



“greening” Ogden

Interest in taking care of our environment is growing throughout the community. In Ogden, besides having curbside recycling and a green waste compost facility, the Sustainable Ogden Committee is finding more ways to further the “greening” of the city, to reduce carbon emissions and improve air quality.

Recently the Sustainable Ogden Committee celebrated reducing CO₂ emissions by over 9 million tons, with over 1,000 residents and businesses participating in the Blue Sky Community Challenge and Fresh Air Friday. This was achieved in only three months! The Ogden Nature Center is doing its part by buying blocks of Blue Sky and providing incentives to staff and volunteers to use alternative transportation to get to the Nature Center. For every gallon of gas saved, an average of 20 pounds of carbon dioxide is kept out of the atmosphere. To learn more, see www.freshairfriday.com or www.rockymtnpower.net.

I am often asked “What is the mission of the Ogden Nature Center?” But I am rarely asked about our vision. In some ways, our vision is even more important than our mission; it is the why behind the mission.

Our vision is: Ogden Nature Center will be recognized as the outstanding nature center in the west for its success in transforming Northern Utah into an environmentally enlightened community dedicated to living in harmony with the land. Our mission is to unite people with nature and nurture appreciation and stewardship of the environment. We focus our efforts on education, and this beautiful nature preserve is our classroom. But we also try to “walk the talk” with energy saving strategies, recycling and eco-friendly commuting practices.

What is so exciting is that this “greening” momentum is coming from many directions, and not just generated by the Nature Center or a small group of passionate tree-huggers. Thank you Sustainable Ogden Committee and everyone else involved. Our air is cleaner, money is being saved, and participants are realizing the many health benefits of leaving their cars behind. Plus, our vision is becoming a reality!

— Mary McKinley, Executive Director



ONC staff members & volunteers regularly bike, carpool & walk to work.

Nature's Log

newsletter of the Ogden Nature Center • fall 2007

edible plant guide introduced
upcoming events & activities
volunteers
BASH thanks!
friends of the Nature Center
bird of the month

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Ogden
Nature Center

Mon.-Fri. 9-5 / Saturday 9-4
www.ogdennaturecenter.org

801.621.7595
966 W. 12th Street, Ogden, UT 84404

people ate that?

A new guide to edible and medicinal plants at ONC

—by Susan Snyder

Ever thought about eating a cattail? How about munching on some willow bark? As it turns out these and other plants found at the Ogden Nature Center have been used as food and medicine. For example, American Indians used to roast green cattail heads and eat them like corn-on-the-cob. Native people and pioneers chewed on willow bark for pain, just as we take a couple of aspirin today.

Because several of the plants found along the trails at Ogden Nature Center have historical edible and medicinal qualities, the Center's education team has produced a short guide, "Edible and Medicinal Plants at ONC," to help visitors appreciate what they see as they walk along our winding trails.

This brief guide includes photographs and

information about the potential practical uses of ten plants. Included are hints as to where to spot them at the Nature Center. With a map and a compass, visitors can also use this guide to teach children map reading and directions. Some of the plants listed are natives, such as cattail. Others are considered noxious weeds, such as bull thistle -- the stems and leaves of which reportedly taste like artichokes.

Why include weeds? We have a collection of photos and interesting information about some weeds that we'd like to share. Secondly, it never hurts to see someone's good side, even when one is a weed!

Much of the information included in our guide came from "Edible and Medicinal Plants of the West," by Gregory L. Tilford (which is

available in The Nest gift shop).

The new ONC guide is designed to tell visitors about potential uses for plants, but is not meant to be used as a guide for how to eat wild plants. Never pick or ingest anything you find at ONC. We've had some experimental planting here, and hybrids can appear the same on the outside but be different chemically on the inside. It is always important to know the history of the land from which you take wild plants before using them. And the amounts of these plants that people can tolerate vary greatly.

A downloadable copy of the guide should be available on the ONC website soon. We hope visitors enjoy using the guide and check back periodically for updates as we add information.



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OCTOBER

Nature's Cleansers

Saturday, Oct. 27 / 10:30 – 11:30 am

For adults and children 6+

\$10/members, \$12/nonmembers

Melt and pour soaps with "natural additives." Materials included.

Instructor: Amber Hansen. Please call to pre-register by Thursday, Oct. 25.

Bookworms

Tuesday, Oct. 30 / 5:30 pm

For adults, 12+

Free/members, \$3/non-members

Join ONC staff and volunteers for a discussion based on "Reason for Hope," by Jane Goodall. Refreshments provided.

NOVEMBER

Indoor Desert Gardens— Planting Succulents

About Utah Series

Thursday, Nov. 1 / 6:30 – 7:30 pm

For adults and children 8+

\$5/members, \$6/non-members

Pot succulents for indoor winter enjoyment.

Bring your favorite pot (or we will have some available for purchase) and choose from a variety of fun and interesting succulents to pot. Bring money to cover

the cost of plants and a pot. Plants will be approximately \$3.50 each. Instructor:

Barney Barnett from Willard Bay Gardens. Please pre-register by Tuesday, Oct. 30.

Colored Pencils

Nature's Mediums Series

Friday, Nov. 9 / 5:30 – 7:30 pm

For adults

\$12/members, \$15/non-members

Learn to draw nature using colored pencils.

Contact the Nature Center for a supply list.

Instructor: Niki LeClair. Niki is a young artist specializing in colored pencils. See

some of her art in the Nest Gift Shop. Please call to pre-register by Wednesday, Nov. 7.

Writing Poetry

Nature Writers Series

Tuesday, Nov. 13 / 5:30 – 7 pm

For adults

\$5/members, \$6/non-members plus materials.

Learn the basics of writing poetry—rhyme or no rhyme. Practice creating word pictures and finding poetic inspiration from nature.

Taught by teacher/naturalists, William Pollett & Susan Snyder. Please call to pre-register by Monday, Nov. 5.

Dream Catchers

Saturday, Nov. 24 / 10:30 – 11:30 am

For adults and children ages 6+

\$12/members, \$15/nonmembers

Materials included. Make your own dream catcher with instructor Amber Hansen.

Please pre-register by Wednesday, Nov. 21.

Bookworms

Tuesday, Nov. 27 / 5:30 pm

For adults, 12+

Free/members, \$3/non-members

Join ONC staff and volunteers for a discussion based on "Pine Island Paradox," by Kathleen Dean Moore. Refreshments provided.

DECEMBER

Holiday Open House

Saturday, Dec. 1 / 10 am - 4 pm

Free admission for all.

Shop for your family and friends who love nature at the Nest! Members enjoy a 10% discount. Find great stocking stuffers, books and clothing. Fragrant centerpieces and swags made with fresh greens will be for sale. We will also offer a fun nature craft for children and free refreshments for all.

JANUARY

Writing Nonfiction

Nature Writers Series

Tuesday, Jan. 8 / 5:30 – 7:00 pm

For adults

\$5/members, \$6/non-members

Learn the basics of nonfiction writing with an emphasis on writing about nature. Taught by teacher/naturalists, William Pollett & Susan Snyder. Please call to pre-register by Monday, Jan. 7.

Amazing Amphibians

About Utah Series

Thursday, Jan. 10 / 6:00 – 7:00 pm

For adults and children 8+

\$5/members, \$6/non-members

Instructor: Aaron Webber, an aquatic biologist with the Division of Wildlife Resources. Learn about Aaron's work with boreal toads and spotted frogs.

He will also discuss chorus frogs, tiger salamanders, spadefoot toads, and other amphibians in Utah.

Please call to pre-register by Tuesday, Jan. 8.

The first two people to register will receive a free spotted frog pen.

Nature Photography in the New Year

Nature's Mediums Series

Saturday, January 12 / 9:30 – 11:30 am

For adults

\$5 for members, \$6 for nonmembers

This will be a hands-on photography class. Learn the basics of nature photography, then go outdoors and take photos. The pictures will be downloaded to a computer and shared with the group. Bring a digital camera with a memory card.

Instructor: Buz Marthaler

Please call to pre-register by Thursday, January 10.

**Please call 621-7595 to
register for classes and
for more information.**

What's happening



Volunteers and Jr. Naturalists add to the compost pile at ONC

valuable volunteers

Eight amazing teens volunteered at Ogden Nature Center this summer, completing a long list of projects. Please join us in thanking Jacob Crnrch, Sierra Swenson, Katie Imig, Daniel Griffin, Serra Sharpe, Blake Prout, Tyler Stewart and Maya Pendleton. Among other projects, they planted trees, painted the bathroom floors at Picnic Grove and mapped noxious weeds. The Volunteers also learned about water quality by testing Plain City Canal throughout the summer and charting the results.

jr. naturalists share green prowess

This summer the Ogden Nature Center certified five youth as junior naturalists. Please join us in congratulating Colin Anderson, Aubrey Bell, Charlie Fuertsch, Kelsey Kimball, and Michael Lawrence.

These young naturalists met every other week during June, July and August to learn about plants and animals of Utah, conservation, recycling, composting, noxious weeds, and orienteering. Each participant spearheaded a conservation project in the community. On August 17th they presented their final projects which included trailhead clean-ups, recycling, wild bird care and the creation of an original "green" board game.

volunteer at ONC



Holiday Open House / Dec. 1

Would you like to help with our Holiday Open House Dec. 1st from 10 am - 4 pm? We need gift wrappers and help with refreshments and crafts. Call Jenny at 621-7595 to volunteer.

Make A Difference Day / Oct. 27

Join ONC staff and other volunteers as we clean up the trails and parking lot at ONC North. Meet from 9:30 - 12 noon at approximately 1100 N. Mountain Road. Bring work gloves and garden tools.

hearts & hands award

Please join us in congratulating Lorna Gehrig -- Ogden Nature Center's 2007 recipient of the Hearts & Hands Award given by the Utah Nonprofit Association and the Utah Society of Fundraisers.

Lorna started volunteering at the Ogden Nature Center in 2001 after moving to Utah from Northern California. She came to the Nature Center looking for a meaningful way to contribute to the community and wanting to meet new friends. She found her love in walking the Nature Center trails and helping visitors at the front desk. Lorna received her Master Gardener's certification and "ripped her parking strip" at home two years ago, replacing it with water-wise perennials. She has also helped with planting and gardening at the Nature Center.



wish list

- work gloves • chain saw • recycled colored paper • electric stapler
- used ink & toner cartridges • phosphate-free laundry detergent
- scissors • garden tools: rakes, shovels, loppers and pruners



Dragonfly on Blackbird Pond / photo by Jack Rensel

Our deepest appreciation to everyone who attended and contributed to this years BASH! Our annual party was a great success, raising over \$50,000 to support nature education, our beautiful nature preserve and wild bird care in the Top of Utah.

many thanks to our generous BASH donors and contributors

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ONCTurkey / photo by Jack Rensel

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adoptions

Would you like to help pay for food, vet bills and the cost of caring for our resident animals? The following birds are still available for adoption. Call Deb at 621-7595 for more info.

Chitters --

Great Horned Owl: \$500

Pueo --

Short-eared Owl: \$250

Grandmother --

Golden Eagle: \$600

Des Ta Te --

Bald Eagle: \$750

october bird of the month

american white pelican

The gregarious American White Pelican is a large water bird. With an unmistakable long bill, distensible pouch, and black flight feathers in their six to nine foot wingspans, they are as graceful in the air as they are in the water. Pelicans can plunge-dive after prey. From the air into the water, they create an incredible splash but do not fully submerge. However, Pelicans are adept swimmers. As with all birds in the Pelecaniformes order, such as Boobies and Gannets, the American White Pelican has totipalmate feet, four toes connected by webbing. This allows pelicans to swim quickly in precise formations.

These magnificent creatures feed together in effective strategic groups. They feed on freshwater fish such as perch, carp, trout, crayfish, and salamanders. They typically push the fish toward shallow water or into another mirroring group of pelicans where the fish are easily caught in the pelican's gular pouches. The pouches are so sensitive that pelicans can fish at night by feel.

Why are Pelicans in Utah? White Pelicans are found on inland waters while Brown Pelicans are found along the coasts. Because the Great Salt Lake offers seclusion for nesting, American White Pelicans are native to Utah and breed on Gunnison Island, which is one of the largest breeding colonies in the United States. They must take daily flights east to fish in freshwater bodies.



Pelicans on Teal Pond / photo by Jack Rensel



966 W. 12th Street, Ogden, UT 84404

Mon.-Fri. 9-5, Sat. 9-4, Closed Sunday

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