



# Oxley Nature Center Newsletter

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## Why Journal? by Heidi Ruby

by Heidi Ruby

Journals can be a playground for the mind. They are a way to record events in nature, family events, or just day-to-day events.

I do not journal every day. I just take short notes about what I observe, how my garden is growing, when I see the first hummingbird or first the first frog of spring. All are a way of preserving a snapshot of our lives. To record the first time you feed or see an animal or plant, or when the first juice drops in the fall, is the study of phenology.

Your family can start a phenology record of your yard. After a few years you will see patterns develop of the timings and timings of nature.

I like to record the year, date, time, temperature, weather conditions, and even names/season, moon, star/moon set times. Try a few sketches too. You can use a spiral notebook or purchase acid free journals with blank or blank pages. Try it! It is very rewarding.

2005

19 August Saw a tern-like along the roadside on the way to Rock Valley around 7:00am EDT.

24 August 3 babies seen

25 August I searched the trail around the pond at Ruby Valley Center. Birds in flower.  
Saw 1 Spinach, 3 White-throats, 1 Towhee, 1 Kingbird, 1 Cowbird, 1 Great Blue Heron, 1 D.C. Kingbird, 1 Blue Jay, 1 Red-shouldered Hawk, 1 Goldfinch, 1 Starling, 1 C. Wren, 1 Song Sparrow, 1 Field Sparrow, 1 Chipping Sparrow, 1 Cowbird, 1 Kingbird, 1 Towhee.

A White-throated Sparrow feeding on my chick. It is probably White-throated Sparrow. I have to fight the urge to touch it every day since I know my journal.



Notes:  
1 Towhee  
1 Song Sparrow  
1 Kingbird

1 White-throated Sparrow feeding on my chick. It is probably White-throated Sparrow. I have to fight the urge to touch it every day since I know my journal.

I saw a 1 White-throated Sparrow on my head & then I saw it on my back. It was 1 of the 3. I saw 1 White-throated Sparrow. Saw 1 White-throated Sparrow & 1 Towhee. Saw 1 1 of a feeding station. 1 White-throated Sparrow saw around the pond. 1 Kingbird, 1 Towhee, 1 Cowbird, 1 Great Blue Heron, 1 D.C. Kingbird, 1 Blue Jay, 1 Red-shouldered Hawk, 1 Goldfinch, 1 Starling, 1 C. Wren, 1 Song Sparrow, 1 Field Sparrow, 1 Chipping Sparrow, 1 Cowbird, 1 Kingbird, 1 Towhee. It is in my hand. I think just popped up on the pond.

An excerpt from Heidi Ruby's 2005 journal.

# Nature Center Happenings

**Oxley Nature Center  
and Redhead Valley  
will be closed  
Monday, July 4, 2005.**



A lot of our Redhead Park is still to be closed  
weekends April through October. The west gate  
will be closed. Oxley members get in free.

## GATE AND BOARDING ROOMS

The gates at Oxley Nature Center are open daily, with the  
exception of most City holidays, from 8:00 a.m. - 5:00 p.m.  
At Oxley, you may park outside the gates from 7:00 a.m. -  
5:00 p.m. to walk the trails even when the gates are closed.

At Redhead Valley Nature Preserve, the gates are open  
Wednesday through Sunday, from 8:00 a.m. - 5:00 p.m.  
You may **not** loop the roads when the Preserve Preserve is  
closed, on Mondays or Tuesdays, on City holidays, before  
8:00 a.m., or after 5:00 p.m.

## PROGRAM INFORMATION

Call: 606-694-1 to register or for more information about  
programs. Children under 12 must be accompanied by an  
adult, unless otherwise noted. Programs that are  
otherwise accessible are designated with the ♣ symbol.  
Programs with nonstandard registration may be cancelled  
at least 7 days prior to program.

Visit our website at <http://www.saltypretzelcenter.org/>.

## Volunteer Awards Celebration

Volunteers, staff, family, and friends closed a successful spring season with a delicious and fabulous  
dinner on Thursday, June 2. We gathered to honor our volunteers and present awards for milestones  
reached.

Three volunteers were eligible for their 3-year pins: **Sharon Chabris, Julia Moore, and Lisa Moore**.  
These year pins were also presented to CACCA board members in attendance: **Mike Aying, Paul  
Balk, and John Beerington** (who despite their pins in pocket had not received a 3-year pin).

Thank you to all our volunteers for your time, energy, and enthusiasm. You are awesome!

*"Do not try to teach your child by teaching a great many things. A child cannot absorb.  
It is enough to captivate, to hold attention. When you have got a spot, if there is some great  
material, but if it will catch his..."* [Aristotle](#)

## Full Moon Walks

Registration required. \$2 for general public, free for members, all ages. ♣

**Wednesday, July 20, 7:30-9:45 p.m. "Buck Moon"**



The velvet grows on Buck Deer appear on their foreheads this month. We may see some deer as we quietly  
explore the trails, listening for their snort and watching for their white tail to go up in warning.

**Friday, August 18, 7:30-9:45 p.m. "Red Moon"**

Red moon is named for the rusty reddish hue. The moon appears as it has the time of year. Let's find out if  
there is a magic glow over the forest as we explore.

# Volunteer Roundup

Oxley Nature Center is sponsoring a volunteer roundup on **Thursday, August 13**, from **10:00-12:00 noon** or **7:00-9:00 p.m.** Join us to learn about the many different volunteer opportunities we have to offer.

We will have question and answer sessions, staff and volunteers to visit with, and refreshments. Afterward we'll go on a short trail hike.

Have you got some time to share? Please call 918-669-6644 to register. We look forward to hearing from you!

*A joy shared is a joy doubled*    -Goethe

## Volunteer Naturalist Training Begins in September

Do you enjoy being outdoors sharing the experience of nature with others? We are offering Volunteer Naturalist training beginning September 1. We are looking for weekend, evening and weekday volunteer staff. Training sessions will take place throughout September.

You will become familiar with our trail system as you explore the varied prairie, wetland and forested areas. We emphasize leadership skills and interpretation methods.

Upon completion of training, you will join other naturalists, each guiding a small group of visitors on weekday, evening or weekend tours. If you are 18 or older, please call for more details about the training schedules. No previous experience is necessary.

**Weekday sessions:** September 1st through October 1st, two days a week (Tuesdays and Thursdays) from 9:00 a.m.-12 noon.

**Evening and weekend sessions:** evenings from 6:30-8:30 p.m. and/or weekend days from 9:00-11:00 a.m. These dates/times are subject to change.

All new volunteer naturalists and visitor center hosts are encouraged to participate in the Certified Interpretive Host Workshop (see page 4 for details). Oxley will provide the cost of basic CIH training. Certification or NAI membership is the responsibility of the participant.