



BEREA COLLEGE

FORESTRY OUTREACH CENTER

at the Pinnacles: Homelands of
Shawnee and Cherokee Peoples

Tues.-Sat. 10am-4pm, Sun. 12-4pm

Trails open dawn to dusk, daily

2047 Big Hill Rd. Berea, KY 40403

859-756-3315

<https://forestryoutreach.berea.edu>

UPCOMING EVENTS

All events at the FOC/Pinnacles unless
otherwise noted. Free, all welcome.

*Outdoor activities weather-dependent

- *Saturday Group Hike, 1:00pm

Student shuttle leaves Alumni Circle

at 12:45pm, returns around 3:30pm

Group Hikes each Saturday, weather

and holiday dependent.

- **Forest Meditations 10am
every Saturday**

- Observe the Moon Night/Night
Walk: October 4th 8:00pm

- **Owl Pellet Dissecting: October
5th, 2:00-3:00pm**

- Bug Pinning Workshop: October
8th, 5:30-7:30pm

- **Cyanotype-Solar Printmaking
October 26th: 2:00-3:00pm**

- SEE PAGE 3 FOR A LIST OF

EVENTS DURING

TREE WEEK 2025, OCT. 10-19

thanks to the Urban Forest

Initiative



@bereacollegefoc



Citizen Science Project: Biodiversity of
the Berea College Forest

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

OCTOBER 2025 FRIENDS OF THE FOREST NEWSLETTER

THE BENEFITS OF TIME OUTSIDE

Spending time outdoors is one of the most important gifts we can give ourselves. Recent research has shown what many of us have always known—that nature can relax and therefore help heal our body, mind, and spirit.

- After *5 minutes* in a forest surrounded by trees, the heart rate slows, facial muscles relax, and the prefrontal cortex quiets.
- After *15 minutes* in nature, levels of the stress hormone cortisol are reduced.
- 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.

You don't have to go hiking, play sports or do something physically demanding in order to gain these benefits (and more) of time outside...you can simply just *be*.

NATURE R&R

October 9th & 16th, 6:00-7:00pm, meet at Alumni Field fire pit

October 18th, 11:00am-12:30pm at the Pinnacles

Nature Relaxation & Restoration/Forest Bathing is a 2 hour, slow-paced, restorative forest experience--not a hike or walk. Please bring a portable chair or something to sit on and dress for the weather. Weather dependent, [RSVP for updates](#):

Reserve a free spot by searching

“Berea College Forestry Outreach Center” on Eventbrite or call 859-756-3315. [Directions to locations found online at](#)

forestryoutreach.berea.edu.



FOREST MEDITATIONS

Saturdays, 10:00am



Come join us for Forest Meditations every Saturday at 10 am at the Forestry Outreach Center. This is an opportunity to connect with ourselves, each other, and the world. All are welcome.

BUG PINNING WORKSHOP

October 8th, 5:30-7:30pm

Have you ever found a bug that you'd like to preserve but aren't sure how? Come learn the basics of insect pinning! Materials provided. If you have insects you'd like to bring, place them in a closed container with a damp paper towel for 24 hours before.

OBSERVE THE MOON NIGHT

October 4th, 7:30pm

Local astronomer, Jeff Hutton, will be here with telescopes set up to view the moon for International Observe the Moon Night!

Feel free to bring your own telescope.



After Jeff's presentation and moongazing, we will go on a short, slow walk through the woods. Please bring a flashlight/headlamp if interested. (weather dependent)

Learn about the night sky each month with an article by Jeff, head of the Pinnacle Astronomy Club! Look under the "Forest Ecosystem" tab on our website.

ACTIVITIES:

Always **free** and open to all. * **Outdoor activities** are weather dependent. RSVP on Facebook for more info and updates.

View more activities on our Tree Week schedule on p. 3



October 5th
Owl Pellet Activity
2:00-3:00

Scientists can learn a lot about owl health and behavior from looking at their diet. We can do that with owl pellets--what an owl regurgitates after eating! We will dissect pellets and see what our owl friend ate.

Limited supply. Pellets are sanitized.

October 26th
***Cyanotype- Solar Printmaking**
2:00-3:00

Join the Berea College Printmaking Club in making cyanotype prints--using the energy from the sun to develop designs on paper/fabric. Supplies and paper provided. You're welcome to bring a small linen or cotton item to dye. Rain date: November 2nd

TREE WEEK OCTOBER 10-19, 2025

COMING TO A KENTUCKY COMMUNITY NEAR YOU

Statewide event schedule: <https://ufi.ca.uky.edu/>



BEREA EVENTS:



public event



campus event

Oct.
11th
Saturday

Birdwatching Walk
meet at FOC
8:30am

Forest
Meditations
10:00am

Tree I.D. Walk
Pinnacle Knob Trail
11:00am

Group Hike
FOC
1:00pm



Whimsical Woods Costume Making
Hafer-Gibson Building, Rm. 101
w/ Berea Art in Action – 1:00-3:00pm

Oct.
12th
Sunday

Oct.
14th
Tuesday

150th
Mountain
Day!

Tree Planting
between FOC & cabin
1:00-3:00pm

Staff/Faculty Mountain Day Mingle
Alumni Circle/Baird Lounge
3:00-5:00pm

Tree Nursery Box Painting
Doris-Ulmann Galleries
4:30-6:00pm

Nature R&R/Forest Bathing
Brushy Fork, meet at fire pit
6:00-7:00pm

Oct.
16th
Thursday

Oct.
18th
Saturday

Birdwatching
Pinnacle Knob Trail
8:30am

Forest Meditations
FOC
10:00am

Nature R&R/Forest
Bathing, FOC
11:00am-12:30pm

Group Hike
FOC
1:00pm



Whimsical Woods Family Event
w/ Berea Art in Action
FOC
5:00-7:00pm

Oct.
19th
Sunday

Tree of the Month!

by Michael Barnes

This month our tree of the month is *Liquidambar styraciflua*, or American Sweetgum. With its unique star shaped leaves and spiky “gumball” fruit this large native tree might be the biggest showstopper of the Eastern Deciduous Forest. Sweetgum leaves can be purple, red, yellow and green all on the same branch in a display that can stop you in your tracks. Sweetgum can grow to a height of 130 feet and do well when grown with Tulip Poplars, Hickories, Oaks and Bald Cypress.



Explore the campus tree map yourself! Scan the QR code or look under the “Forest Ecosystem” tab on our website.