



WINTER 2023 issue

JANUARY 2023 ISSUE 2


EXPLORER

for lovers of Art and Nature!

www.artandwildernessinstitute.com



TOP 5 SoCal Hikes



Learn how to draw a Great Horned Owl!

PAGE 8

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](#)



Out in the Estuary



Geo Song

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Photography Contest!

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POET'S CORNER

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Musings of a Mentorship Mom



PAGE 20

My Top 5 Favorite Hikes

By Naseera Hussein

1 Torrey Pines

San Diego, California

Torrey Pines State Natural Reserve has many trails to hike. The Guy Flemming trail is only 0.8 miles long, however when you are hiking you get a beautiful view of the ocean and there are some really nice viewpoints that are great for taking photos, if photography is your thing. I think it's a very nice trail to think, reflect, and nature journal. The surrounding trees and area invite you to sit and stay there for hours!

2 Joshua Tree

Twentynine Palms, California

Joshua Tree National Park is full of amazing campsites, hiking trails, and numerous areas to rock climb. The area also has the most gorgeous sunsets with reds and oranges in many different shades. The hiking trail I would recommend would be the Mastodon Trail. This trail is about 2.5 miles long and has tons of rocks perfect for climbing. If you're interested in camping, the campsite that I went to was called the Indian Cove and this campsite has lots of little holes in the rock formations, which make it fun for hiding and playing in. At night time it is also great for stargazing.

3. Griffith Park

Los Angeles, California

The Hollyridge trail at Griffith park is about 5 miles. This is a pretty awesome trail since when you get to the top you can see THE HOLLYWOOD sign and who doesn't want to see that! You can also see the entire Los Angeles cityscape. This hike is pretty steep with very little shade so it's best attempted in the cooler months.



4. Crystal Cove State Park

Newport, California

The trails here provide such beautiful views of the ocean and surrounding cliffs. They have trails ranging from easy to hard, so there is something for everyone. It is definitely a wonderful place to explore and dip your feet in the water after a long hike.



5. Double Peak

San Marcos, California

This hike has several streams and beautiful native California flowers alongside the trail with a wonderful viewpoint at the top. This hike is 4 miles long with a lot of steep sections, but a great spot to have a picnic and bird watch. This is definitely a hike I really enjoy even though it's pretty hard. It feels so rewarding to get to the top and enjoy the view, eat lunch and read before going back down.

I love hiking because this world was made for us to enjoy and explore. Hiking is also a great way to exercise, relax or even get artistic inspiration. Sometimes when I'm on a hike, I may notice there is a roped off area where they are trying to re-introduce plants, so it's always exciting to come back and see the changes that have been made in that area.

Well that was my top 5 hiking spots. I hope you will enjoy them as much as I do.

Nature Quote of the Month

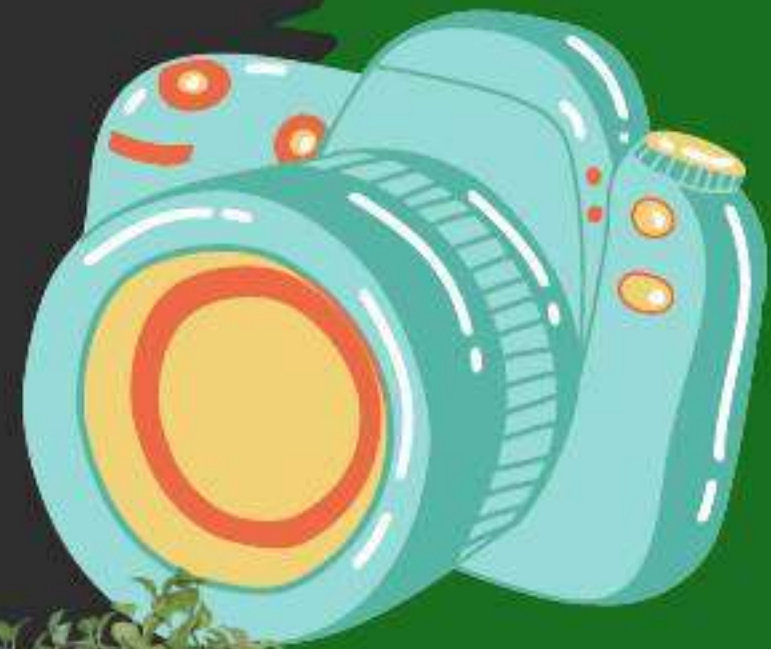
"Land really is the
best art."

-Andy Warhol



Photography Competition

Submission Deadline: March 5



For a chance to be featured in the AWI newsletter as 'Photographer of the Month' and earn 500 points, email awinewsletter.editor@gmail.com with a pdf file of your photo, your first and last name, your age, and the location you took the photo at.

Photography theme of the month: **plants**
ie. tree, flower, leaf

If you have any questions, you can reach out to the same gmail



Creature Feature: jumping spider



Cute little guys aren't they?



You can tell by the name that these little spiders can jump, and that's correct! They can jump pretty far for such a small animal!

They may look cute but don't be fooled! These spiders are serious predators. They catch bugs from crickets to small bees, and that's pretty good, because the biggest one was only less than an inch long!



You may know that some spiders spin webs to catch prey, like orb weavers or house spiders. Jumping spiders spin webs to, but as little tents!

Because of this these spiders hunt. They stalk like tigers prowling Their miniature jungles traveling rather far for their size.



Want to contribute to the Newsletter?

Email

awinewsletter.editor@gmail.com

TO JOIN THE TEAM

Call for:

Poetry

Articles

Comics

Nature Journaling Pages

Cool stories about your AWI

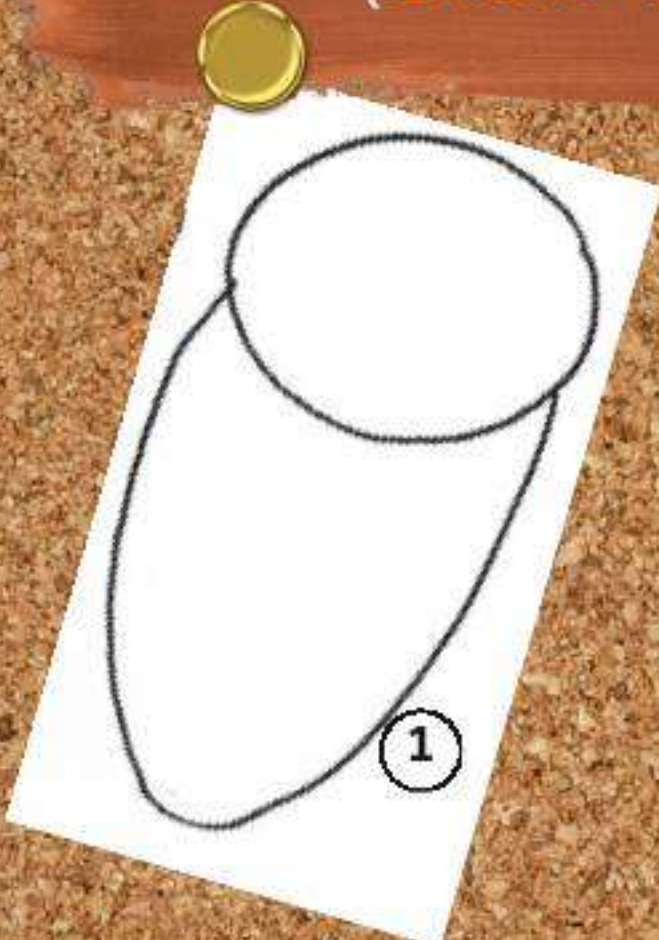
classes and teachers.

and more!

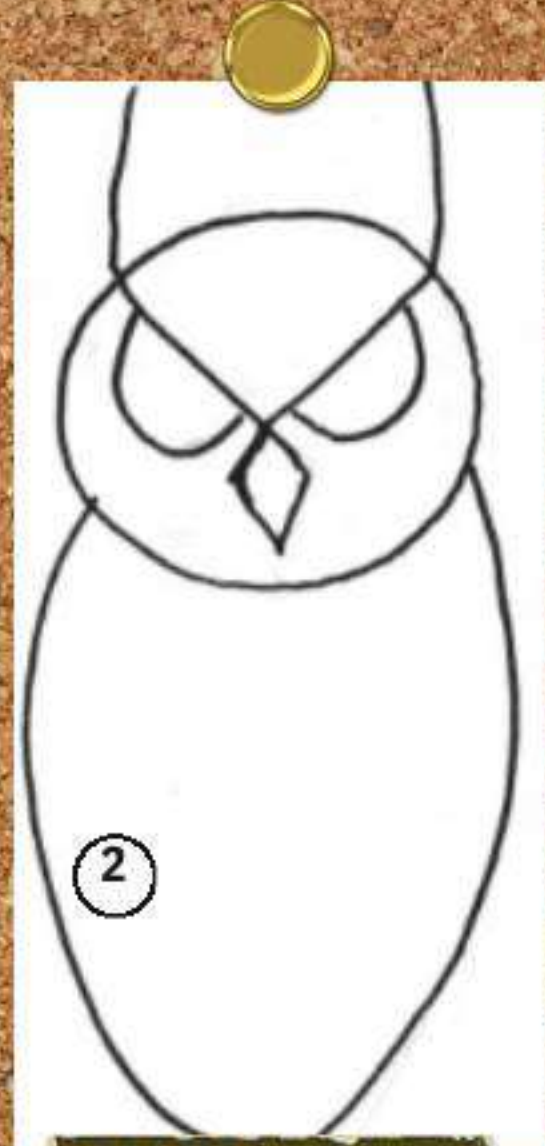
FIELD ARTIST'S CORNER

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

Great Horned Owl (*Bubo virginianus*)

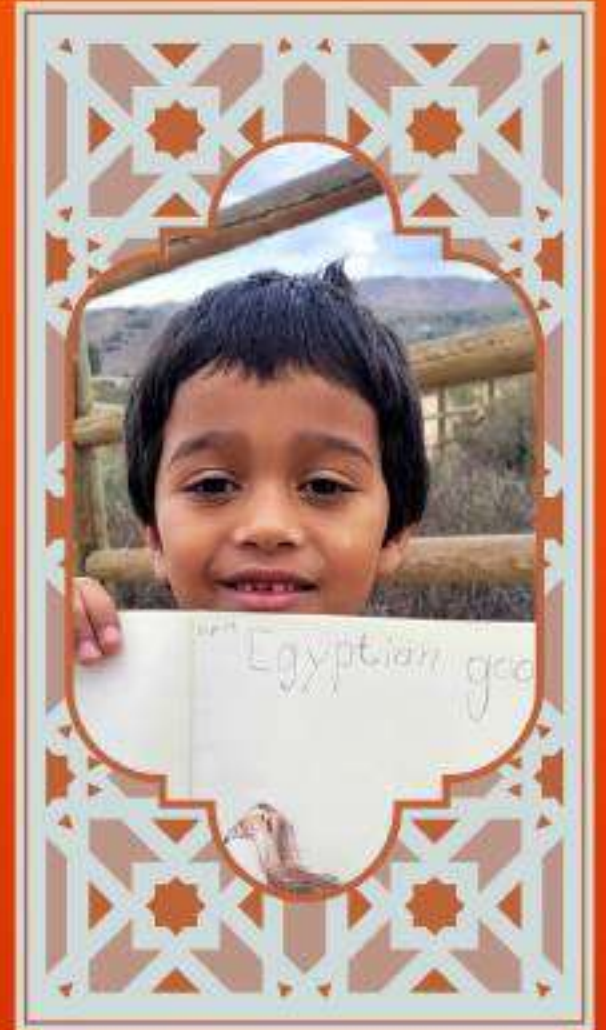


Don't fall for the "pretend ears" above this Owl's head. They are just tufts of feathers. Great Horned Owls are the largest owls in North America.



NATURE JOURNALING GALLERY

Featured
Artist

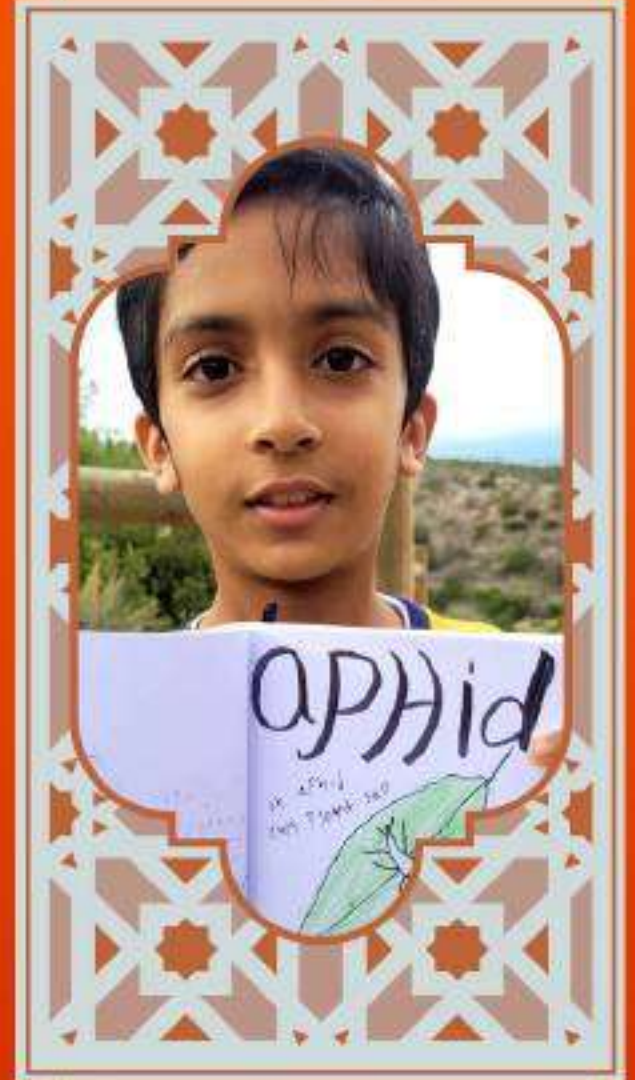


Muhammad
Mualim,
AGE 6



NATURE JOURNALING GALLERY

Featured
Artist



Solaiman
Baig
AGE 8

aphid

an aphid
eats plant sap

Winged
aphids can
fly up to
600m

an aphid can
carry infective
diseases

young aphids are
called nymphs

aphids live for about one
month

TRADING CARD GOSSIP



TRADING VALUES Amount of Cards to Trade for

1

- 1. Buckwheat
- 2. Toyon
- 3. Sagebrush
- 5. Chapparal yucca
- 6. Poison oak
- 7. Sycamore
- 8. Coast live oak
- 9. Prickly Pear Cactus
- 10. Mourning Dove
- 13. Harvester Ant
- 14. Black Pheobe
- 15. Cottontail Rabbit
- 64. CA Pepper Tree

2

- 4. Pincate beetle
- 16. Acorn Woodpecker
- 17. Anna's Hummingbird
- 18. Stinging Nettle
- 21. California Towhee
- 22. Mule fat
- 23. Ca Ground Squirrel
- 24. Poison Hemlock
- 25. Western Scrubjay
- 26. Western Bluebird
- 27. Turkey Vulture
- 28. Black Sage
- 29. Laurel Sumac
- 31. American Coot
- 32. Agregating Anenome
- 35. Ca Quail
- 44. Coast Bush Sunflower
- 45. Blue Elderberry
- 51. American Crow
- 53. California Mugwort
- 62. Northern Raccoon
- 63. Mule Deer
- 68. Flame Skimmer Dragonfly

3

- 46. Cattail
- 49. Great Blue Heron
- 52. CA Poppy
- 61. Western Black Widow
- 69. Western Gull
- 71. giant bladder kelp
- 72. Coast Goldenbush
- 73. coyote Brush
- 74. Arroyo Willow
- 77. CA Black Walnut
- 78. Monarch Butterfly

5

- 46. Cattail
- 49. Great Blue Heron
- 52. CA Poppy
- 61. Western Black Widow
- 69. Western Gull
- 71. giant bladder kelp
- 72. Coast Goldenbush
- 73. coyote Brush
- 74. Arroyo Willow

10

- 67. Tarantula
- 11. Red Shouldered Hawk
- 34. Humpback Whale
- 36. American Kestrel
- 37. Giant Hairy Scorpion
- 38. CA King Snake
- 43. Wolf Spider
- 47. Osprey
- 48. Mountain Lion
- 50. Golden Eagle
- 54. Pacific Tree Frog
- 55. Western Toad
- 56. Wild Cucumber
- 57. Coast Redwood
- 58. Striped Shore Crab

15

- 33. Red-Tailed Hawk

20

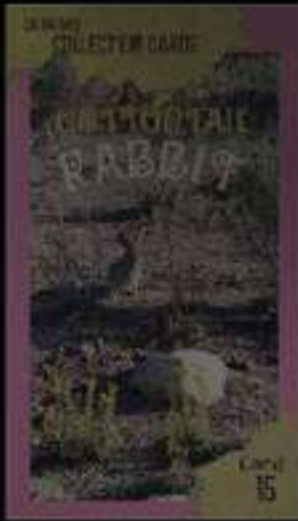
- 60. Bobcat
- 65. Brittle Star
- 76. CA Moray eel

30

- 66. Two Spotted Octopus

40

- 75. Northern Raven



TRADING CARD GOSSIP

CONTINUED

Riparian	Card # 8 Coast Live Oak 5 cards	Card # 7 CA Sycamore Tree 5 cards	Card # 74 Arroyo Willow 5 cards	Card # 23 Ca Ground Squirrel 3 cards	Card # 43 Wolf Spider 3 cards	Card # 14 Black Phoebe 3 cards	Card # 51 American Crow 3 cards	Card # 75 Northern Raven 1 card	Card # 11 Red Shouldered Hawk 1 card
Wetland	Card # 46 Cattail 5 cards	Card # 86 Tule 5 cards	Card # 22 Ca Mulefat 5 cards	Card # 68 Flame Skimmer Dragonfly 4 cards	Card # 55 Western Toad 3 cards	Card # 19 Snowy Egret 3 cards	Card # 49 Great Blue Heron 2 cards	Card # 85 White Pelican 2 cards	Card # 47 Osprey 1 card
Ocean	Card # 71 Giant Bladder Kelp 5 cards	Card # 65 Brittle Star 4 cards	Card # 39 Hermit Crab 4 cards	Card # 32 Sea Anemone 4 cards	Card # 89 Opaleye Fish 4 cards	Card # 66 Octopus 1 card	Card # 76 Eel 2 cards	Card # 34 Humpback Whale 1 card	Card # 91 Bottlenose Dolphin 1 card

CA NATIVES TRADING CARDS

CA NATIVE TRADING CARDS ARE EDUCATIONAL CARDS THAT CAN BE BARRIED, PURCHASED, TRADED, BARTERED, AND COLLECTED. THEY CAN BE USED NOT IN THE HISS TO HELP EACH OTHER... DEPTED UNDERSTANDING OF THE PLANTS AND ANIMALS THAT SURROUND US. ONE SIDE HAS A REAL PHOTO OF THE PLANT OR ANIMAL AND THE BACK SIDE HAS A HAND DRAWN NATURE JOURNALING PAGE WITH PROMPTS ABOUT THE PLANT OR ANIMAL.

EACH YEAR, NEW TRADING CARDS COME OUT. USE YOUR CARDS TO TRY TO BUILD YOUR OWN CHAIN AND ECOSYSTEM IMPROVE.

Build Ecosystems

- COLLECT AN ENTIRE ECOSYSTEM BY PLAYING THE CORRECT CARD & ALUMBER BY CARDS IN EACH SQUARE.
- REMOVE A ROW OR ALL & RECALCULATE THE DIFFERENT PRICES.
- FOR RULES AND PRICE LIST, PLEASE VISIT



Desert	Card # 9 Prickly Pear Cactus 5 cards	Card # 93 Joshua Tree 5 cards	Card # 37 Giant Hairy Scorpion 3 cards	Card # 13 Ca Harvester Ant 3 cards	Card # 67 Tarantula 2 cards	Card # 41 Kit Fox 2 cards	Card # 59 Red Diamond Rattlesnake 2 cards	Card # 42 Big Horned Sheep 2 cards	Card # 48 Mountain Lion 3 cards
Coastal Sage Scrub	Card # 3 CA Sagebrush 5 cards	Card # 28 CA Black Sage 5 cards	Card # 1 CA Buckwheat 5 cards	Card # 15 Cottontail Rabbit 4 cards	Card # 4 Pincate Beetle 4 cards	Card # 30 Western Fence Lizard 3 cards	Card # 35 Ca Quail 3 cards	Card # 40 Greater Roadrunner 2 cards	Card # 33 Red-tailed Hawk 1 card
Chaparral	Card # 5 Chaparral Yucca 5 cards	Card # 29 Laurel Sumac 5 cards	Card # 2 Toyon 5 cards	Card # 25 Western Screech Jay 4 cards	Card # 63 CA Mule Deer 3 cards	Card # 12 Coyote 3 cards	Card # 60 Bobcat 2 cards	Card # 82 Great horned Owl 1 card	Card # 27 Turkey Vulture 3 cards

Ecosystem Definitions Desert

In an arid, sunny and relatively unshaded by any shrubs or trees, with very little rainfall, most of the land surface is bare. CA Desert is home to many plants and animals that are adapted to this harsh environment.

Coastal Sage Scrub

Coastal Sage Scrub is a diverse ecosystem with a wide variety of plants and animals. It is found in a narrow strip of land along the coast of California. The plants are adapted to a dry climate and are often fire-resistant.

Chaparral

Chaparral is a diverse ecosystem with a wide variety of plants and animals. It is found in a narrow strip of land along the coast of California. The plants are adapted to a dry climate and are often fire-resistant.

Riparian

Riparian is an ecosystem along a body of water. It is characterized by a high level of biodiversity and is often home to many rare and endangered species.

Wetland

Wetland is an ecosystem that is characterized by a high level of water saturation. It is often home to many rare and endangered species and is an important habitat for many birds and fish.

Ocean

Ocean is the largest ecosystem on Earth. It is home to a vast array of life forms, from tiny plankton to large whales. The ocean is an important source of food and oxygen for all life on Earth.

SNEAK PEAK

TRADING CARD GOSSIP



PRIZE LIST

Build Ecosystems Challenge

Redeem Trading Card rows at Winter or Spring Festival. Must have proper quantity of each and must be able to pass the knowledge quiz regarding your Animals and Plants.

For completing any one of these rows:

Choose one:

AWI SWEATSHIRT

AWI TSHIRT

Mystery 50 pack of Trading Cards

Join in for a day in any class you like

AWI pocket knife

3000 Points



For completing any one of these rows:



Choose

one:

Any prize from above

8,000 points

Coffee Shop on the trail experience with Sama Ware

AWI Gear Treasure

For completing all rows:

One day guided trip in OC with Sama Wareh for you and your family wherever you want or one on one kayaking experience with the instructor of your choice.

Trading Card Contest Honorable Mention

HONORABLE MENTION

Runner ups:

Waleed Khalife
Youssef Sidky
Abdullah Khan
Mohammad Al Najjar
Sumaiyah Baig

Noura Hamoud (Adult Category)

SPECIAL THANKS TO OUR JURY ACORN NATURALIST AND CA AEOE & PRIZE DONOR ACORN NATURALISTS



Students in the Field



[CLICK HERE](#)



Learn all about the Crested
Gecko with Ibrahim Souccar
from **WILD PLANET**



ECO-SONGS WITH SAFIA

Hi, my name is Safia. I love my family and our family movie nights. I also love horseback riding and all things horses, they're my favorite animal. My hobbies are singing, dancing, cooking and art. My favorite subject is math and science.



Album: Eco-songs

Song 1: Out in the Estuary



LISTEN TO THE SONG

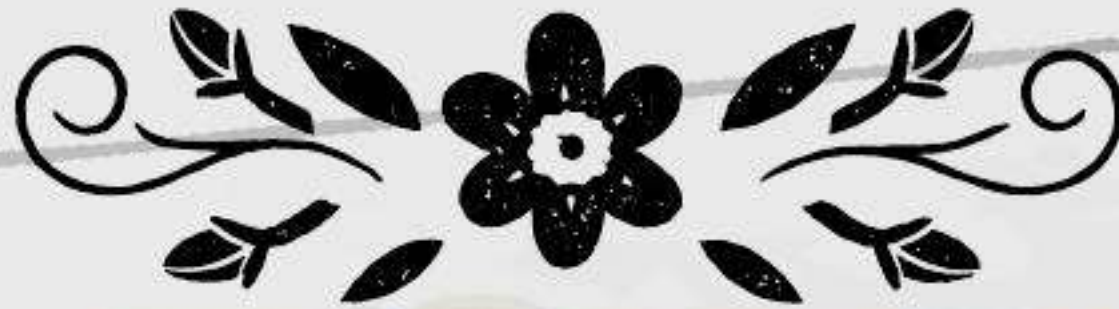


WATCH THE MUSIC VIDEO

Musings of a Mentorship

Mom

By Angie Ellaboudy



As I printed the year's list of things they needed to prepare for each mentorship adventure, I had to remind myself of their teacher's instructions. They were to prepare their homework, lunches, and hiking backpacks independently. That meant I could not prepare things nor do things for them. Independence and responsibility were key. ...

So I bit my tongue, handed each of them their lists and reminded them. They had mentorship this week.



I had all sorts of strange requests during the year. Driving them to various locations to track the sun, or to borrow my phone to take pictures of various wildlife for nature journals or collaboration with fellow mentorship buddies on environmental awareness projects. Mom is there to support them as they lead the way. They had mentorship this week.



Often I realize my car is in disarray from shuttling the kids all around town for their homeschool classes and activities. A car wash was definitely in order. However I recall that soon my car would be full of nature: leaves collected on a hike, sand from a tide pool excursion, or mud from a spontaneous off-trail expedition. I would wait. They had mentorship this week.



My mentorship mom buddies and I would touch base each week to coordinate carpools. We took turns but we did not know the location until the week of mentorship. Which blessed mom gets the close by locations and who gets sent to the ends of the earth. Russian roulette. We had mentorship this week.





The kids return with a bright sparkle of excitement in their eyes, sweat of their hike shining on their forehead, and more often than not, wet socks and shoes. The car ride home would be filled with bustling "Guess what we saw!", "Did you know that (insert interesting nature fact here)?!" and "Next time we're going to!!" Their hearts full and their minds inspired. They had mentorship this week.

-Angie

Twenty years of sleep spent wide awake

By Sama Wareh

AWI POET'S CORNER



I had been sleeping for twenty years,
I woke up to the worst of my fears,
As my foot hit the dirt,
There was not a tree in sight,
And when the sun descended,
You could not tell it was night,
All the lights from the city
shone so bright,
A forewarning of what
was to be our plight,
They muted the moon,
And eclipsed the stars,
I could not even see,
All the fumes from the cars,
And I could not breathe,
I was choking on fumes,
The sky was turning
smitten with suffocation
An irreversable sight looms

To listen to the
full poem,
CLICK HERE



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

AWI Newsletter January 2023

TEACHER FEATURE

Meet one of our newest teachers



Yousfa Janjua
NATURE TOTS INSTRUCTOR

Yousfa was born in Montreal, Canada but left building snowmen for sandcastles instead in sunny Southern California with her husband. When she isn't busy keeping 3 children fed, sheltered and somewhat clean she enjoys being out in nature, gardening, creating digital art, and writing silly poems and short stories for unsuspecting friends and family.

On any random day you will most likely find her tinkering in her garden or at the library during storytime which she enjoys as much as her children.

Her need for relatable, inclusive and faith based stories for her own children and passion for writing led her to write her first children's book, "My First Muslim Potty Book," which won The Daybreak Press Book Award for Best Juvenile Non-Fiction in 2020. She also has a Bachelor's in Chemical Engineering.



HOUSE SCOREBOARD

Sagebrush Stewards
are in the lead!!



See what
House you
are in

[CLICK HERE](#)



Learn more
about how
the houses
earned these
points

[CLICK HERE](#)



Did you know?

Students get to add their house points to their total points on store day!

Mark Your Calendars



BUTTERFLY GARDEN & NATIVES

COME JOIN THE ART & WILDERNESS INSTITUTE'S FLORA AND FAUNA CLUB in COLLABORATION with ICYL TO PLANT A BUTTERFLY GARDEN AT ICYL to HELP bring the population of Butterflies back.

SATURDAY, FEBRUARY 18 . 8AM TO 12PM

4382 EUREKA AVE, YORBA LINDA, CA 92886

Bring Gardening Gloves, a gardening shovel, a reusable water bottle, and close-toed shoes.

ALL AGES WELCOME WITH PARENT SUPERVISION

**Volunteer day
at Redwood Raven Campus
(Walnut)**

Saturday, Jan 21

Bring the family and come join us!

10 am to 1pm

Planting, painting, building,
clearing, trail work, organizing

[Click here to sign up](#)



27

Mark Your Calendars

SAVE THE DATE

**Art and Wilderness Institute
at**

QUAD M

Sunday March 19

11am - 5pm

NEW HORIZON COMMUNITY CENTER

Get in touch with your wild side at the Art and Wilderness Institute Village.

Members will get an activity passport and will get to access all the different hands-on booths, put on by our students, clubs and faculty at Art and Wilderness Institute. Activities include planting, painting a community art piece for a butterfly garden, drawing, shelter building, Outdoors themed activities, "What kind of Eco-Superhero Are you" costume dress up ,face painting, and Upcycled Ramadan gift tags creation station.

Entrance to the village includes access to our interactive and audience engaging live "Wild Corner" presentations, including live reptiles, a Calligraphy Demo, a Nature Fun program with Sama Wareh, a clay demonstration by Sarah Hafeez of Hubb Studio, and a book reading and signing of Environmental Sunnahs by Alia Dada.



2023

JANUARY

Theme: High Ambition

S	M	T	W	T	F	S
★ 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

Theme: Patience

S	M	T	W	T	F	S
			★ 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

Theme: Humility

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				★	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL

Theme: Gratitude

S	M	T	W	T	F	S
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23	24	25	26	27	28	29
30						

Ladies Backpacking Trip

MAY

Theme: Compassion

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21	22	23	24	25	26	27
28	29	30	31			

Mother/Daughter trip

JUNE

Theme: Celebration

S	M	T	W	T	F	S
						1
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						3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Family Campout

JULY

Theme: Resilience

S	M	T	W	T	F	S
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23	24	25	26	27	28	29
30	31					

AUGUST

Theme: Reflection

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

Theme: Purpose/Intention

S	M	T	W	T	F	S
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						2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

Theme: Self-discipline

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
★ 15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

Theme: Good Manners

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

Theme: Friendship

S	M	T	W	T	F	S
						1
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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