



BEREA COLLEGE FORESTRY OUTREACH CENTER

January 2020 Friends of the Forest Newsletter

Group Hikes!

Our Saturday group hikes at The Pinnacles continue from 1:00-3:30 led by various members of our team.

Group hikes will also be at Brushy Fork on Fridays at 12:30! Meet at the fountain by the Alumni building and Shinn's Tower.

Students watch for an email to SIGN UP for the Saturday 12:45 SHUTTLE from ALUMNI CIRCLE

CENTER HOURS:

Every Day 10:00AM-4:00PM

Closed @ 3:15 on Tuesdays

HAPPY NEW YEAR!

What's coming up?

All events are free, open to the public, and kid friendly.

*Group Hikes: Saturdays

1:00-3:30 pm at The Pinnacles

*Group Hikes: Fridays

12:30-2:00 pm at Brushy Fork

*Documentary Dialogue:

Astronomy and Telescope Use

Jan. 16th, 6:00-8:00 pm

*Ecobrick Drop-in Workshop and

Demonstration: Jan. 20th,

1:00-4:00 pm

*Sunset Hike: Jan. 24th, 5:00 pm

(rain date Jan. 31),



Berea College
Forestry Outreach
Center



@bereacollegefoc



Naturalist

Project: Biodiversity of
the Berea College
Forest

<https://forestryoutreach.berea.edu/>

Ecobrick Drop-in Workshop & Demonstration Jan. 20th, between 1:00-4:00 pm

Come join us for this hands-on workshop of making ecobricks and learning how to build with them. Ecobricks are made from plastic bottles stuffed with soft plastics waste. Around the world, people are using ecobricks to create anything they can imagine from planters to benches to entire schools as a way to reduce the amount of plastic in oceans and landfills. Our student worker, Lucas Collett, has become a local ecobrick advocate. He will be on hand to teach and assist during the workshop.

Drop in between 1:00 and 4:00 to:

*Make your own ecobricks

*Learn about constructing with ecobricks using wire frame and concrete as well as other methods

*Get information and resources about how to create your own ecobrick project at home!



Example of an ecobrick project

Materials will be available, but please bring your own 16 or 20 oz. plastic bottles and feel free to bring any clean and dry soft plastics you may have.

Documentary Dialogue

Jan. 16th, 6:00-8:00 pm

Have you always wanted to learn to use a telescope? Maybe you got one as a holiday gift... Whether you own a telescope or not, please join us for our Documentary Dialogue on Jan. 16th. Jeff Hutton present a beginner's guide to telescope use. If you own a scope or a pair of binoculars, bring them along and Jeff can help you get started. Like most events at the Center, this is open to learners of all ages. Be sure to bring all the pieces and parts as well as the owner's manual, if you have it. Jeff has been building, fixing and using astronomical telescopes for nearly 50 years and will be happy to help you get the most enjoyment from yours. Stay tuned for recurring astronomical events with Jeff here at the FOC in the near future!



Meet our Students

At Berea College, students are the heart of most campus organizations. The FOC is no exception! We are always excited to get to learn from our wonderful labor students who share their knowledge, dedication, and enthusiasm!



Back row (left to right): Chase Denny, Blake Day, Tim Thiessen, Kennet Manley
Front row: Elijah Hicks, Lucas Collett, Julia Roberts

Sunset Hike

Jan. 24th, 5:00 pm (rain date Jan. 31st)

Join us on a group hike to the top of a pinnacle to watch the sun set. Winter hiking provides wide open views and time to enjoy the fresh, crisp air. Meet in the FOC building a little before 5:00 pm and bring flashlights/head lamps if you have them! If needed, the rain date will be announced on our Facebook event and main page.



The Benefits of Spending Time Outdoors

When you think of "spending time outdoors," you might think of doing something active. Running, hiking, swimming... Of course, these are beneficial to your body. But what about your mind? From a study cited in *The Nature Fix* by Florence Williams, it was found that spending just five hours a month outdoors can help restore feelings of relaxation, vitality, and positive emotions. Five to ten hours a month only takes a half hour a few times a week. Joining our weekly two hour hikes adds to the benefits. The study concluded that "the more nature [you experience], the better you feel." We can all become more aware of small changes with big benefits when it comes to our relationship with the outdoors. You don't have to climb to the top of a mountain to appreciate the natural world. This new year, perhaps you can find a special place outdoors to just *be*.

While You're Outside...

...keep an eye out for the flora and fauna around you! Use the app iNaturalist to upload pictures of species you find and get an identification. You can contribute to our ongoing project, "Biodiversity of the Berea College Forest", if you take pictures at The Pinnacles, Anglin Falls, or Brushy Fork!