



# BEREA COLLEGE FORESTRY OUTREACH CENTER at the Pinnacles

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## September 2022 Friends of the Forest Newsletter



### Why Should You Spend Time Outdoors?



The FOC is OPEN  
Our hours are  
Tuesday-Saturday  
10-4, Sunday 12-4.

Land Acknowledgement:  
*Osiyo. Hatito. (Hello)*  
The lands which comprise the Berea College Forest are the traditional homelands of Shawnee and Cherokee peoples who hold these mountains in care and tradition. Thank you to Tiffany Pyette for this Land Acknowledgment Statement.

One of the FOC's missions is to teach folks about the benefits of reconnecting with nature and spending time outdoors.

There has been much research done regarding the important role of nature to human beings. From Florence Williams' *The Nature Fix*:

- After five minutes in a forest surrounded by trees, the heart rate slows, facial muscles relax, and the prefrontal cortex quiets.
- Water and birdsong improve mood and alertness.
- Spending fifteen minutes in nature can reduce levels of the stress hormone cortisol.
- Spending time in natural landscapes increases alpha waves in the brain, which are associated with calm and alertness.
- Spending an hour and a half in nature reduces preoccupation with problems and makes us feel more connected to others and the world around us.
- Spending five hours in nature per month can make us happier overall.

So, if you would like support or to spend time outdoors with others...



...join a group hike, walk,  
or hang out at the Pinnacles!

**Every Saturday at  
1:00 pm**

\*Student shuttle leaves Alumni Circle  
at 12:45 pm, returns ~3:30 pm\*

Free and open to all. Please bring everything you need for the activity you choose including appropriate clothing/footwear, snacks, water, chairs, hammocks, and medications (inhaler, EpiPen, etc.)

If you'd like to check out our website, visit  
[forestryoutreach.berea.edu](http://forestryoutreach.berea.edu).

\*Above excerpted  
from  
*Healing with Nature*  
by Rochelle  
Calvert, PhD

## September Events:

\* see newsletter for more info \*

All events at the FOC/Pinnacles  
unless otherwise noted



Welcome back,



Berea College students!

- Pinnacles group hikes Saturdays at 1:00 pm. \*Student shuttle leaves from Alumni Circle at 12:45, first come first served\*
- Bug Safari: Sept. 4th & 14th, 2:00 pm
- Star Party: Sept. 8th, 7:30 pm
- Outdoor Free Play w/ Winterberry Studio: Sept. 10th, 2:00-4:00 pm
- Night Hike: Sept. 16th, 7:30 pm
- Free Trees and Backyard Ecosystems Workshop: Sept. 18th, 2:00 pm
- Students Autumn Equinox Painting at Brushy Fork: Sept. 22nd, 6:00 pm  
\*must RSVP on Berea Engage
- Campus iNaturalist BioBlitz, now through Thanksgiving Break



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/>





## Student Campus-wide Bioblitz!



Join in on some friendly competition while learning about the natural world around you and helping to catalogue wildlife species in Berea! From now until Thanksgiving Break, when you upload photo or audio observations to iNaturalist, you will be put in the running for some cool prizes! More info is on the project page (QR code above) or search for Berea College Campus Bioblitz Fall 2022 in the app or on [iNaturalist.org](http://iNaturalist.org). It's easy to use!

1. Take photos of wildlife on campus and on the Brushy Fork Trails, make sure location is on
2. Download the app and make an iNaturalist account
3. Upload your photos to get them identified and be included in the bioblitz Project

## Free Trees

and Backyard Ecosystems

September 18th, 2:00 pm

Join us for a hands-on workshop for homeowners and curious people who want to learn about the biodiversity in their back yards and how to shape them into better habitats for less time and money than a traditional lawn. We will take a walk and search for the pockets of biodiversity and resilience that exist in lawn and roadside environments and also observe healthy ecological succession.

Take home a free, native tree sapling!

Thanks to our volunteer, Abigail, who will share what she's learning to observe in human-shaped environments and how to care for rather than fighting against natural ecosystems.



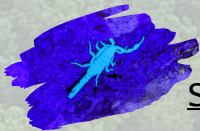
## Nocturnal Fun!

### Star Party

September 8th, 7:30 pm



Join local astronomer Jeff Hutton for a presentation followed by viewing the night sky through telescopes if the weather is clear.



## Night Hike

September 16th, 7:30 pm



Follow our ecologist, John, and you never know what you might find. It's all about spending time outdoors and paying attention to the world around you...Please bring your own flashlights, lanterns, or headlamps! The walk is slow and kid-friendly.



Students, keep an eye out for events on Berea Engage!

## For Kids of all Ages...

### Outdoor Free Play w/ Winterberry Studio

September 10th, 2:00-4:00 pm at the Pinnacles

All welcome! Meet at the playscape along the trail for nature play for all ages!



Reminder: the playscape is open to play at any time!



## Bug Safari



September 4th and 14th, 2:00 pm

All ages are welcome to come take a walk with FOC staff and look for cool bugs! We'll lift logs and shake trees to try and find insect friends. This time of year is a great one to find caterpillars!

## September Moon Phases

First Quarter: Sept. 3rd

Full Moon: Sept. 10th

Last Quarter: Sept. 17th

New Moon: Sept. 25th



Learn how to measure the distance of stars with Jeff Hutton's *September Skies Over the Pinnacles* article on our website: [forestryoutreach.berea.edu](http://forestryoutreach.berea.edu)