



SPRING 2023 issue

MAY 2023
ISSUE 4

EXPLORER

for lovers of Art and Nature!

www.artandwildernessinstitute.com



HOW BEING OUTDOORS REDUCES STRESS

page 5

CREATURE FEATURE: PELICANS!

page 1



LEARN YOUR HOUSE BASED OFF YOUR PERSONALITY- OR THE OTHER WAY

AROUND!

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MEET SUMMER, THE AMAZING COMIC INTERN
page 24

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](#)



Nature Quote of the Month

**Nature is not a place to
visit, it is home.**

-Gary Snyder



Creature Feature:

Pelicans!

-Their beaks are able to hold more water than their stomach. Meaning if they ever filled up their beaks with water and swallowed, they wouldn't be able to!

-They have to swallow fish head first, otherwise, they choke.

-The American White Pelican hunts in groups



-Their beaks are able to hold more water than their stomach, meaning if they ever filled up their beaks with water and swallowed, they wouldn't be able to!

-They have to swallow fish head first, otherwise, they choke.

-The American White Pelican hunts in groups

-The largest pelican species in the world, the Dalmatian Pelican, can grow up to 11.5 feet and average around 30 pounds.

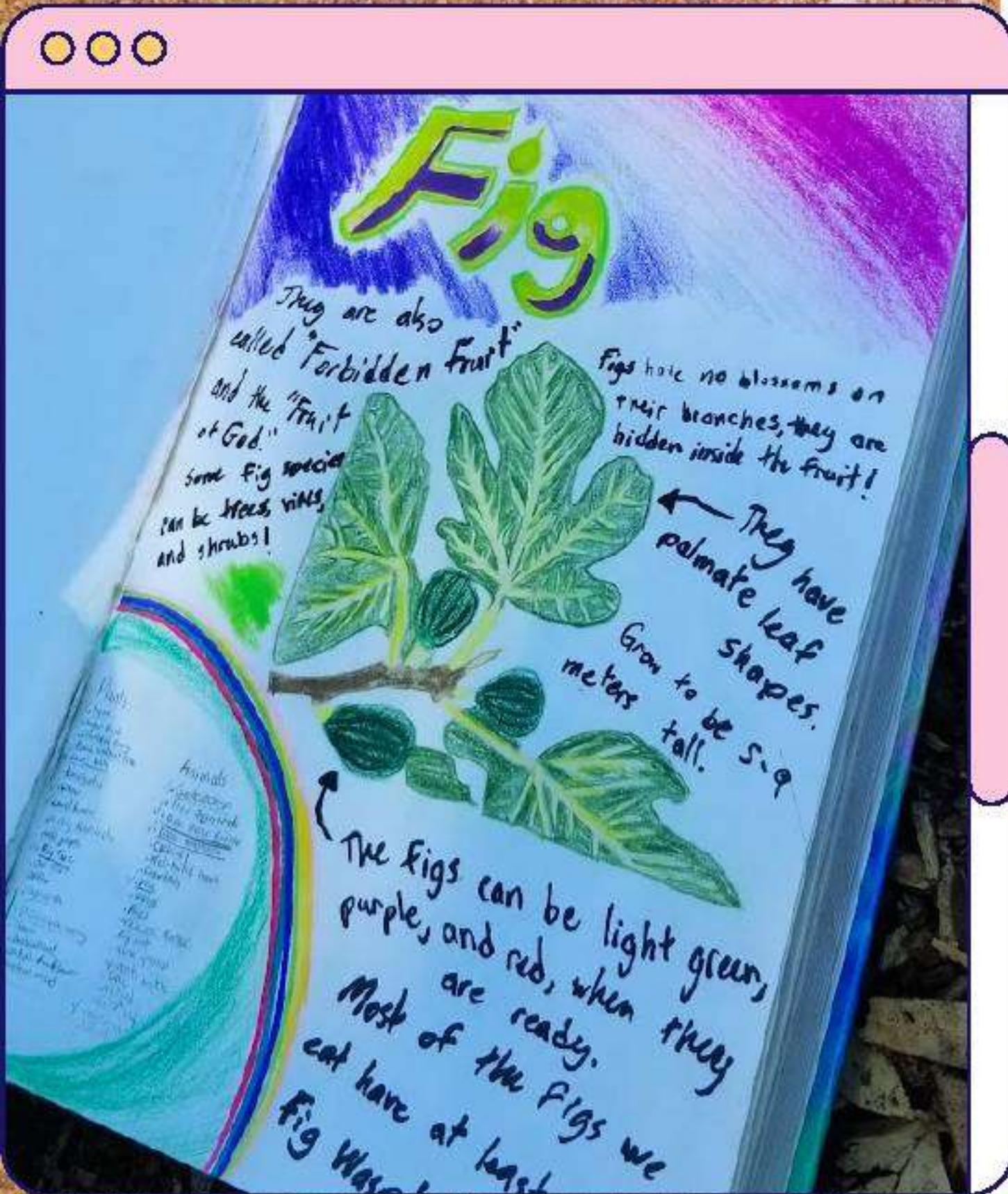


NATURE JOURNALING GALLERY

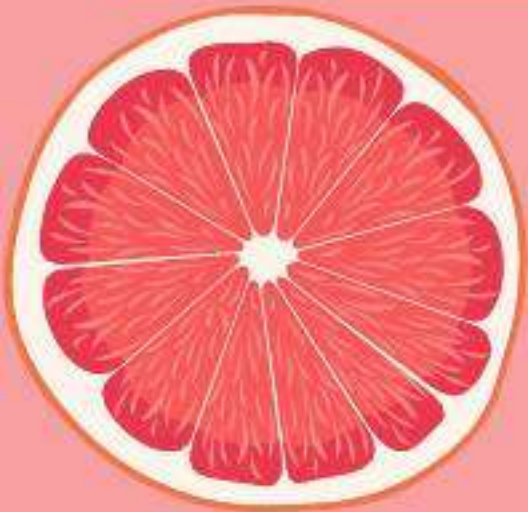
Featured
Artist



Safiyya
Umarji

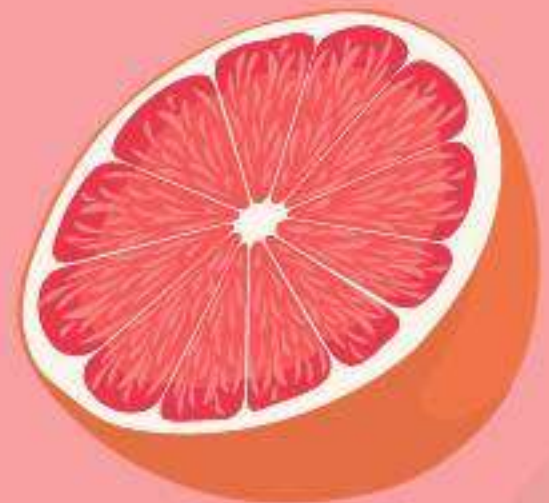


Students in the Field



Learn about grapefruit
with Amani in Nature

News #8!



HOW BEING OUTDOORS REDUCES STRESS

BY MARIAM SOLIMAN

A study in Japan measured the heart rate, heart rate variability, and blood pressure of participants as they walked through either a forest or an urban center. The results showed that the participants who walked through the forest had lower heart rates and blood pressure, indicating lower stress and relaxation.

The researchers concluded that being in nature had a beneficial effect on the reduction of stress.

Reasons for the effect are unknown, but scientists think that we evolved to be soothed by nature.



Mariam Soliman, cognitive science and research intern

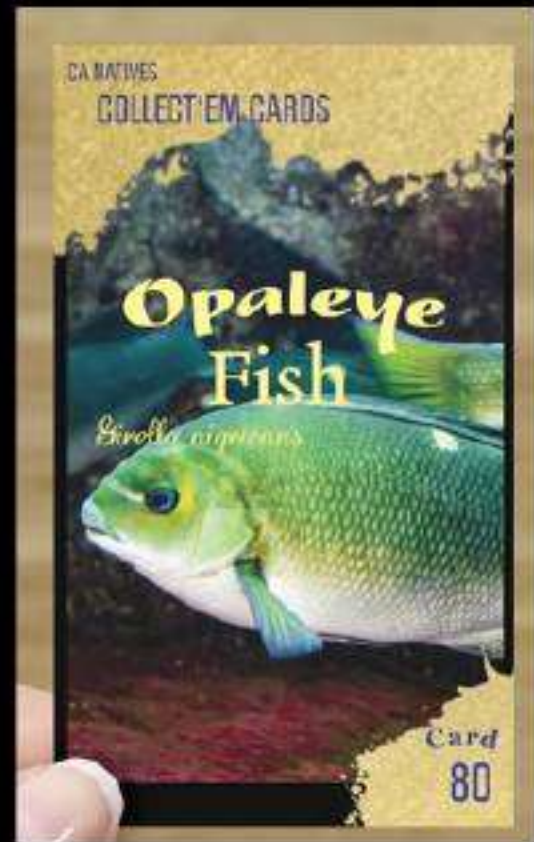
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Resources:

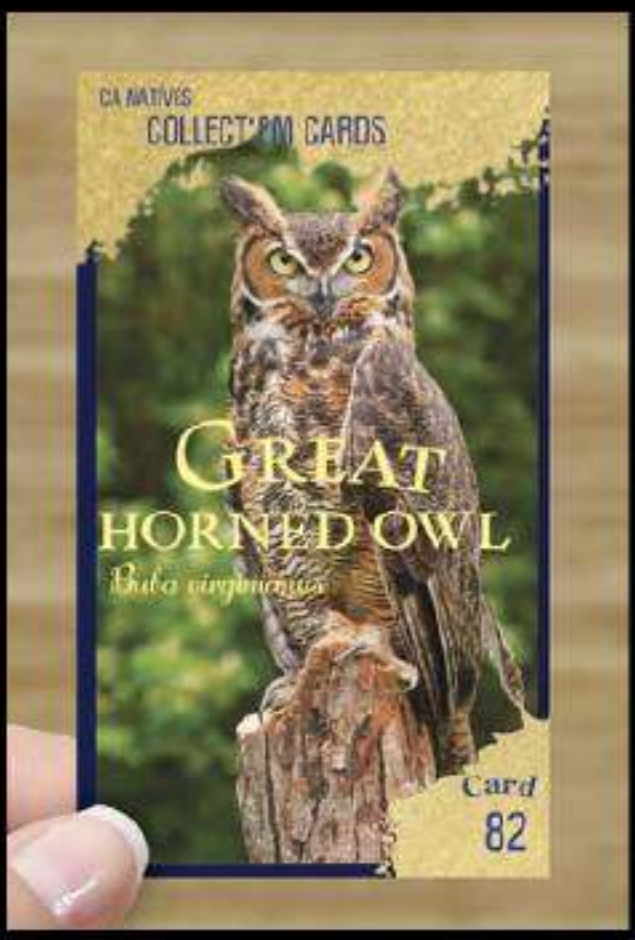
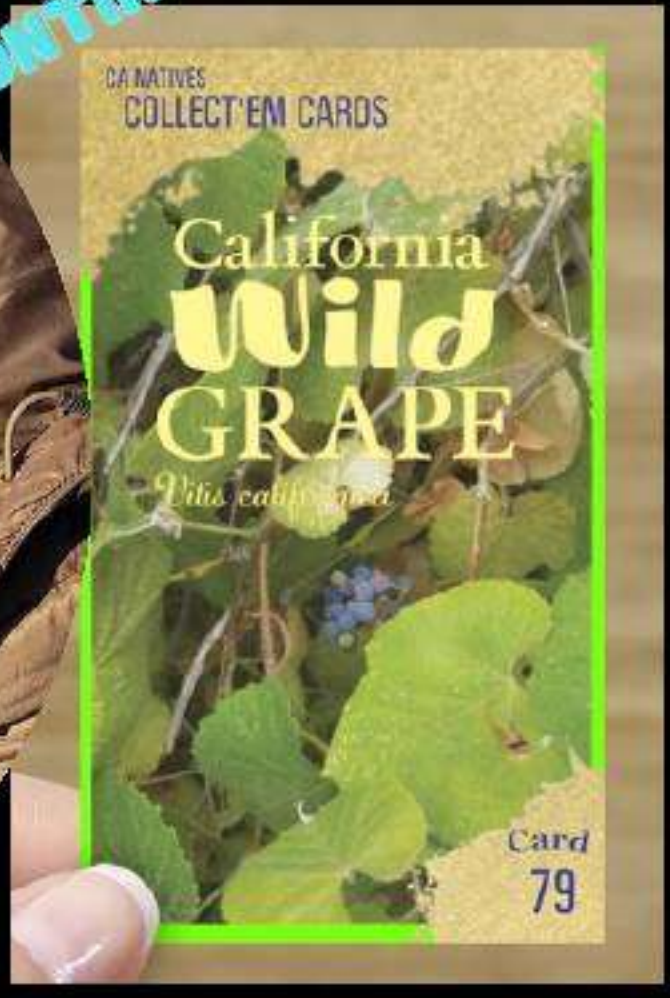
How Nature Can Make You Kinder, Happier, and More Creative.

By Jill Suttie





CONTINUED



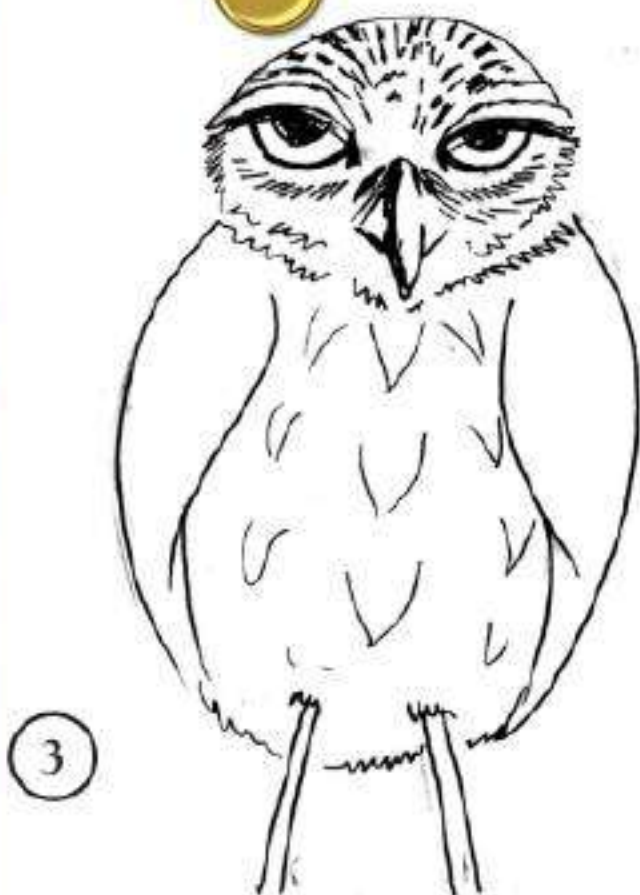
FIELD ARTIST'S CORNER

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

Burrowing Owl (*Athene cunicularia*)



"Burrowing Owls have a unique insect hunting strategy. They collect scat and deposit it at the entrance to their den as a welcome mat in hopes of attracting insects straight to them."



Comic Corner

WHAT'S YOUR HOUSE?

ART AND WILDERNESS INSTITUTE HAS
FOUR HOUSES THAT REPRESENT
YOUR PERSONALITY!!

- ★ SAGEBRUSH STEWARD
- ★ REDWOOD RAVEN
- ★ EMERALD OWL
- ★ FOX FANGS

SAGEBRUSH STEWARD

- ★ EARTH CARETAKER
- ★ FOLLOWS THROUGH ACTION
- ★ SELFLESS
- ★ ENVIRONMENTAL JUSTICE

REDWOOD RAVEN

- ★ PROBLEM SOLVING
- ★ OBSERVATION
- ★ CAUTIOUS
- ★ ENJOY QUIET TIME
- ★ FAMILY FIRST

EMERALD OWL

- ★ QUIET AND INTROVERTED
- ★ READING
- ★ CONFIDENT
- ★ HUNTING SKILLS
- ★ FRIENDLY

FOX FANGS

- ★ MOODY + COMPASSIONATE FOR THOSE WHO DESERVE THEIR LOVE
- ★ COMFORTING WHEN NEEDED
- ★ SECRETIVE + DEEP
- ★ CAN TALK THEIR WAY OUT

TAKE THE **HOUSE QUIZ** ON THE ART AND WILDERNESS INSTITUTE WEBSITE!!

ENJOY!

ART AND WILDERNESS INSTITUTE (AWI)

SUMMER KURDI 2023

click

[HERE](#)

to take the house test

AWI
POET'S
CORNER



Lullaby Among the
Trees

By Fatima Mohammad

Feathered bodies, beating
hearts

Expectations, will it start?
A gentle hum, swirling, slow
Feet skittering, eyes aglow
Melodious as a burbling
stream

Uplifting, the sky's dream
Beaks apart, wings flared
Dismantle my dreams, dare!
Legs tapping ancient wood
Rhythm accepted, not
understood

Softest bodies, beady eyes
Chirping the trees' lullaby

Spring

By Fatima Mohammad

A rustle among the frozen ground
A crackle through the snow
Thawed expectations rippling around
Frozen grounds split, joyful streams flow
Nestled in among the roots
Upspringing vibrant shoots

Wriggling through the soil, extending
Streaming on forever in a line never-ending

Spring!

The sprinkle of the warm rain on ever-shifting
sand

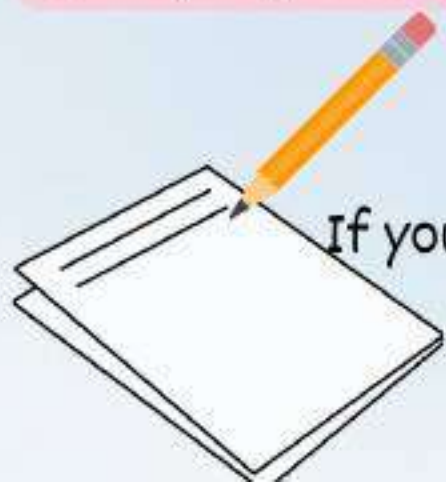
The warm breath of life on a desolate land
The caress of a gentle breeze swirling among the
trees

Once twisted branches spread at ease

Bloom!

Exploding from beneath the frost
Colored petals held aloft
Stroke a stem, so delicate, soft

Spring!



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

The Proper Way To Hike

By Ali Sidky

Animal Encounter/Attack

1. Mountain Lion

Maintain eye contact

Never run past or away from a mountain lion.

Don't bend over or crouch down.

Aggressively wave your arms,

Throw stones or branches, do not turn away.

Hold your ground or back away slowly.

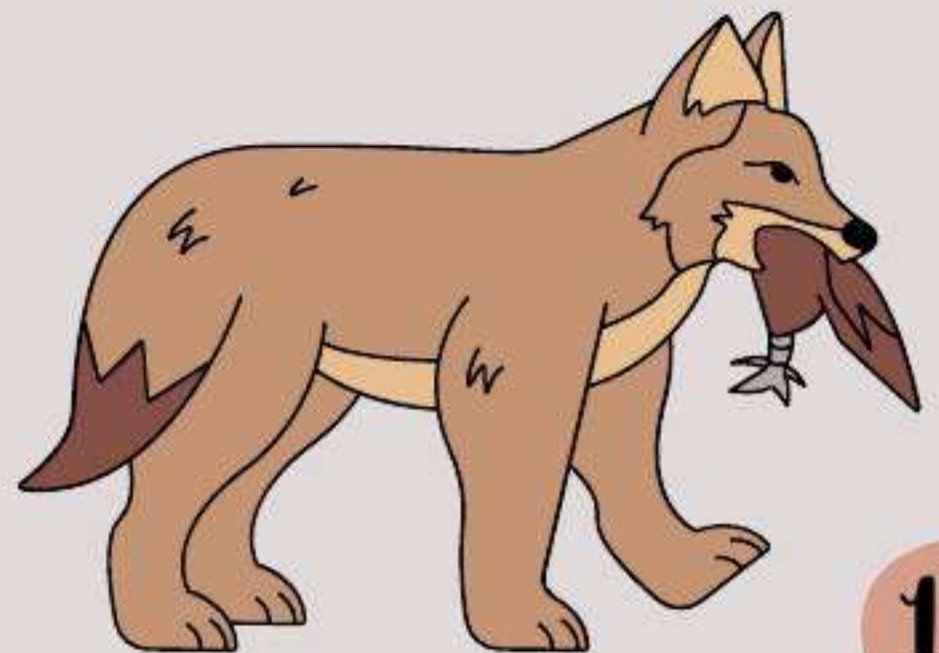
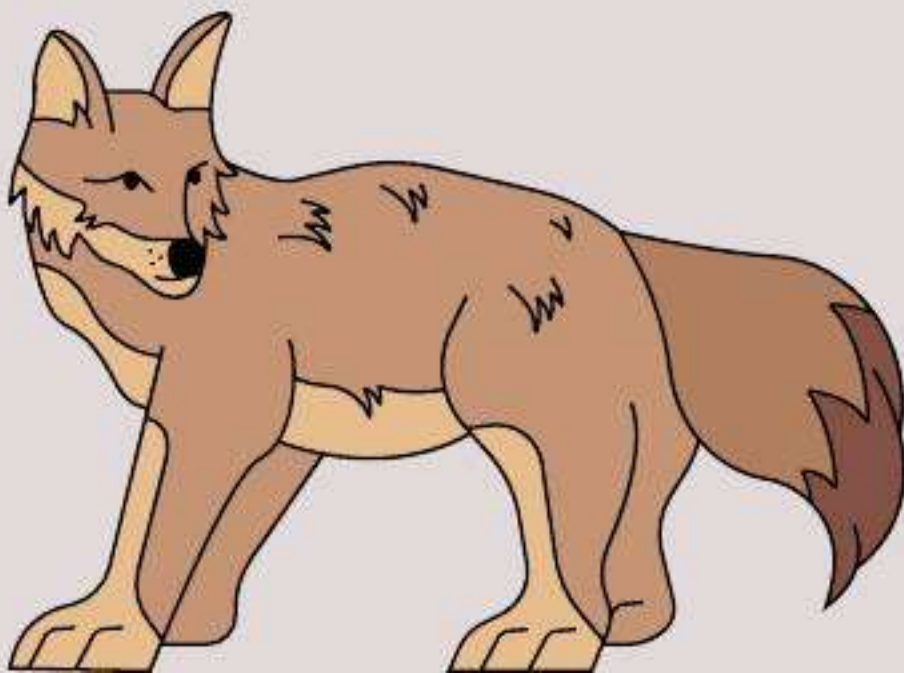
Continue facing the mountain lion, and maintain eye contact.

Do all you can to appear larger; Stand upright, raise your arms, raise your walking stick, open your jacket. If you have small children or pets with you, try to pick them up without turning away.



2. Coyote

- Don't run away from a coyote.
- If you're approached by a coyote, make and keep eye contact with the animal.
- Leash any dogs or pick up smaller dogs, and make some noise.
- Yell, wave your arms, throw something at the coyote to get it to go away.
- If it doesn't, leave calmly.
- If you see a coyote during the daytime, you should exhibit caution, as that coyote may have become habituated to humans (and may be more likely to attack).

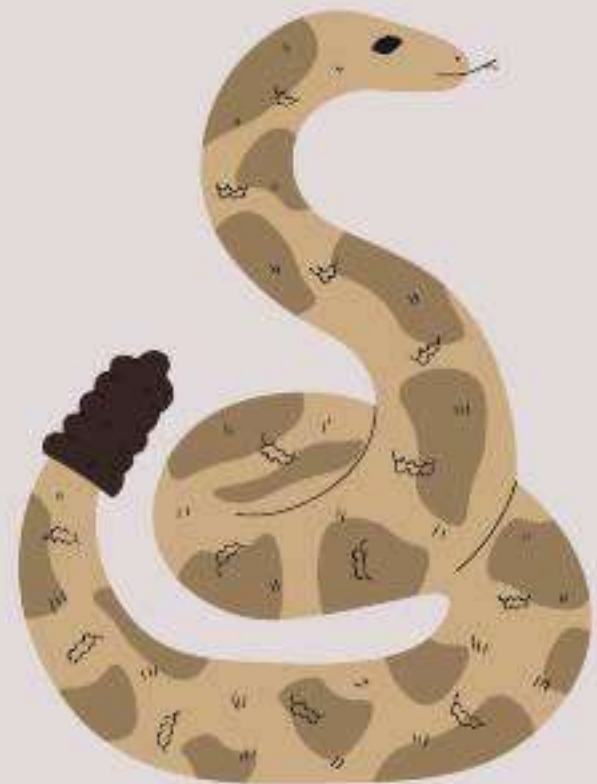


Snake

If the snake won't move off the trail, it's safest to **wait it out or turn back**. Don't try stepping over or around it, unless you can pass it at a safe distance – and watch where you step. Keep an eye on the snake in case it decides to escape your way. When motivated, they can glide fairly quickly. If you see or hear a snake, the best thing

to do is to **stop, assess the situation, slowly back away, and wait at a safe distance for the snake to leave**.

If there is a way to detour far around the snake, that's a good option too. Don't try to scare the snake away.



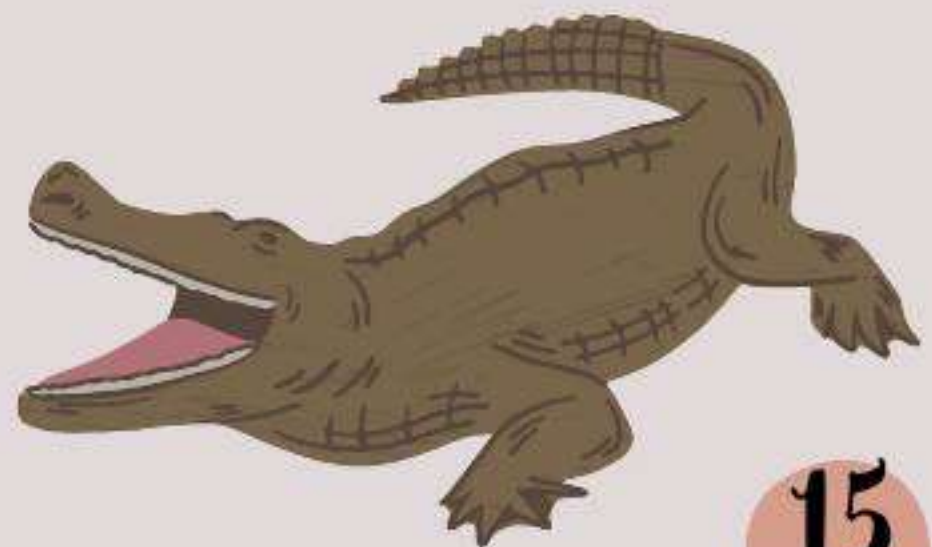
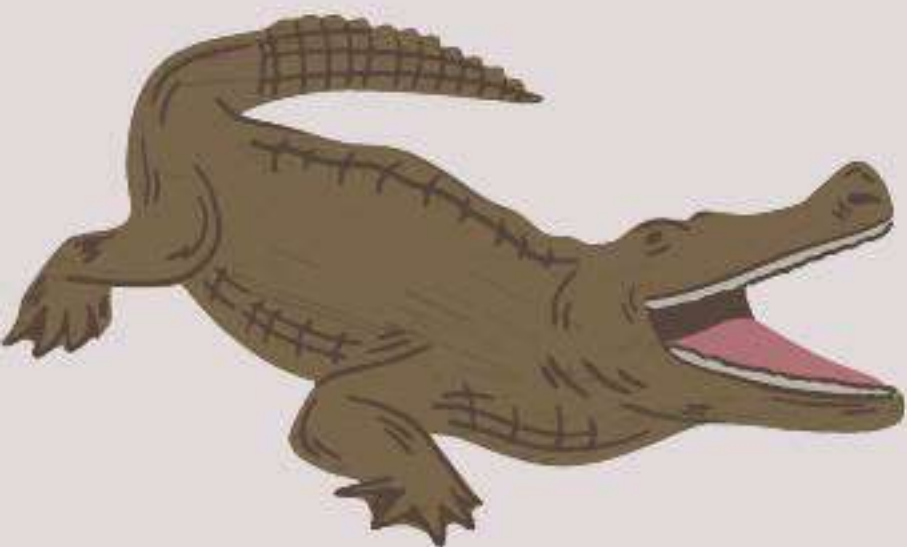
Wolves

Stand tall and make yourself look larger. Calmly, but slowly, back away and maintain eye contact. If the wolf does not run away immediately, keep eye contact, and back away. Don't run. Wolves hunt prey that is on the run, and typically if their prey doesn't run, they don't pursue the attack. Don't stare the animal down. Don't turn your back on the animal(s). Get big and scary. Back away slowly. Be careful not to fall or act scared.



Crocodile

If you spot a croc, back away slowly and try not to make sudden movements. Splashing in water will only draw attention. If a crocodile heads your way, run away in a straight line. The eyes of the crocodilian are its most vulnerable part, and several croc-attack survivors have reported eye-gouging as their salvation. Attempt to kick, or poke the animal in the eye with your hands or whatever you can grab. Don't give up until you are free: you are literally fighting for your life and how quickly they can run. Most crocodiles can achieve speeds of around 12 to 14 kph for short periods, which is slower than a fit human can run. Don't believe the hype - if you're reasonably fit, you can outrun a crocodile!



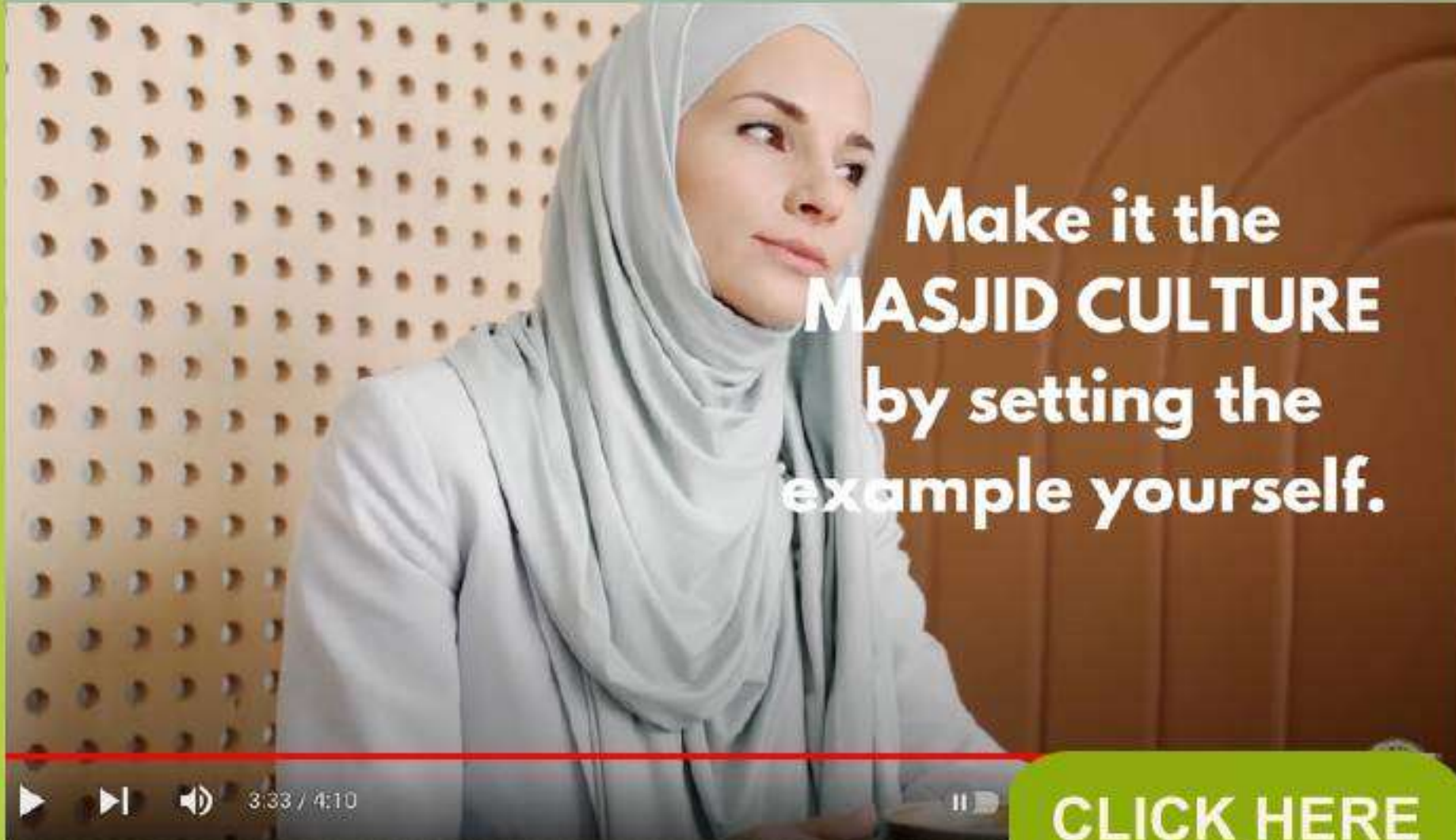


CORNER

The Green Masjid Initiative aims to support our masjid transition towards more sustainable and responsible practices in accordance with the Quran and Sunnah.

We have been endorsed by the Islamic Shura Council of Southern California.

Watch Now:



[CLICK HERE](#)



Visit our Website

[CLICK HERE](#)



Following in the Sunnah of the Prophet- Getting rid of Styrofoam

An educational video by AWI

Spring Flowers

By Safiyya Ruknudddeen



Because of all the rain we got, we have lots of our state flower CA poppy. These bright orange flowers are native to southern parts of North America. The part that grows above the ground of this plant is used for medicine.

Spring flowers have different colors and shapes. The bright colors catch the eye.



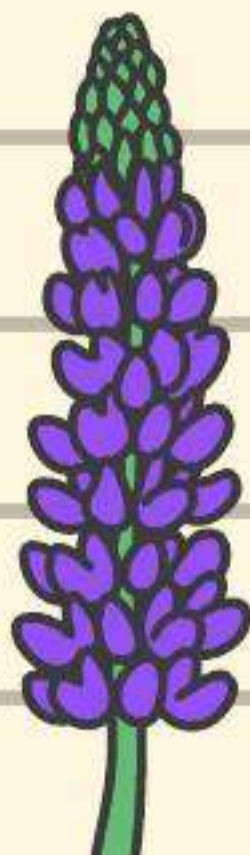
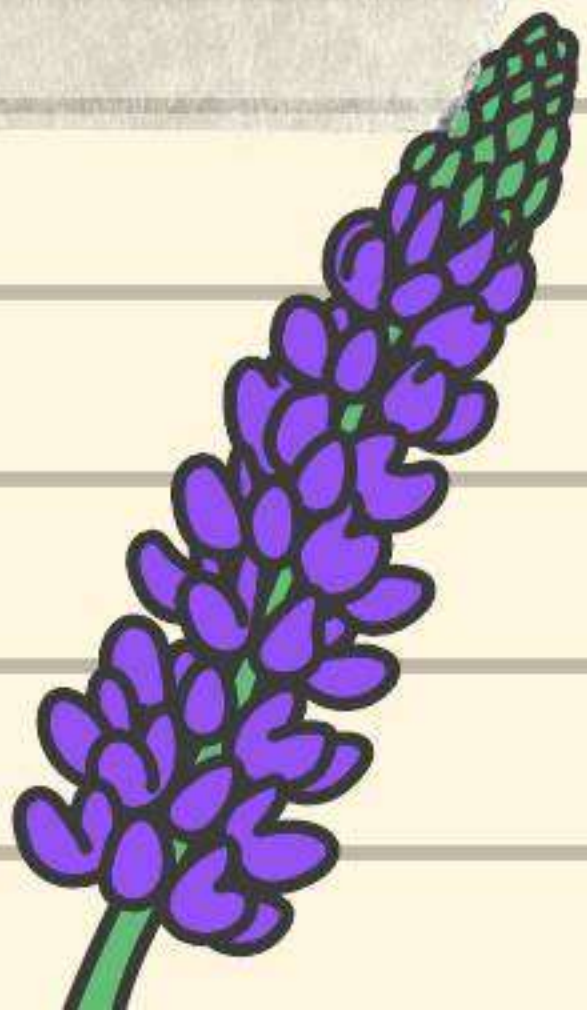
Spring Flowers



(continued)



The bright purple flower, lupine is named after “lupus” the Latin word for wolf. These flowers are deer resistant, and butterflies, bumble bees, and hummingbirds love this flower. These beautiful plants are great for gardening, giving the garden a great pop. The seeds are toxic to both humans and livestock.



HOUSE SCOREBOARD

Sagebrush Stewards is
in the lead!



Did you know?

Be sure you fill out the form to earn points for volunteer days, leading hikes, and other things.

The points won't get added unless you fill out the form! Only actions worth 5 or more get displayed on the house scoreboard even though the points will be added.

Learn more about how the houses earned these points

[CLICK HERE](#)



Get House Points



End of "AWE"

On May 8, over 60 AWE members gathered at the closing reception of "AWE". This art show featured student artists from AWE who shared their introspective nature journaling pieces from Crystal Cove State Park. This was a beautiful gathering where families shared food, brought their own reusable serving ware for a zero-waste environment, and then played tag along the shore as the sun set on the horizon.



Over 50 art pieces were featured for 2 months in the historic Crystal Cove State Park Cottage and was seen by thousands of visitors.





2023

- 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

JANUARY

Theme: High Ambition

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29	30	31				

FEBRUARY

Theme: Patience

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MARCH

Theme: Humility

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APRIL

Theme: Gratitude

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Ladies Backpacking Trip

MAY

Theme: Compassion

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Mother/Daughter trip

JUNE

Theme: Celebration

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Family Campout

JULY

Theme: Resilience

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AUGUST

Theme: Reflection

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SEPTEMBER

Theme: Purpose/Intention

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OCTOBER

Theme: Self-discipline

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NOVEMBER

Theme: Good Manners

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DECEMBER

Theme: Friendship

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Calendar

Want to contribute to the Newsletter?

Email

awinewsletter.editor@gmail.com

OR

sumayyah.labanieh@gmail.com

TO JOIN THE TEAM

Call for:

Poetry

Articles

Comics

Nature Journaling Pages





Cool stories about your AWI
classes and teachers.

and more!



To participate in the House Cup Tournament, Be sure to wear your house colors.



-  Fox Fangs
-  Emerald Owl
-  Redwood Raven
-  Sagebrush Steward



Summer's Comics



My name is Summer Kurdi and I am 26 years old here are some things you need to know about me:

I love all types of animals especially the big cats. I enjoy nature documentaries and going on hikes/ adventures alone just for fun.

I have a bachelors degree from California state university of Fullerton (CSUF) in communications, Public relations, Security, graduated from Pepperdine graduate business school with a management and leadership degree (MBA).

I currently work as a medical assistant and office manager for a private clinic in fountain valley that focuses on diabetes and thyroid.

In addition I do a lot of volunteering within the community: SabilUsa, Tallyridingacademy, and on the executive board for SoCal MIST

Part 2: I create a lot of informational comics related to the AWI experience that I will share with the community. I enjoy telling stories through my art work, and it's really awesome to have people share my work on all platforms and spread awareness about the wild.

Tips: bring snacks to share with your "class" while you're out on the hike in the field. Take lots of picture - and if you don't have a camera write or draw in your journal so you can share the experience you had to your peers !

Part 3: I love working at AWI because I get to use my leadership skills from my masters program, youth mentorship experience at the mosque in irvine, and provide general mentorship to my family/ life.

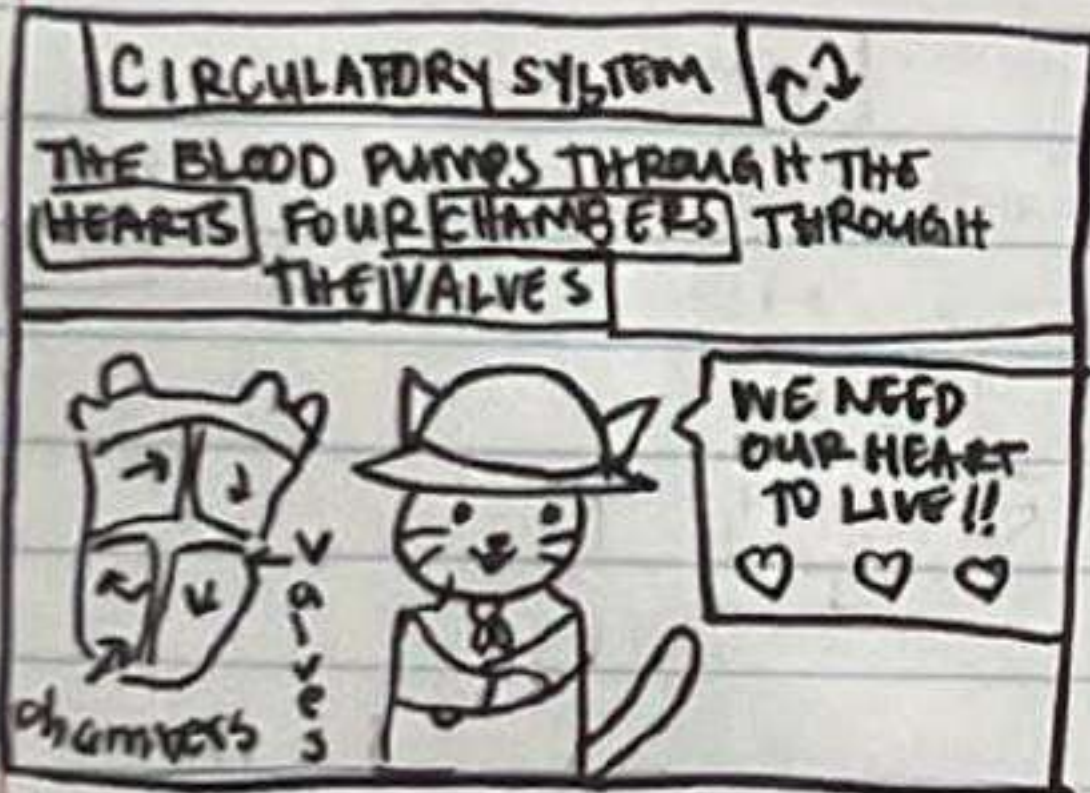
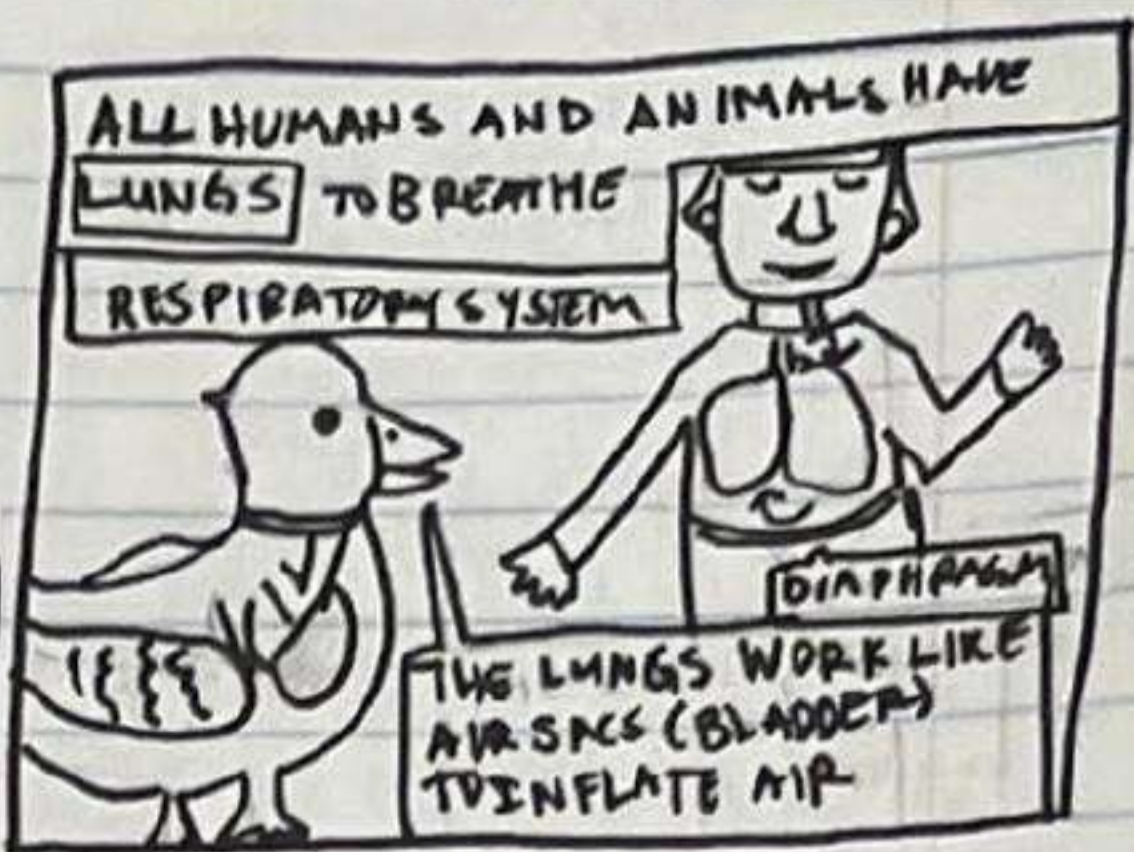
Connecting with students / children / youth is very important to me because I can "plant the seed of knowledge" about life and the wild to help it grow.

And finally, being outside in nature / outdoors gives me a breath of fresh air after a long week of stressful work. note: just 20 minutes or more per day spend outdoors will increase your happiness / serotonin levels for the rest of the week!

Summer's Comics




The BIRD System



The BIRD System

Continued

A CLOSED LOOK AT THE BIRDS HEART ♡




EACH CHAMBER HAS VALVES THAT OPEN AND CLOSE TO PUMP BLOOD AROUND THE BODY ♪

WHAT IS THE DIFFERENCE BETWEEN SMALL BIRDS AND BIG BIRDS??



LET'S CHECK IT OUT!!


BIRDS HEARTS ARE BIGGER THAN THEIR BODIES



Hummingbird

SMALLER BIRDS HAVE SMALL HEARTS THAT BEAT FAST... ♪ APPROXIMATELY 1200 BEATS PER MINUTE (BPM) WHILE RESTING AND WHILE FLYING 530BPM

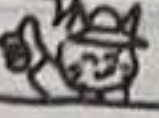
BIG BIRDS HEARTS BEAT SLOWLY



BROWN PELICAN ↓

RESTING: ≈ 150 - 200 BPM ♡
600 FLYING

BIRDS ARE COOL!



ART AND WILDERNESS INSTITUTE
SUMMER KURDI 2023