SPRING 2023 issue

EXPLORER

for lovers of Art and Nature!

www.artandwildernessinstitute.com

MAY 2023

ISSUE 4

IN THIS ISSUE

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

Nature Quote of the Month

Creature Feature:

Pelicans!

-Their beaks are able to hold more water than their stomach. Meaning if they ever filled up their beaks with water and swallowed, they wouldn't be able to!

-They have to swallow fish head first, otherwise, they choke.

-The American White Pelican hunts in groups

-Their beaks are able to hold more water than their stomach, meaning if they ever filled up their beaks with water and swallowed, they wouldn't be able to!

-They have to swallow fish head first, otherwise, they choke.

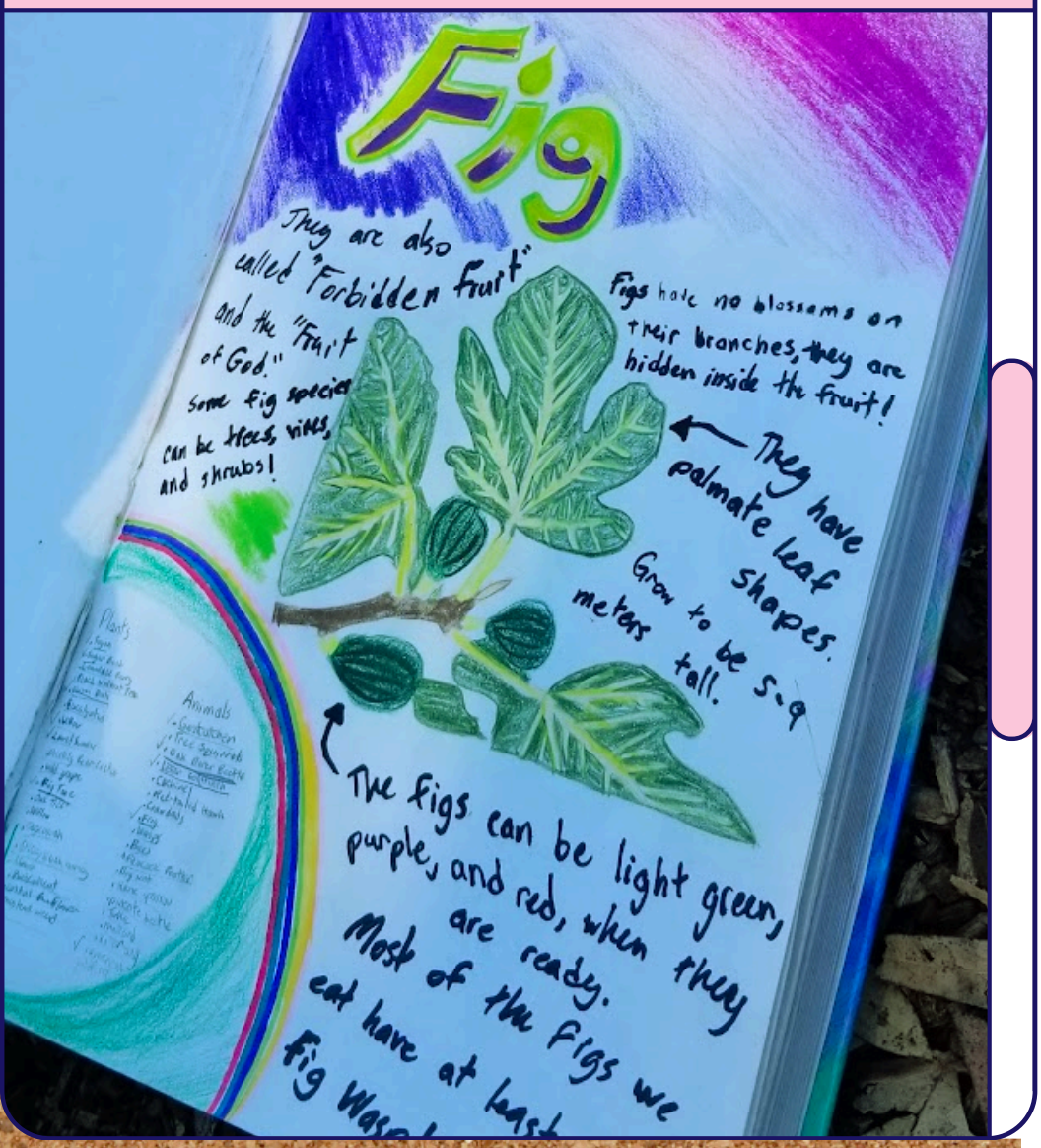
-The American White Pelican hunts in groups

-The largest pelican species in the world, the Dalmatian Pelican, can grow up to 11.5 feet and average around 30 pounds.

NATURE JOURNALING GALLERY

Featured Artist

Safiyya Umarji



Students in the Field

CLICK HERE

Learn about grapefruit with Amani in Nature News #8!

HOW BEING OUTDOORS REDUCES STRESS

BY MARIAM SOLIMAN

A study in Japan measured the heart rate, heart rate variability, and blood pressure of participants as they walked through either a forest or an urban center

The results showed that the participants who walked through the forest had lower heart rates and blood pressure, indicating lower stress and relaxation.

The researchers concluded that being in nature had a beneficial effect on the reduction of stress.

Reasons for the effect are unknown, but scientists think that we evolved to be soothed by nature.

Mariam Soliman, cognitive science and research intern

Reasons for the effect are unknown, but scientists think that we evolved to be soothed by nature.

Resources:

How Nature Can Make You Kinder, Happier, and More Creative.

By Jill Suttie


CA NATIVES
COLLECT'EM CARDS
Barn Owl
Tyto alba
Card
81


CA NATIVES
COLLECT'EM CARDS
Opaleye Fish
Girella nigricans
Card
80


California wild Grape

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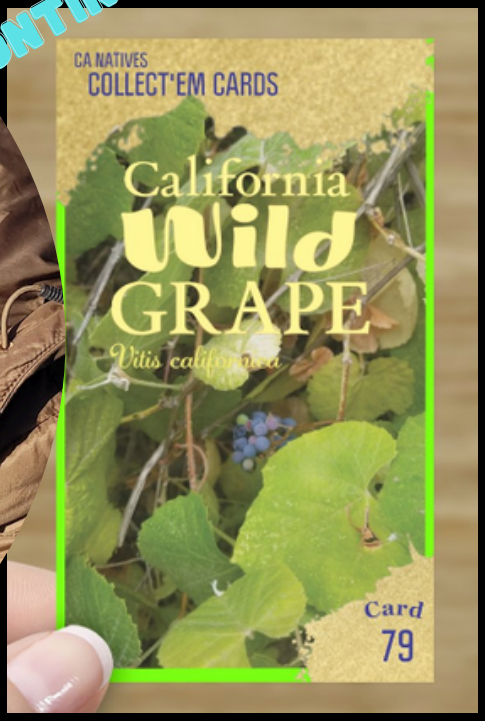

CA NATIVES
COLLECT'EM CARDS
California
Wild
GRAPE
Vitis californica
Card
79

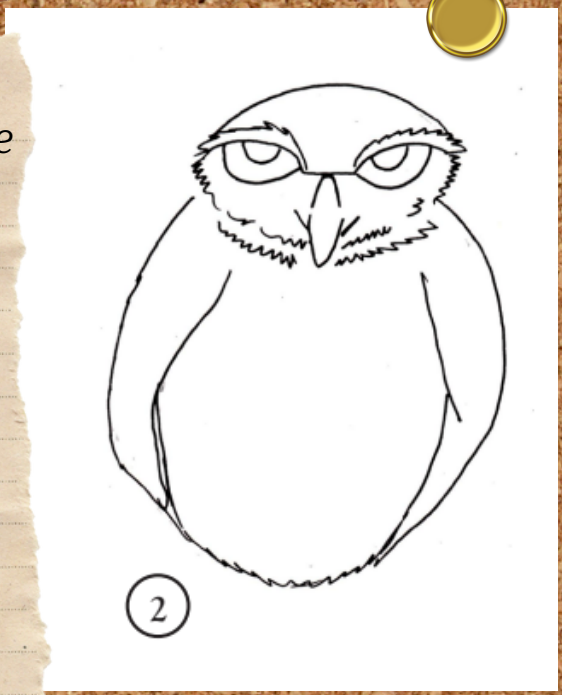

CA NATIVES
COLLECT'EM CARDS
GREAT
HORNED OWL
Bubo virginianus
Card
82

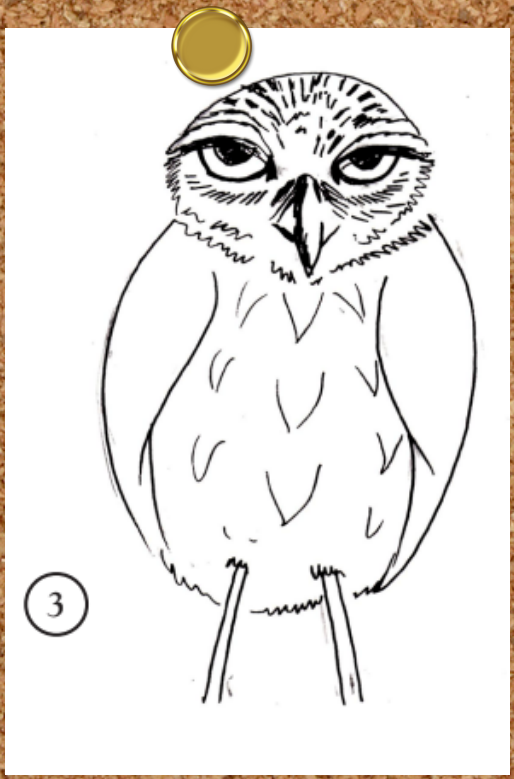
FIELD ARTIST'S CORNER

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

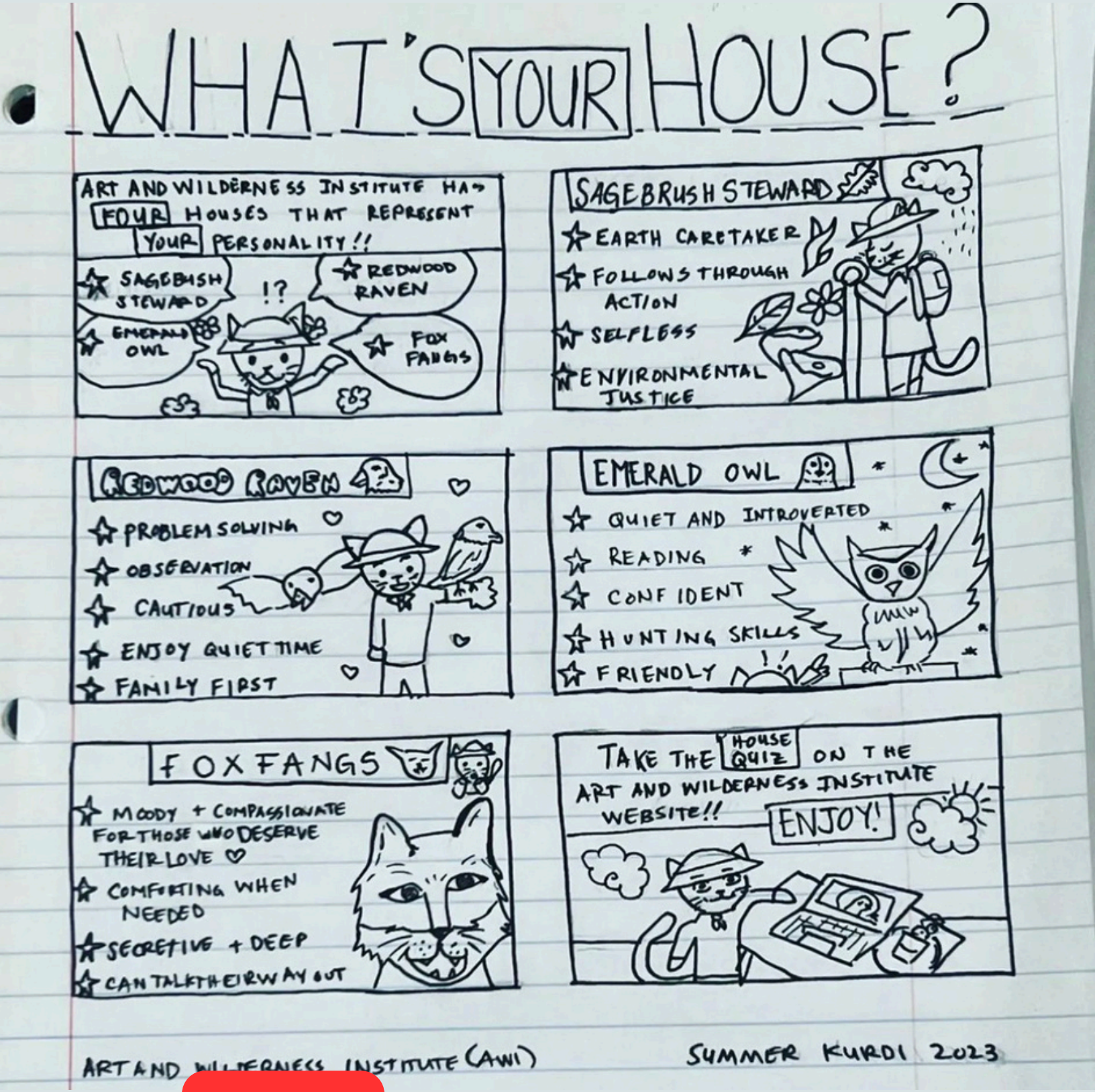
Burrowing Owl
(Athene cunicularia)

"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."





Comic Corner



click HERE to take the house test

AWI POET'S CORNER

Lullaby Among the Trees

By Fatima Mohammad

Feathered bodies, beating hearts
Expectations, will it start?
A gentle hum, swirling, slow
Feet skittering, eyes aglow
Melodious as a burbling stream
Uplifting, the sky's dream
Beaks apart, wings flared
Dismantle my dreams, dare!
Legs tapping ancient wood
Rhythm accepted, not understood
Softest bodies, beady eyes
Chirping the trees' lullaby

Spring

By Fatima Mohammad

A rustle among the frozen ground
A crackle through the snow
Thawed expectations rippling around
Frozen grounds split, joyful streams flow
Nestled in among the roots
Upspringing vibrant shoots
Wriggling through the soil, extending
Streaming on forever in a line never-ending
Spring!
The sprinkle of the warm rain on ever-shifting sand
The warm breath of life on a desolate land
The caress of a gentle breeze swirling among the trees
Once twisted branches spread at ease
Bloom!
Exploding from beneath the frost
Colored petals held aloft
Stroke a stem, so delicate, soft
Spring!

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

The Proper Way To Hike

By Ali Sidky

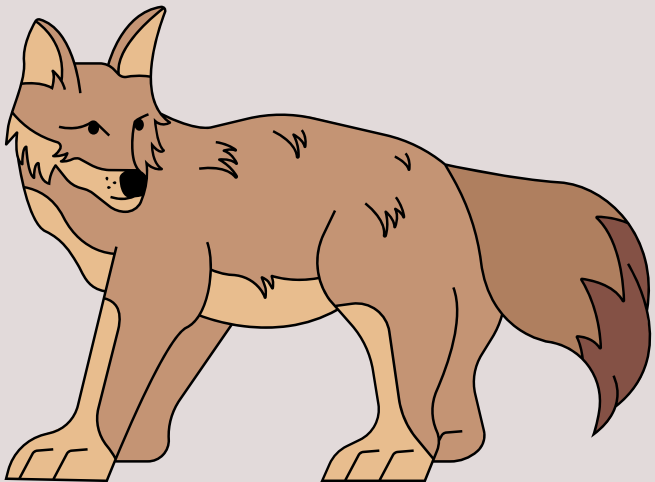
Animal Encounter/Attack

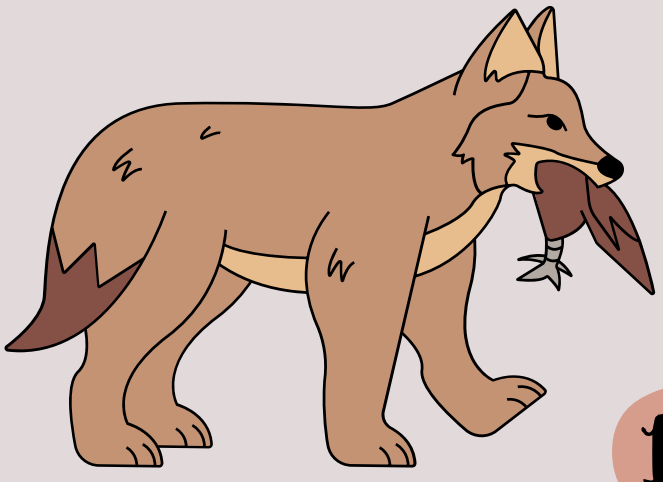
1. Mountain Lion

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.

2. Coyote

- Don't run away from a coyote.
- If you're approached by 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 arms, throw something at the coyote to get it to go away.
- If it doesn't, leave calmly.
- If you see a coyote during the daytime, you should exhibit caution, as that coyote may have become habituated to humans (and may be more likely to attack).



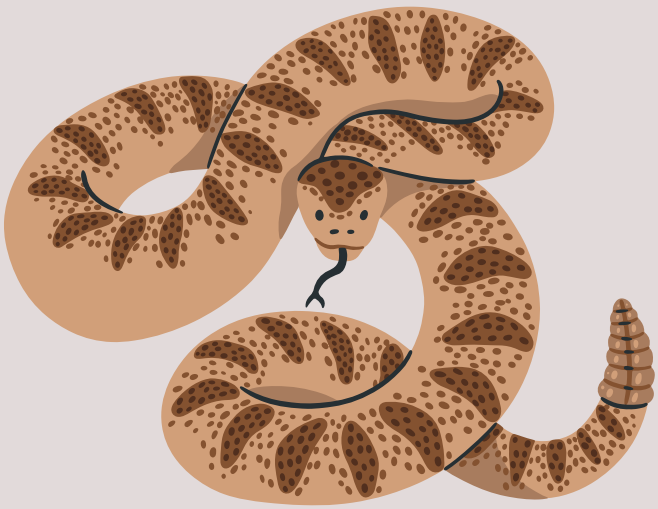


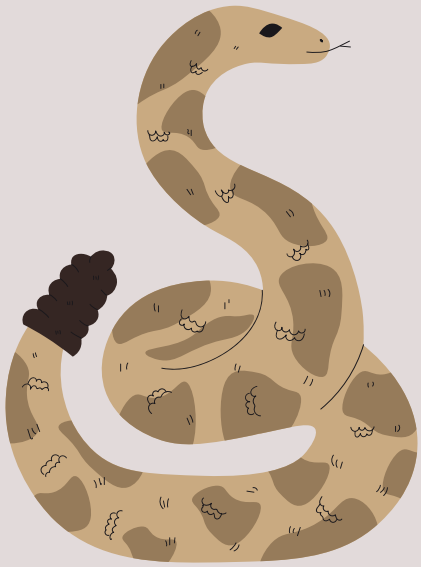
Snake

If the snake won't move off the trail, it's safest to **wait it out or turn back**. Don't try stepping over or around it, unless you can pass it at a safe distance – and watch where you step. Keep an eye on the snake in case it decides to escape your way. When motivated, they can glide fairly quickly. If you see or hear a snake, the best thin

g to do is to **stop, assess the situation, slowly back away, and wait at a safe distance for the snake to leave**.

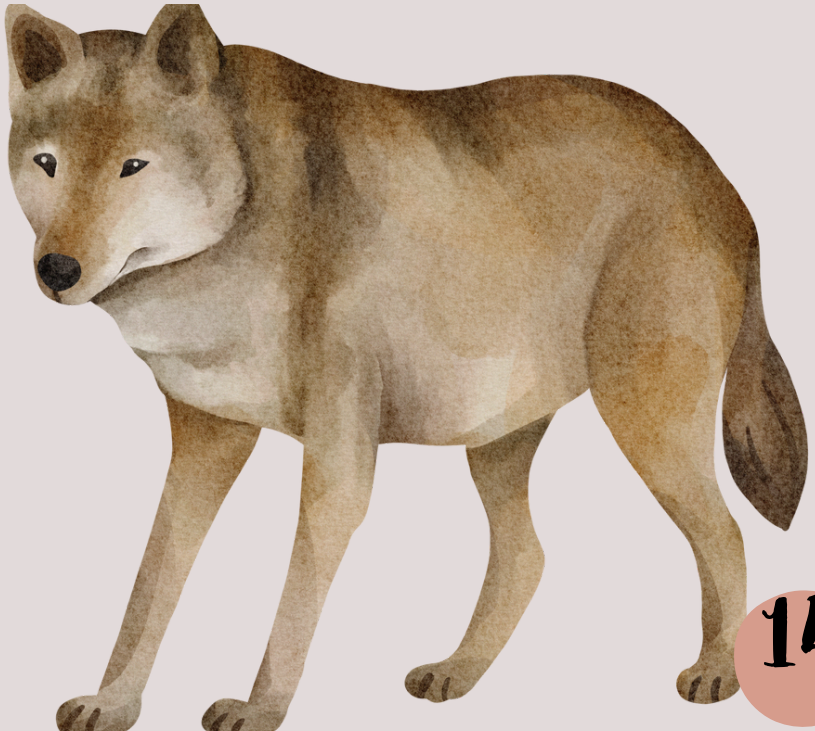
If there is a way to detour far around the snake, that's a good option too. Don't try to scare the snake away.





Wolves

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.



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!

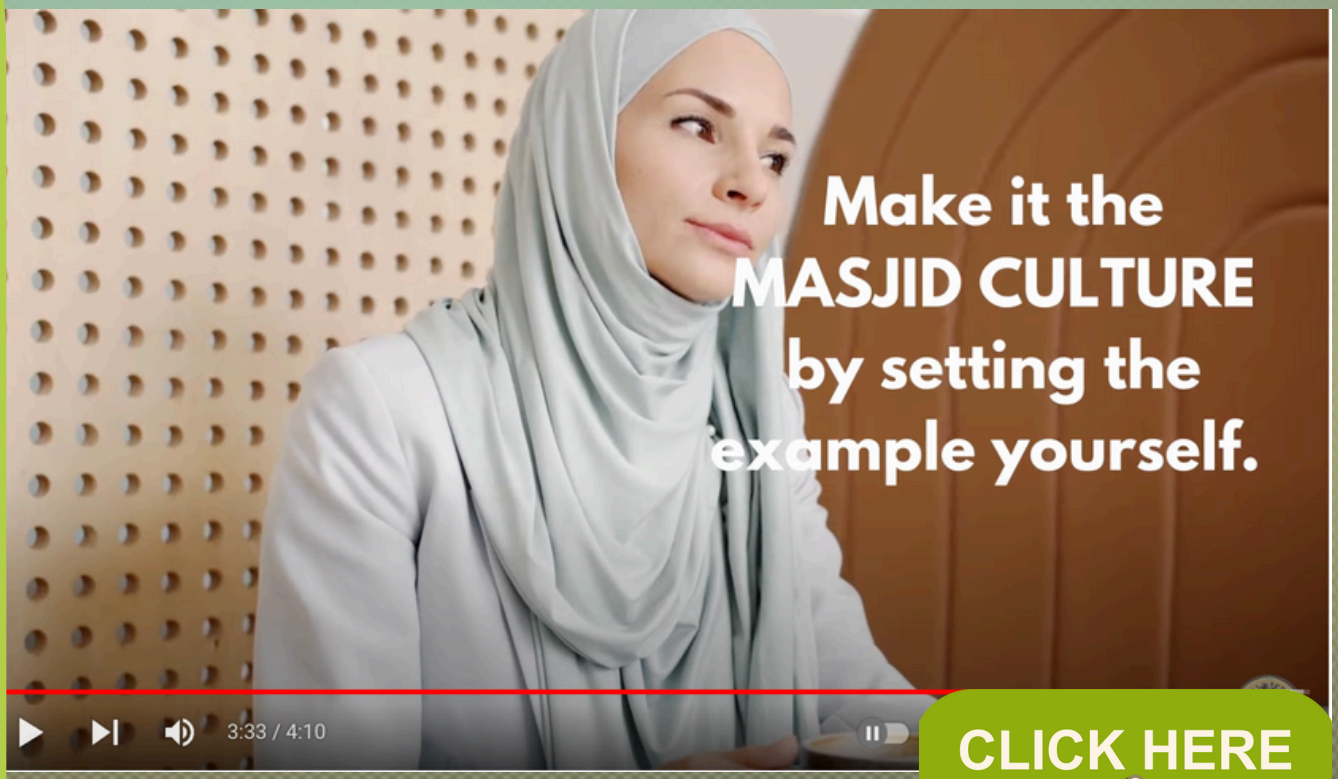
GREEN MASJID INITIATIVE

Watch Now:

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.



CLICK HERE

Visit our Website

CLICK HERE

Following in the Sunnah of the Prophet- Getting rid of Styrofoam

An educational video by AWI

Spring Flowers

By Safiyya Ruknuddeen

Because of all the rain we got, we have lots of our state flower CA poppy. These bright orange flowers are native to southern parts of North America. The part that grows above the ground of this plant is used for medicine.

Spring flowers have different colors and shapes. The bright colors catch the eye.

Spring Flowers (continued)

The bright purple flower, lupine is named after “lupus” the Latin word for wolf. These flowers are deer resistant, and butterflies, bumble bees, and hummingbirds love this flower. These beautiful plants are great for gardening, giving the garden a great pop. The seeds are toxic to both humans and livestock.

HOUSE SCOREBOARD

Sagebrush Stewards is in the lead!

Did you know?

Be sure you fill out the form to earn points for volunteer days, leading hikes, and other things. The pooints wont get added unless you fill out the form! Only actions worth 5 of more get displayed on the house scoreboard even though the points will be added.

Learn more about how the houses earned these points

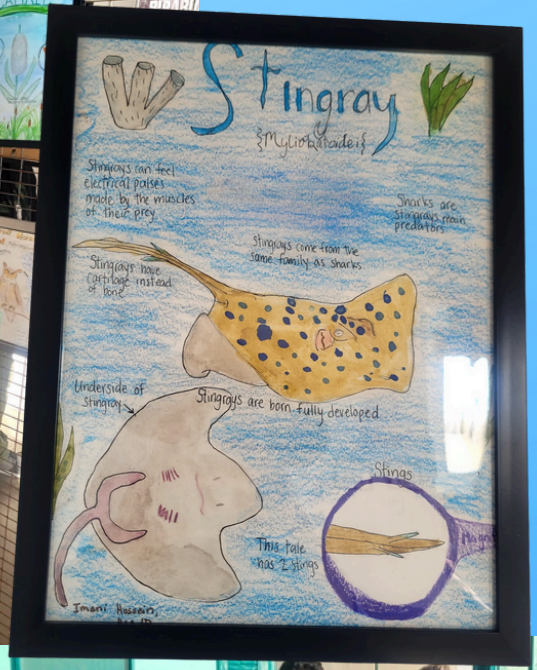
CLICK HERE

Get House Points

ART & WILDERNESS INSTITUTE

End of "AWE"

On May 8, over 60 AWI members gathered at the closing reception of "AWE". This art show featured student artists from AWI who shared their introspective nature journaling pieces from Crystal Cove State Park. This was a beautiful gathering where families shared food, brought their own reusable serving ware for a zero-waste environment, and then played tag along the shore as the sun set on the horizon.



Over 50 art pieces were featured for 2 months in the historic Crystal Cove State Park Cottage and was seen by thousands of visitors.

2023

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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Ladies Backpacking Trip

MAY
Theme: Compassion

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Mother/Daughter trip

JUNE
Theme: Celebration

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Family Campout

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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NOVEMBER
Theme: Good Manners

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DECEMBER
Theme: Friendship

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31						

- 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

Calendar

Want to contribute to the Newsletter?

Email

awinewsletter.editor@gmail.com

OR

sumayyah.labanieh@gmail.com

TO JOIN THE TEAM

Call for:

Poetry

Articles

Comics

Nature Journaling Pages

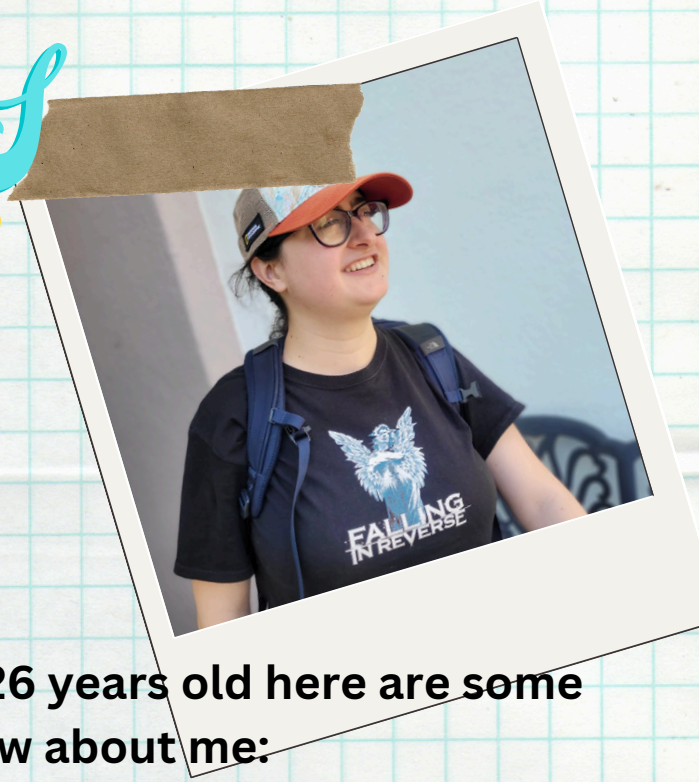
Cool stories about your AWI classes and teachers.

and more!

To participate in the House Cup Tournament, Be sure to wear your house colors.

- Fox Fangs
- Emerald Owl
- Redwood Raven
- Sagebrush Steward

Summer's Comics



My name is Summer Kurdi and I am 26 years old here are some things you need to know about me:

I love all types of animals especially the big cats. I enjoy nature documentaries and going on hikes/ adventures during my free time.

I have a bachelors degree from California state university of Fullerton (CSUF) in communications Public relations. Recently, graduated from Pepperdine graziadio business school with a management and leadership degree (MSML)

I currently work as a medical assistant and office manager for a private clinic in fountain valley that focuses on diabetes and thyroid.

In addition I do a lot of volunteering within the community: SabilUsa, Tallyridingacademy, and on the executive board for SoCal MIST

Part 2: I create a lot of informational comics related to the AWI experience that I will share with the community. I enjoy telling stories through my art work, and it's really awesome to have people share my work on all platforms and spread awareness about the wild.

Tips: bring snacks to share with your "class" while you're out on the hike in the field.
Take lots of picture - and if you don't have a camera write or draw in your journal so you can share the experience you had to your peers !

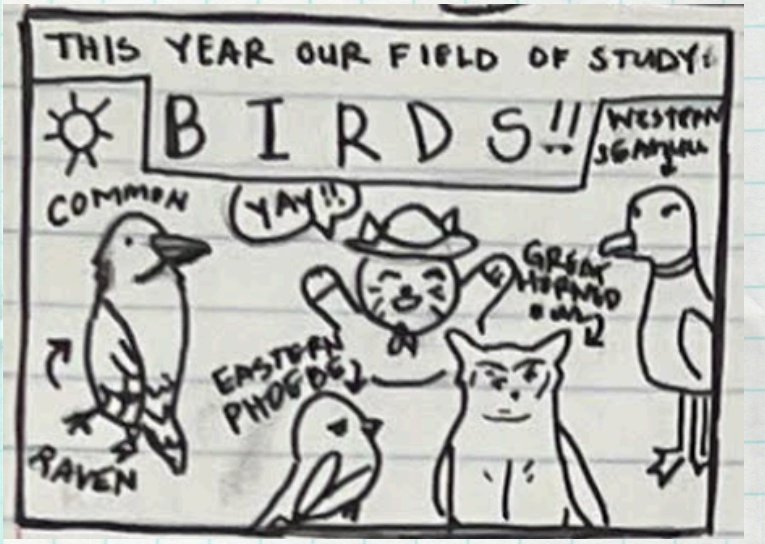
Part 3: I love working at AWI because I get to use my leadership skills from my masters program, youth mentorship experience at the mosque in irvine, and provide general mentorship to my family/ life.

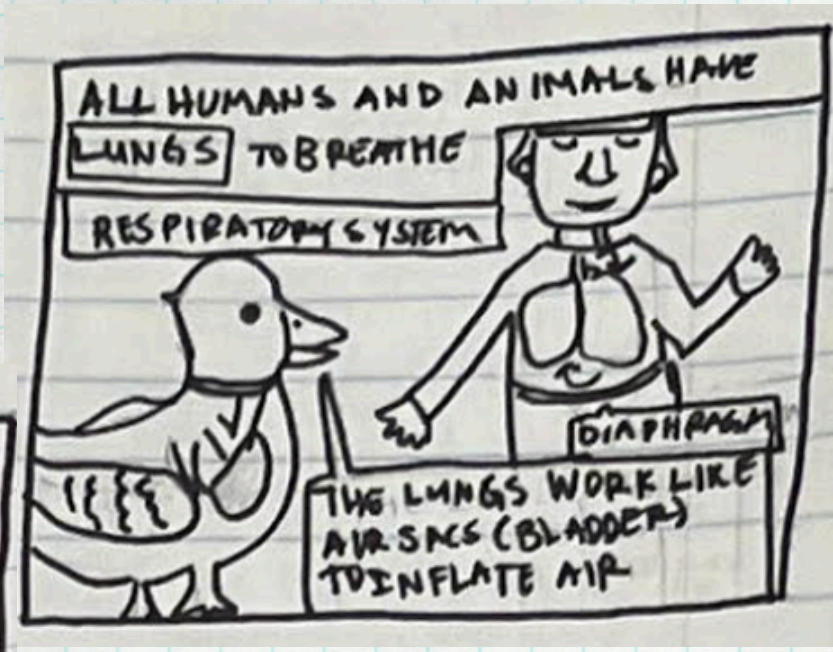
Connecting with students / children / youth is very important to me because I can "plant the seed of knowledge" about life and the wild to help it grow.

And finally, being outside in nature / outdoors gives me a breath of fresh air after a long week of stressful work. note: just 20 minutes or more per day spend outdoors will increase your happiness / seretonin levels for the rest of the week!

Summer's Comics

The BIRD System





Summer's Comics

The BIRD System

Continued