



## BEREA COLLEGE FORESTRY OUTREACH CENTER

December 2020 Friends of the Forest Newsletter

### Winter Fun with the Family!



The temperature is decreasing, but that doesn't mean you have to stay inside! There are lots of wonderful outdoor activities for individuals, friends, and families to participate in outdoors. We will be featuring a variety of activities for the winter months throughout December.

### Take A Look at What's New

Looking for a fun way to get outside this month?

The Berea College Forest offers wonderful opportunities for you to enjoy outdoor activities. Here are a few of our favorites:



Come check out our new "Thinking Tour" in the lower part of the Pinnacles. Look out for the signs, observe the nature around you, and have some fun too!



You'll find these kid-attractors near the entrance to the hiking trails at the Pinnacles. Stay tuned for more family-friendly forest activities here and coming soon to Berea's parks.

#### Land Acknowledgement:

*Osiyo. Hatito. (Hello)*

We invite you to join us in acknowledging that the Berea College Forest is located on the traditional territories of the sovereign Shawnee and the Cherokee nations. Both nations hold these mountains in care and tradition. Tribes are often involved in work to protect land that many have been forcibly driven from. The harms inflicted by the separation and removal of Indigenous People from these ancestral lands run deep. The erasure of their language and stories further rewrites the narratives we tell about these lands and waterways to keep them conveniently open, and this only deepens wounds for Indigenous communities. Please take a moment to reflect on this beautiful land, to honor and show gratitude towards its original caretakers- the Shawnee and the Cherokee. We hope that you, too, will become a caretaker of this land.

Thank you to Tiffany Pyette for this Land Acknowledgment Statement.

The Pinnacles, Brushy Fork, and Anglin Falls trails are **OPEN**. The Forestry Outreach Center and restrooms are **CLOSED**.

We appreciate you practicing safe social distancing as well as Leave No Trace in order for the trails to remain open safely.

Read the full re-opening announcement on our social media and website listed below.



Berea College Forestry Outreach Center



@bereacollegefoc



Citizen Science Project:  
Biodiversity of the Berea College Forest



Seek app by  
iNaturalist, great I.D. tool  
for kids and families

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



## Winter Nature Activities



**Frozen Suncatchers:**  
Made with a pie pan, water, and things you can find outside. See how many colors you can find in the wintertime!

**Nature Confetti:**  
Use dried leaves and flowers from the fall to make fun, biodegradable confetti. Great for pictures or outdoor celebrations!



**Evergreen Identification:**  
Not all the trees have lost their leaves! See which ones you can identify in the forest.



**Frozen Bubbles:**  
Temperature below freezing? Break out the bubbles and start a science experiment just outside your door!



## December Skies Over the Forest



Last Quarter: Dec. 8th  
New Moon: Dec. 14th  
First Quarter: Dec. 21st  
Full Moon: Dec. 30th



Watch as Jupiter and Saturn move closer to each other, appearing to be one bright star in the sky!

Learn how your hand can help you gauge distances... and much more on our website:

<https://forestryoutreach.berea.edu/skies-over-the-pinnacles/>



## Forest Spotlight: Cold Weather Walking

While we might be inclined to hide inside during the winter months, getting outdoors is still (if not moreso) important for your body! Being outdoors, even for a short period of time, has a variety of benefits:



**Going outside...**

*Lifts our mood  
Provides Vitamin D  
Can improve our memory  
Allows us to be mindful and  
Helps our immune system*



**Check out the Dec. 3rd article in the Richmond Register for an update on the Berea College Forest:**

[https://www.richmondregister.com/news/good-thinking-berea-college-forestry-outreach-center-creates-thinking-trail/article\\_323a4ff1-1bc6-5ead-8a22-a3beb4d47c5a.html](https://www.richmondregister.com/news/good-thinking-berea-college-forestry-outreach-center-creates-thinking-trail/article_323a4ff1-1bc6-5ead-8a22-a3beb4d47c5a.html)

Follow the Berea College Forestry Outreach Center and the Berea College Forestry Department's social media pages for information throughout December!

*Wado. Niyaawe. (Thank you).*

## Reach Out!

Questions about the forest? Hiking? The natural world? Feel free check out our website (<https://forestryoutreach.berea.edu/>) or reach out to:

FOC Director: [wendy\\_warren@bera.edu](mailto:wendy_warren@bera.edu)

FOC Naturalist: [john\\_abrams@bera.edu](mailto:john_abrams@bera.edu)