



October 2017 Newsletter

Welcome to the Friends of San Antonio Natural Areas (FOSANA) e-newsletter! We share natural areas news, the Friends' efforts, and opportunities to get involved in volunteering or educational programs at San Antonio's natural areas parks. Going forward, we aim to bring you this newsletter monthly in 2017. Please check our website, www.fosana.org, for periodic updates and program information.

Postponed till March, 2018. The membership meeting that we had posted last month to 'Save the Date' on Saturday, October 21 has been cancelled due to conflicts with other city events. More information will be posted at the next meeting.

Getting Wild at Starting Out Wild!

"We sing, dance, explore, hike, get dirty, and most of all, we have FUN while LEARNING!" This is often how parents, volunteers, and kids describe their experience after attending a *Starting Out Wild* class. Geared toward children ages 1 to 3, these classes are held the first and third Friday morning of each month at Friedrich Wilderness Park. These highly energetic, engaging programs include stories, music, games, hands-on fun, nature hikes, and snacks—all based on sound ecological principles adapted from the [Growing Up Wild](#) model. Our dedicated team of Master Naturalist volunteers present unique programs on topics including worms, seeds, ants, birds, spiders, turkeys, and most recently, bees! This month we buzzed around to the sound of bees, looked for honey bees on our hike (and found them!), shared a story, and searched for flowers, such as the agarita and Texas mountain laurel that provide the nectar for bees. In short, *Starting Out Wild* is a great way to foster a young child's enjoyment of the natural world. Research shows children who learn and play outside are smarter, happier and healthier. Those interested in participating in *Starting Out Wild* or *Growing Up Wild*, please email Nicole McLeod at nicole.mcleod@sanantonio.gov or call (210) 207-3782 or register at FOSANA.org.



Safety on the trails.

If you hike or run on the trails in San Antonio parks, please be cautious. The [San Antonio Express News](#) reported that a woman was assaulted while running at Hardberger Park on September 12, 2017.

The [San Antonio Parks and Facilities](#) has suggested trail safety guidelines that include:

- Run with a buddy if possible - look around and be aware of your surroundings
- Do not wear ear buds or headphones, or wear only in one ear
- Carry a charged cell phone and proper identification
- Let family or friends know where you will be
- Stay on the main trails
- Take care when acknowledging strangers
- Dial 911 for an emergency and use mile and quarter mile markers to identify your location
- Dial 210-207-SAPD for non-emergencies
- Carry a sound making device
- Wear bright color clothing so you are seen easily
- Carry water
- Park in well-lit areas
- Leave valuables at home

Please understand that these are guidelines, so trust your instincts and enjoy the parks and trails.

Upcoming Natural Areas Events

- **Lifecycles of Monarchs** (recommended ages: 5 & up)
 - 10:00 a.m.-12:00 ap.m. | Saturday, September 2
 - Cathy Downs, a Monarch Watch Conservation Specialist, will lead a walk through Friedrich Wilderness Park looking for monarch eggs, caterpillars and butterflies. Learn what you can do to provide food and habitat for these important members of our ecosystem while enjoying the sights and sounds of the park. Proper netting techniques will also be

discussed. RSVP required. Suggested donation: \$3 per person, \$6 per family. For more information, call 210-207-3782 or email nicole.mcleod@sanantonio.gov

- **Starting Out Wild: Clever Spiders** (ages 1-3)
 - 10:00 a.m.-11:00 a.m. | Friday, October 6 & 20
 - Learn about spiders and their habitat through stories, songs, and hands-on fun! These high energy, engaging programs are a perfect way to foster an appreciation of the natural world. It is recommended that a child be walking and a parent or caretaker attend with each child. Most classes will take place outdoors. RSVP required. Suggested donation: \$3 per person, \$6 per family. For more information, call [210-207-3782](tel:210-207-3782) or email nicole.mcleod@sanantonio.gov.
- **Owl Prowl at Eisenhower Park** (ages 4-7)
 - 6:30-8:30 p.m. | Saturday, October 14
 - Join Texas Parks and Wildlife Urban Biologist, Jessica Alderson on a beautiful moonlit walk through the woods as we look for owls. Bring a stool or lawn chair and a flash light. RSVP required. Suggested donation: \$3 per person, \$6 per family. For more information, call 210-207-3782 or email nicole.mcleod@sanantonio.gov.
- **Growing Up Wild: Who Lives in a Tree** (ages 4-7)
 - 10:00 a.m.-11:30 a.m. | Thursday, October 12 & 26
 - Learn about the animals that use trees for their homes! Growing Up Wild builds on a child's sense of wonder about nature and invites them to explore wildlife and the world around them. RSVP required. Suggested donation: \$3 per person, \$6 per family. For more information, call [210-207-3782](tel:210-207-3782) or email nicole.mcleod@sanantonio.gov.

Are you connected to San Antonio Natural Areas on social media?

You can like us on [Facebook](#).

Find us on [Instagram](#) @sanaturalareas.

Friends of San Antonio Natural Areas is dedicated to promoting stewardship of San Antonio's Natural Areas, and to the understanding and appreciation of nature through educational and scientific programs.

For the latest updates and more activities, please see the calendar on the FOSANA website.

[Friends of San Antonio Natural Areas Website](#)
