's energy, and research shows that the scents of nature have a calming effect on you. A study proved that medical patients exposed to sunlight felt less pain and stress levels and their time in hospitals were much shorter than usual and a study using about 20,000 people showed that participants who spent at least two hours a week in nature or a green space, reported less health problems. Another says elementary students that spend more time outside than others are less likely to have nearsightedness than those who don't.

Being in nature tends to make exercise more enjoyable, helping people lose weight quicker and easier. Adults over seventy years of age who spent time in nature reported less aching and sleeping trouble.

Being in nature does not have to be for enjoyment only. When you are outdoors, you are improving your mental and physical health in so many ways, by doing nothing but walking or even just sitting down, and it can make you happier, more trustful, generous and creative.





Works Cited

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<https://www.mentalfloss.com/article/70548/11-scientific-benefits-being-outdoors>

10 Reasons Why Being In Nature is Good For You

<https://selecthealth.org/blog/2019/07/10-reasons-why-being-in-nature-is-good-for-you>

Ecopsychology: How Immersion in Nature Benefits Your Health

<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>

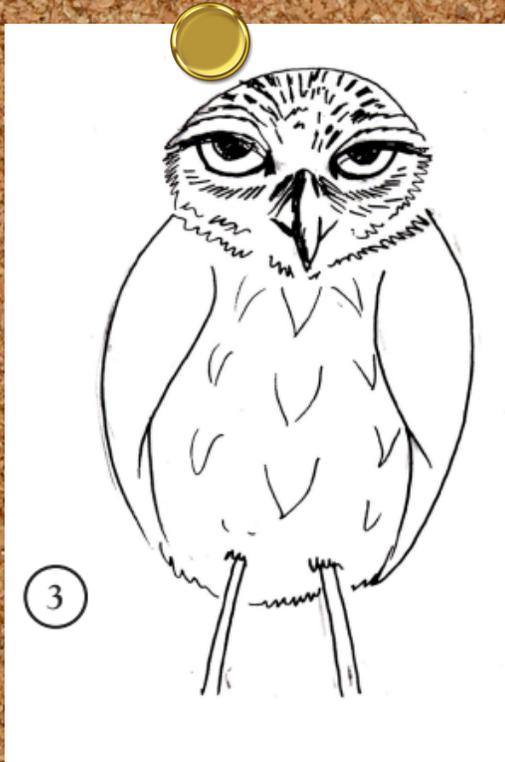
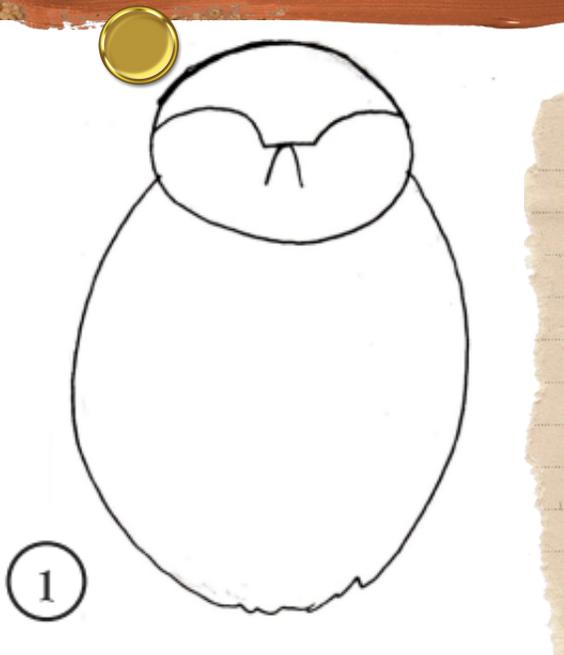


FIELD ARTIST'S CORNER

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

Burrowing Owl (*Athene cunicularia*)

"Burrowing Owls have a unique insect hunting strategy. They collect scat and deposit it at the entrance to their den as a welcome mat in hopes of attracting insects straight to them."



Bake Sale Success!



By Fiza Ali

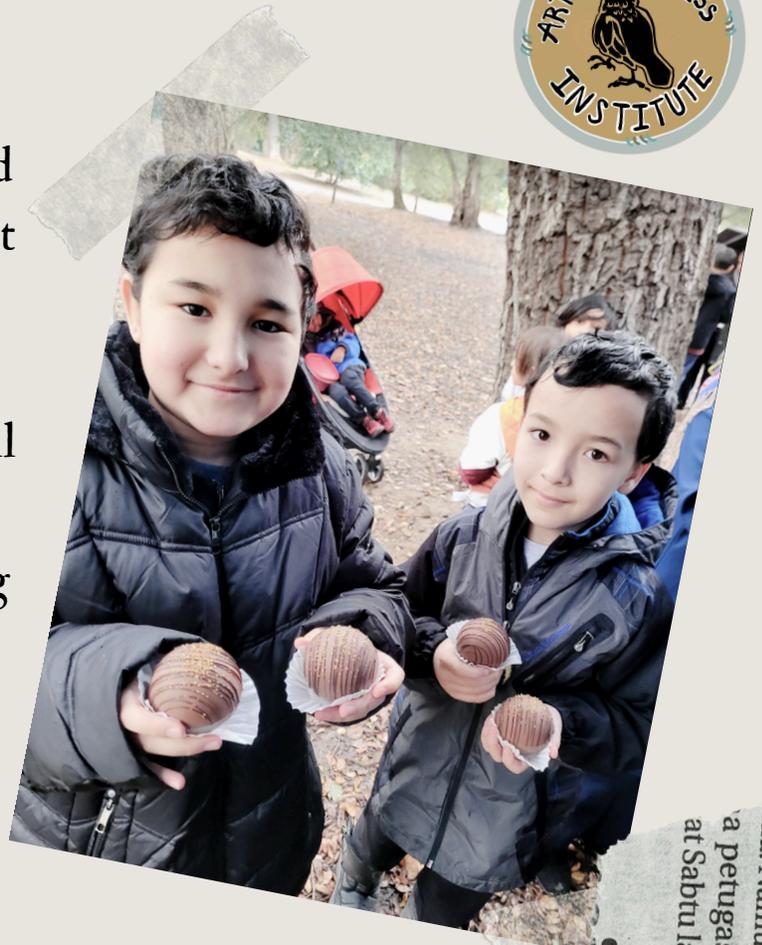
As our hearts are heavy with the sad awareness of the devastating earthquakes that took place in southeast Turkey and northwest Syria, many of us have shown our unity and brotherhood in so many ways already. The deep heartbreak prompted me to organize an emergency bake sale to raise money to donate to the affected areas through reputable organizations. Everyone loves a sweet treat (or savory!) so this seemed an effective way to raise both awareness and funds. I decided to put my idea forward to Art and Wilderness Institute, who eagerly accepted the suggestion. This motivated me even more so that when Monday the twenty-seventh of February arrived, the rain showers were not going to stand in our way! In a way, the treats were welcomed as a lovely ending to a fun and rainy day of learning. The canopies were up and the lines were long. Tummies were rumbling and the change was jingling as people jostled in line, eager to buy a delicious treat or a handmade crocheted plushie. Despite the cold, the atmosphere was warm and full of good will.





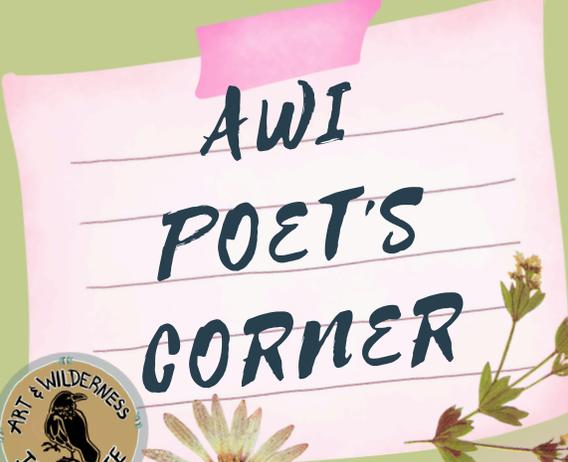
Thanks to everyone who participated in the emergency bake sale held after Monday Unit Studies to raise money to donate to the affected areas in Turkey and Syria. So many of you came out to support this fundraiser by contributing to the items for sale, and so many came out despite the rain to purchase the goodies all in the name of a good cause! Others helped by facilitating the setup, spreading the word, and volunteering their energy and time. We raised much more than we had anticipated; over \$800! The charity we have chosen to donate our funds to, Youth United with Purpose, has been thoroughly vetted to ensure that the money gets to where it is needed the most.

This will go a long way to help our brothers and sisters in humanity; however, our work is not done. They will need our help for months to come, and I hope to inspire as many of you as possible to initiate more fundraising opportunities.



Donations for Syria are going through: YUP FOUNDATION
<https://yupfoundation.org/>

Donations for Turkey are going through Islamic Relief:
<https://irusa.org/>



AWI
POET'S
CORNER



Butterflies

By Aaliyah Ruknudeen, age 8

Butterflies are so pretty but never so scary
Butterflies are as pretty as a rose but never so lazy
Butterflies are sometimes blue and sometimes at a
party they flew

Horses

By Aaliyah Ruknudeen

Horses have a mane and
there are many in Spain
Horses eat hay and grass
You say ahoy when you pass
Sometimes they pass birds
But they never eat nerds
Horses do not eat fish if they
Do not make a wish
I love horses

Bees

By Aaliyah Ruknudeen

Bees make honey
And sometimes are funny
Worker bees make hives
And queen bees just sit with surprise



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



CORNER

The Green Masjid Initiative aims to support our masajid transition towards more sustainable and responsible practices in accordance with the Quran and Sunnah.

We have been endorsed by the Islamic Shura Council of Southern California.

Visit our Website

[CLICK HERE](#)



Why as Muslims do we need to take care of the earth?

by Safiyya Ruknudeen

ONE DAY MISS SAMA GAVE US A PROMPT. SHE SAID, "TELL ME A ONE-MINUTE SPEECH ON UHHHH. . WHY AS DO WE NEED TO TAKE CARE OF THE EARTH?"

I WAS LIKE, "UHH DUH BECAUSE WE ARE MUSLIM AND WANT TO GET GOOD DEEDS."

SHE WAS LIKE "YES BUT NO."

I WAS LIKE, "WHAT'S GOING ON?" AND THEN I REALIZED SOMETHING THAT YOU HAVE ALREADY REALIZED OR SOMETHING THAT YOU HAVE NOT REALIZED YET OR SOMETHING THAT CAME TO YOUR MIND THEN VANISHED. I KNOW YOU'RE WONDERING "WHAT IS IT, COME ON TELL ME, TELL ME". FIRST I'LL TELL YOU THE FIRST STEP WHICH IS SABR IN ARABIC AND ENGLISH IT'S PATIENCE, OK SO THAT'S THE FIRST STEP NOW I WILL TELL YOU WHAT YOU WERE WAITING FOR.



CORNER

Continued

ACTION

ITEM



REMEMBER TO BRING YOUR OWN MUG & WATERBOTTLE TO THE MASJID THIS RAMADAN.

TAKE A PICTURE OF YOU WITH YOUR MUG AND TAG US ON INSTAGRAM. HELP SPREAD THE TREND OF GOING GREEN.

WATCH THE VIDEO

[CLICK HERE](#)



WE ARE THE GUARDIANS WE ARE THE HELPERS WE ARE THE SAVERS. WE WERE PUT IN CHARGE TO BE KHULAFATUL KARIYAH THE CARETAKER. HAVE YOU EVER IMAGINED HOW MUCH POLLUTION AND PLASTIC WE USE A DAY, A WEEK, A MONTH, AND EVEN A YEAR? ALLAH (SWT) PUT US IN A PERFECT PLACE WE JUST NEED TO MAINTAIN IT, IN MY OPINION, WE ARE DOING GREAT BUT WE COULD STILL DO BETTER. HAVE YOU EVER THOUGHT ABOUT THOSE MOUNTAIN LIONS THOSE HALLWAYS THEY NEED BUT THEY DON'T HAVE? YOU ARE PROBABLY THINKING MOUNTAIN LION HALLWAYS WERE NOT MATCHING UP RIGHT NOW. THINK OF IT LIKE THERE'S A BUNCH OF NEEDLES FROM YOUR ROOM TO THE KITCHEN AND EVERY TIME YOU HAVE TO WALK ON THEM, AND PROBABLY AT LEAST ONCE YOU WILL GET HURT BY ONE EXACTLY LIKE THE MOUNTAIN LION EVERY TIME IT CROSSES THE ROAD IT WILL PROBABLY GET SEEN BY A CAR OR GET RUN INTO, ETC. IF MOUNTAIN LIONS BECOME EXTINCT THEN THE DEER WILL OVERPOPULATE AND DISAPPEAR TOO AND ALL THE OTHER ANIMALS WILL LEAVE. WE COULD USE OUR FIVE SENSES TO REALIZE HOW THEY NEED OUR HELP AND HOW MUCH WE CAN HELP THEM. REMEMBER YOU ARE THE GUARDIAN YOU ARE THE HELPER AND YOU ARE THE SAVER!

HOW TO CREATE A COMMUNITY BUTTERFLY GARDEN

By Sumaiyah Baig

1. Educate yourself about:

- Butterflies and the threats to their survival
- What they need to survive

2. Find a suitable place for your butterfly garden.

- Talk to different institutes, Religious centers, and regional or city parks
- Identify someone in the institute or masjid that will support and partner with you

3. Set a date

- Confirm the date with the institute
- Create a flier, start advertising

4. Prepare for the event

- Order the plants and give them 2-3 months heads up for large quantities (tree of life nursery: <https://californianativeplants.com/>)
- Create a sign in Canva
- Order the sign (wild exhibit: <https://www.wildexhibit.com/>)
- Keep advertising

5. Order necessary supplies

- Shovels, buckets, gloves, decorative river rocks, cement, wooden posts for the sign, and garden trowels
- You may need fertilizer if the ground isn't prepared

6. Day of or day before the event:

- Place all the plants that were delivered in the designated locations
- Prepare a speech
- Ensure that there is food and water for the volunteers
- Demonstrate how to put a plant in the ground (how deep they should dig, how much water the plant needs, etc.)
- Walk around, help volunteers that are having trouble

7. Keep your garden healthy

- Organize a watering schedule



Budget:
Plants: \$1200
Sign: \$700
Supplies: \$200

HOUSE SCOREBOARD

Sagebrush Stewards
and Fox Fangs are TIED!



Did you know?

Be sure you fill out the form to earn points for volunteer days, leading hikes, and other things.

The points won't get added unless you fill out the form!

Get House Points

Learn more about how the houses earned these points

CLICK HERE



Mark Your Calendars

"AWE"

An Exhibit featuring
Nature Journaling pages from our students at
CRYSTAL COVE STATE PARK
NOW THROUGH LATE APRIL/Early May

WHERE:
CRYSTAL COVE STATE PARK
(Park in Los Trancos Parking lot and walk through the
tunnel to the historic district)
ART GALLERY

OPENING RECEPTION DATE :
Towards end of show.. TO be Announced

WE HOPE YOU CAN CHECK OUT THE SHOW!



JUNE 3
AWI store day
&
House Cup
Awards/Tournament

Mark Your Calendars

SAVE THE DATE Art and Wilderness Institute at

QUADM

The Modern Market for the Muslimah Maker

Sunday March 19
11am - 5pm

NEW HORIZON COMMUNITY CENTER

Get in touch with your wild side at the Art and Wilderness Institute Village.

Members will get an activity passport and will get to access all the different hands-on booths, put on by our students, clubs and faculty at Art and Wilderness Institute. Activities include planting, painting a community art piece for a butterfly garden, drawing, shelter building, Outdoors themed activities, "What kind of Eco-Superhero Are you" costume dress up ,face painting, and Upcycled Ramadan gift tags creation station.

Entrance to the village includes access to our interactive and audience engaging live "Wild Corner" presentations, including live reptiles, a Calligraphy Demo, a Nature Fun program with Sama Wareh, a clay demonstration by Sarah Hafeez of Hubb Studio, and a book reading and signing of Environmental Sunnahs by Alia Dada.

Tickets Sold Out

29



2023

- Holidays
- Semester Begins/Ends*
*Mentorship Exception
- Summer Camp
- AWI points store
Festival day
- Make-up Week
- ★ Drop Date No fees
- ★ Drop Date 75%
- ★ Drop Date 50%
- ★ No refunds after this date
- 🏕️ OVERNIGHT

JANUARY

Theme: High Ambition

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FEBRUARY

Theme: Patience

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MARCH

Theme: Humility

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APRIL

Theme: Gratitude

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MAY

Theme: Compassion

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JUNE

Theme: Celebration

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JULY

Theme: Resilience

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AUGUST

Theme: Reflection

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SEPTEMBER

Theme: Purpose/Intention

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OCTOBER

Theme: Self-discipline

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

Theme: Good Manners

S	M	T	W	T	F	S
						1
						2
						3
						4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

Theme: Friendship

S	M	T	W	T	F	S
						1
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Calendar

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