

OLLI Citizen Science & Nature Diaries Special Interest Group
Spring Semester 2023

Hi OLLI Nature Lovers,

Good news, we have two meetings scheduled for Spring semester. Both sessions will be held at the wildlife refuge visitor center west of College of the Redwoods. Check out map & info here: <https://www.fws.gov/refuge/humboldt-bay/visit-us/locations/salmon-creek-unit--humboldt-bay-national-wildlife-refuge-complex-headquarters-visitor-center-and-shorebird-loop-trail>

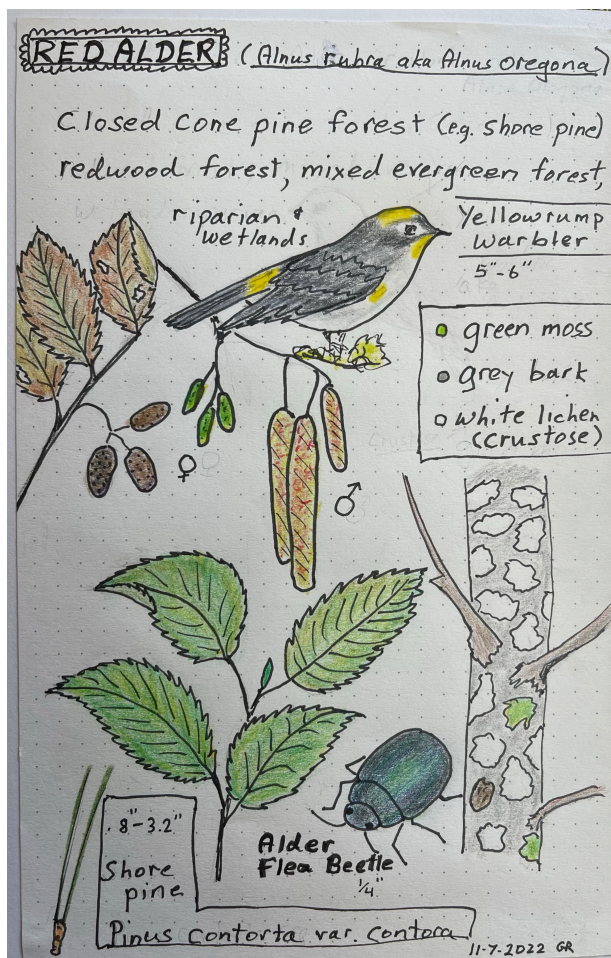
The upcoming meetings will be held on Wednesdays so we can use the multipurpose room if necessary.

Meeting dates & time: Feb 22nd 11 a.m.-1 p.m., April 19th 12-2 p.m.

Dress in layers, bring something to drink, a snack, and any basic journal materials you like. This can be as basic as a notepad and pencil or pen or something more elaborate like a bound journal, colored pens or pencils, and anything else that appeals to you.

Late winter/early spring is an exciting time to include phenological information in your journal. Here's a helpful article about phenology: <https://vt.audubon.org/news/phenology-journal>

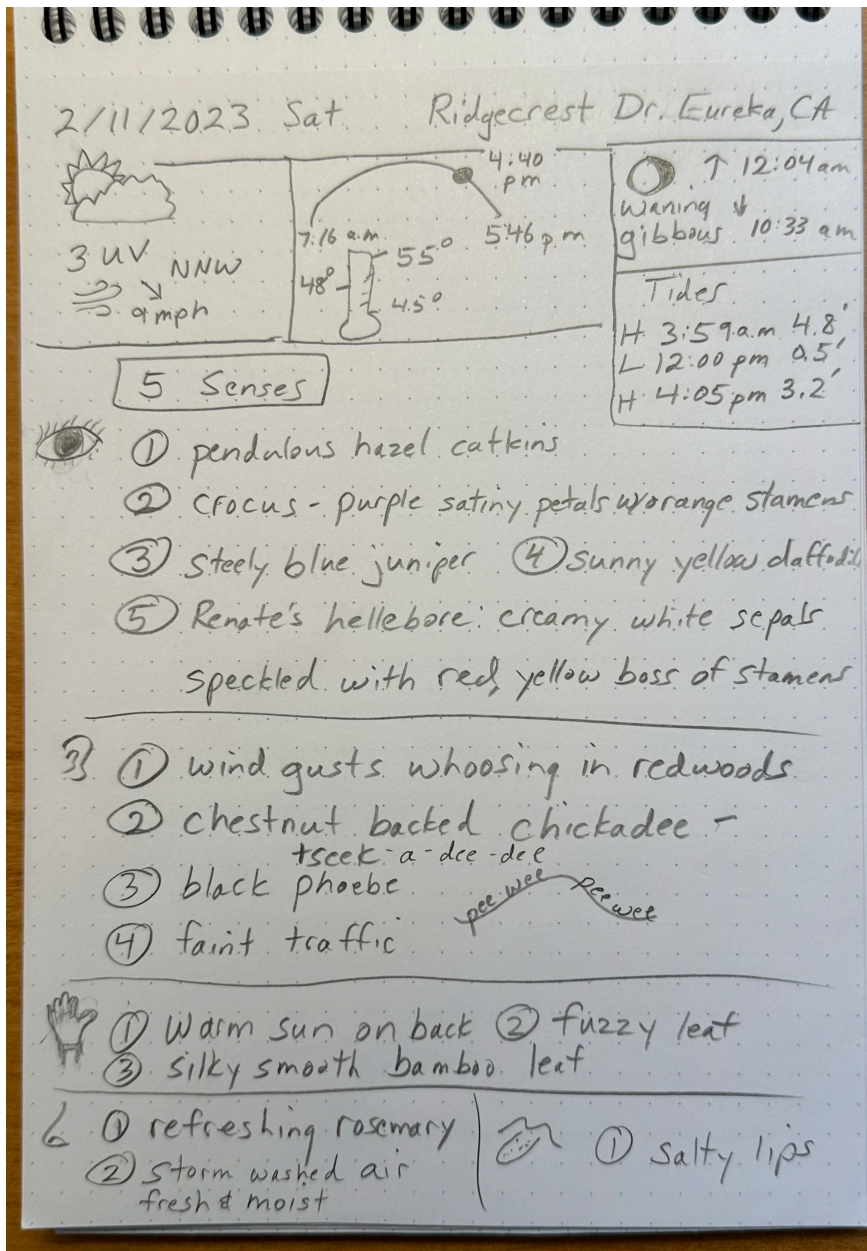
I created this nature page that was inspired by our group's last meeting. I was curious about what red alders look like during the four seasons and some of the life forms that associate with the trees. This year I plan on "adopting" a red alder and note events like when bud break begins, catkins form, leaves are fully developed, etc. Check out this site for more information about phenology and a cool app called Nature's Notebook: https://www.usanpn.org/natures_notebook



Michele and I talked about starting each session with two activities: five senses and three questions. Both exercises are a great way to get in touch with your environment and start those creative juices flowing. You don't have to share what you've written and it doesn't matter if it's messy with misspellings. It's just a way to notice your surroundings and look at things with an inquisitive mind.

Five Senses Grounding Technique:

- o Look around your immediate environment.
- o Name five things you can see. This can be as simple as a bird, a table, or a pencil.
- o Name four things you can touch. This can be something like your hair, the grass, or a bench.
- o Name three things you can hear. Be sure to name external sounds, like a dog barking or a car passing by.
- o Name two things you can smell. For example, your shampoo or flowers and plants nearby.
- o Name one thing you can taste. Maybe it's gum, or coffee.



Left: I was playing around with adding metadata to my five senses page.

Three Questions

- 1) I notice
- 2) It reminds me of
- 3) I wonder why

Check out the video by John Muir Laws for a great introduction to this observational tool. BTW: Laws has many free & wonderful videos about nature journaling on YouTube

<https://youtu.be/v079W4IZ0TU>

Here is another great resource: Michele's blog for Citizen Science & Nature Diaries:

https://www.micheleolsen.com/olli_cs/

Finally, I want to alert you to some upcoming OLLI classes. Michele is offering

two: on March 21 (Field Journals: DIY Journal) and on March 23 (Field Journals for the Long Haul). Another great opportunity is: Guided Tour of the Denise K. Walker Greenhouse on campus on March 14. There are also a number of art, poetry and botany classes available that look interesting. Check out the current OLLI catalog (available in print & online) for more info.

Hope you're all enjoying nature during this cold and rainy time of year. It's exciting seeing signs of spring popping up everywhere.

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