

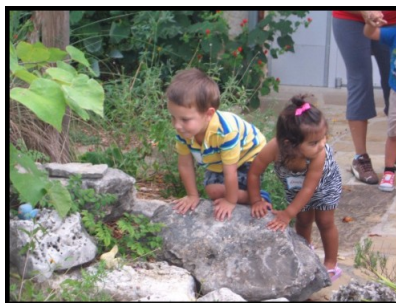


September 2018 Newsletter

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. Please check our website, www.fosana.org, for periodic updates and program information.

Cities Connecting Children to Nature (CCCN)

With [growing urbanization](#) and the increasing use of digital media, children have less access to nature. There is a growing awareness that children who have access to nature are healthier, happier and smarter. San Antonio is [one of 11 cities](#) to participate with the National League of Cities to establish a program to provide children better access to nature. The initiative will look at ways to improve access to nature by looking at education, health, out-of-school time, food access and security, and public infrastructure to examine the factors that are barriers to accessing nature. The San Antonio Parks and Recreation Department is working closely with other groups such as the health department, school boards, and community centers to identify and improve access to green spaces. The [goals of the CCCN initiative](#) are to "Improve the health of people living in low-income communities by increasing access to nature-based activities and green space, support the development of stronger social-emotional and cognitive skills among young people through increased time in nature and nurturing an emerging generation of youth as stewards of and advocates for the natural environment."



Upcoming Natural Areas Events

- **First Saturday Hike: Ethnobotany Walk** (recommended: ages 5 & up)
 - 10:00 a.m.-12:00 p.m. | Saturday, September 1 | Friedrich Wilderness ParkIn the days of no Wal-mart or HEB, people made what they needed from the plants and animals around them. Enjoy a leisurely walk and explore the uses of native

plants for food, fiber, shelter and more.

- **Starting Out Wild: We Love Leaves!** (ages 1-3)
 - 10:00-11:00 a.m. | Friday, September 7 & 21 | Friedrich Wilderness Park Classroom
 - Friday, Learn about leaves, shapes, and colors! 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 take place outdoors.
- **Second Saturday: Wild Things! (all ages)**
 - 10:00 a.m.-12:00 p.m. | Saturday, September 8 | Friedrich Wilderness Park classroom
 - Take a walk on the wild side with Tom Kinsey of Learn Nature and get up close with mammals and reptiles and learn about their habitat and behavior. Following the program, enjoy a fun, hands-on craft inspired by wild animals!
- **Starting Out Wild: Wildlife is Everywhere (ages 4-7)**
 - 10:00 a.m.-11:30 a.m. | September 5 & 19 | Friedrich Wilderness Park classroom
 - Learn how to identify signs of wildlife. Growing Up Wild builds on a child's sense of wonder about nature and invites them to explore wildlife and the world around them. Activities are designed to provide an early foundation and appreciation of nature.
- **All programs: RSVP required.** Visit FOSANA.org to reserve your spot. Suggested donation: \$3 per person, \$6 per family. For more information, call 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**](#)
