

# ANSS

## The American Nature Study Society Newsletter



Volume 15, No. 2  
Fall 1995

Flo Mauro, Editor c/o Pocono Environmental Education Center  
RR 2, Box 1010; Dingmans Ferry, PA 18328 (717) 828-2319

### From the President

We are all grateful to Tracy Kay for his outstanding service as president of ANSS. He has done a great deal to further the development of our Society and its services to our members. I look forward to working with him and the rest of the ANSS board as we complete some important projects.

In the last issue of this newsletter we announced that ANSS is seeking a new home. John Gustafson generously provided ANSS a home base for many years, but is now retiring from active duty. We have already received proposals from organizations interested in working with us. There are even some intriguing opportunities for program collaboration. Over the next few months we will review these proposals and begin a new partnership.

We are also exploring ways to further improve our journal, *Nature Study*. Helen Ross Russell's leadership the journal addresses the important ideas and educational tools of our profession. She and her guest editors produce thematic issues of the journal that range from women and the environment, to Native American cultures, to our forthcoming issue on wetlands. The next issue will also sport a new approach to graphic design and the services of a professional production manager.

Come with us to beautiful Belize!! ANSS is experimenting with a new international program. Our members can serve as volunteer consultants working with educators in other countries. We have educational knowledge and skills that are desperately needed by folks in Central America and elsewhere. Our "January in Belize" trip is the first step in this experiment. Working in partnership with local teachers in Belize, ANSS members will develop strategies for interpreting their rain forests and other protected areas. Here is a chance to learn about Belize and also leave something behind that will benefit its people. You will find application information in the Newsletter.



We look forward to seeing and hearing from ANSS members in the future. Please contact us if we can be of service to you.

Sincerely,  
Ralph H. Lutts, President ANSS

### New Slate of Officers

Congratulations to the following people for their recent election and/or re-election to the ANSS Board of Directors.

Vice-President	Nancy Darmstadter
Recording Secretary	Flo Mauro
Directors	Sean Duffy
	Ken Finch
	Steven Melcher
	William Sharp
	Edith Sisson
	Paul Spector

### Educating and Counseling with Nature

The March edition of *Interpsych News*, the internet mental health journal, contains a study Counseling and Nature that shows beneficial personal, social and environmental results from the use of activities that reconnect people and natural areas. The following is a summary of the article's findings:

Although we are a part of nature, in its natural state nature does not suffer from today's runaway problems, our garbage, pollution and wars, our mental illness, apathy and medical disorders. Obviously, Western Civilization's problems result because we learn and teach others to disconnect from the natural world. Why don't we reconnect with nature?

We and nature rarely reconnect because nature sustains itself through wise non-language attraction relationships. We, on the other hand, build our relationships through spoken and written language. We even think in language. We remain disconnected from nature because we can not read nature nor can we teach nature to speak, read, write or think in English.

Fortunately, all people inherit nature's ability to communicate non-verbally. That ability lies in our sensory inner nature that some call our inner child, our natural loves and spirit. Therein lies hope.

There are now 107 published nature reconnecting activities that scientifically empower our inner nature to nonverbally reconnect with the natural world. The activities enable people to hear and relate to the global life community in the same way the it relates to itself, through 53, not just 5, natural sensitivities (senses) that we biologically inherit. In addition, the activities teach us to speak out from our natural connections, to beneficially translate our reconnections with nature into understandable language, into sensible messages that register in modern consciousness. Anybody can use and teach these activities, even by E-mail or telephone. When they do, the record clearly shows that problems dissolve.

To our cost, our civilization teaches us to fear nature, to refrain from obtaining fulfillment by reconnecting with the natural world. Our 18,000 required hours of indoor K-12 classroom education alone teach us that lesson well. The result is that we spend an average of less than one day per lifetime in tune with nature, less than 17 minutes per year connected to the natural satisfaction and wisdom of our biological mother, Earth.

As long as we refrain from fulfilling and responsibility connecting with nature, we want, and when we want, there is never enough. The stress of our frustrated basic natural wants creates and fuels our runaway violence, greed and dependencies along with pollution, medical disorders and costly budgets. Our separation from nature blocks the normal psychological energies generated by natural sensory connections and creates apathy.

To responsibly satisfy and balance our natural wants, people may learn and teach new activities that, in backyards or back country, thoughtfully reconnect us with nature. The remarkable process is described in the "Counseling and Nature" by Michael J. Cohen, an applied ecopsychology research article in the March edition of the *Interpsych Newsletter*. It is available by calling 360-378-6313, E-mail [mjcohen@aol.com](mailto:mjcohen@aol.com), or by sending SASE to Project Nature Connect, Box 1605, Friday Harbor, WA 98250. Project Nature Connect - University of Global Education, A United Nations Non-Governmental Organization



## Haiku and Nature

For people who enjoy the outdoors, writing haiku poems can be a creative way to express one's sensitivity and pleasure. It is a three-line form of poetry which even a child might try, yet can be as profound for an adult as one's perception will admit. Writing haiku is approached in a contemplative mood in the midst of nature or with its powerful memory filling one's senses.

A centuries old form of Japanese poetry, haiku usually is written with a 5-7-5 pattern of syllables, just enough structure to facilitate an idea. The focus always on a relationship with nature, especially a moment in time with clues (seldom direct reference) to the season. As William Howard Cohen writes, "... the Japanese haiku is the most direct, objective, and highly concrete poetic form to be found in world literature."\*

As evident, I have written most of the following poems in winter and summer.

Dawn cool and smooth,  
Sky's flares match dewy roses.  
Breathe deeply and live.

Chickadee calling,  
"Phoebe, Phoebe!" every day.  
No answer. Alone.

Snowy tears slide down  
The weeping willow's branches.  
Together we mourn.

Fragrant jasmine blooms  
Freshen August's sultry air.  
No perfume can match.

Erie Canal blues,  
Pebbles spreading rippling waves,  
Thoughts of days gone by.

Haiku provides us an outlet to "capture the moment."

Dana Demmans

\* William Howard Cohen, to Walk in Seasons, 1972, Charles E. Tuttle Co., Rutland, VE. p20



## The Color Orange

Pumpkins. What glory the ground has grown! Solid substances for body and mind. Seeds too for thought within a glowing orange skin... Sugar Maples. What grandstand stance along the still-green common! Akin to fire their foliage flames amid the forest. Vermilion foliage spark one's thoughts. October's Orange, though will soon be past. It cannot last.

But hold! The orange will not all be victim of November cold. Forget not Brown, the sombered brother color of rainbow Orange, between the arch of Red and the arch of Yellow. Do not neglect to see the beauty of this duller fellow, Brown, not yet flung across a storm cloud in the sky but at your feet -- indeed a host of Browns all born of Mother Orange to make the autumn's palette thus complete.

So, artists and non-artists too, dip a paintbrush in a pot of gold; experiment with orange, dulled by cold. What a wealth of hue - Red-red-orange, Red-Orange, Orange, Yellow-Orange, Yellow-yellow-orange, all these at full intensity, their brightest, with Yellow-yellow Orange lightest and the darkest Red as though from the heart of autumn bled.

But the boldest colors soon can tire the eye. Look for the subtler tints and shades when Orange turns Brown as the withering leaves float down. There by your feet, grass blades no longer green have gentler colors to be seen by those who look. Gray-brown podsolc soil backgrounds the stubble in our garden plots. Wide swaths of clover, pink not long ago, lie gentle gray-brown too, an almost neutral Orange that brush can paint when Purple pigment melds to Yellow. A funny fellow, Brown, born of such parentage.

"Dead weeds", they say; "No beauty there". But stay! The subtle blends of Brown that make some frown can lift the hearts of those who closely look between the rainbow lines of Nature's color book.

Jay Bee  
John Brainerd



## Opportunities and Upcoming Events

**The Association for Experiential Education's 23rd Annual International Conference**, "Seeds for Change" is being held November 9 - 12, 1995 at Grand Geneva Resort & Spa, Lake Geneva, Wisconsin. Workshops include adventure approaches for personal growth, new technologies and learning, arts and performance and new directions. Conference will feature speakers, networking opportunities, jobs clearinghouse, entertainment and special events. For more information contact: Dan Creely, 1325 Van Buren, Des Plaines, Illinois 60018, 312-794-2982.

**The Pennsylvania Alliance for Environmental Educator's Annual Conference**, "Environmental Education: Blending Different Shades of Green" will be held November 10 - 12, 1995 at Wilson College, Chambersburg, PA. features include workshops, symposia, field trips, special events, exhibits and more. For more information contact: Scott Hackenbush, 717-486-3799 or write: PAEE Conference, Kings Gap Environmental Education Center, 500 Kings Gap Road, Carlisle, PA 17013.

**The National Interpreter's Workshop**, "Interpretation - The Real Magic" will be held November 27 - 30, 1995 in Orlando, Florida. Keynote speakers are broadcast journalist Charles Kuralt and conservationist Stewart Udall. Over 100 workshop sessions are offered. Pre-workshop training courses will be offered November 26. For more information contact: Tom Richter, National Park Service, Midwest Regional Office, 1709 Jackson St., Omaha, NE 68102, 402-221-3477.

**The Pocono Environmental Education Center (PEEC) in cooperation with the Alliance for Environmental Education and the Association of Nature Center Administrators** is sponsoring "The Fine Art of Fundraising" workshop December 1 - 3, 1995 at PEEC in Dingmans Ferry, PA. The three day workshop is a crash course on the finer points of fund raising for non-profit organizations. Tom Benjamin will be the workshop facilitator. For more information contact: PEEC, RR2 Box 1010, Dingmans Ferry, PA 18328; 717-828-2319.

**The Coalition for Education in the Outdoors holds its Third Biennial Research Symposium** January 12 - 14, 1996 at Bradford Woods, Martinsville, Indiana. The purpose of the international research symposium is to advance the empirical, conceptual, and theoretical bases of outdoor education, according to Dr. Anderson Young, chair, Department of Recreation and Leisure Studies, State University of New York, Cortland, NY. For more information contact: Coalition for Education in the Outdoors, Park Center, PO Box 2000, Cortland, NY, 13045; Fax 607-753-5982.

**The National Center on Accessibility** offers training seminars on a regular basis. Some are targeted toward interpretive program managers and planners and cover state-of-the-art methods and techniques for making interpretive programs and media accessible to visitors with disabilities. For more information contact: NCA, 5040 State Road 67 N., Martinsville, IN 46151; 317-349-9240.

## FYI...

**The North American Loon Fund** has produced two new loon education items. The first is a 32" x 22" color poster of all 5 loon species in North America; depicts behaviors, habitats, and threats to survival with information on life history, research, management, and conservation. The second is a "Resource Directory for Teaching and Learning about Loons and Lakes," with listings and brief descriptions of books, articles, handouts, programs, curriculums, videos, and other education materials. To find out more, contact the North American Loon Fund, 6 Lily Pond Road, Gilford, NH 03246. Ph/fax: 603-528-4711.

**The National Institute for Urban Wildlife** has Teacher Packs available on the following topics: Beaches, Dunes, and Barrier Islands, Endangered Species, Freshwater Marsh, Rivers and Streams, Urban Areas, Wetlands Conservation and Use. Developed in conjunction with the U.S. Fish and Wildlife Service, the materials are designed for use with students in grades four through seven. Each pack contains an overview, lesson plans, data sheet, student pages and a classroom poster. The cost is \$7.00/pac. For more information contact: NIUW at PO Box 3015, Shepardsstown, WV 25443. Ph: 304-274-0205.

**The U.S. Department of Agriculture Nature Resources Conservation Service** has published a National Resources Inventory (NRI). The NRI is the most comprehensive database ever assembled on natural resources on the non-federal lands of the United States -- 74% of the nation's land area. The information shows the use and trend of natural resources in the United States. The data was collected in 1992 on 800,000 sample sites. Two more years were needed to compile and verify the data. The packet contains color graphics, black and white graphics, summaries, and fact sheets. For more information contact: Office of Public Affairs, US Dept. Agriculture, Natural Resources Conservation Service, PO Box 2890, Washington, DC 20013.

**The National Wildlife Federation's 1995 Conservation Directory** is the most comprehensive compilation of its kind, of organizations, agencies, and officials involved with environmental conservation, education, and natural resource use and management. Its 500+ pages contain names, addresses, phone numbers, descriptions of program areas, and more. Over 16,000 individuals and more than 2,000 organizations around the world are listed. Cost is \$20 plus shipping and handling. Contact: National Wildlife Federation, 1400 16th Street, NW, Washington, DC, 20036-2266, 1-800-432-6564. (refer to item #79562)

**Global Learning and Observations to Benefit the Environment or G.L.O.B.E.** which came into being Earth Day 1994, is a program that seeks to gather data about the environment from students and teachers from around the world. The information is given to scientists and educators to help create curricula that has educational and environmental value. For details contact: Dean Paschall, G.L.O.B.E. Project, 3100 Arapahoe #300, Boulder, Co 80303, Ph: 303-938-2065.



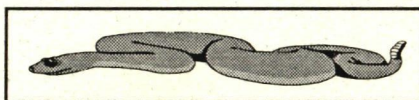
## PREDATOR BY NIGHT

Katharina Fichtner, Pocono Environmental Education Center

A large number of animals are adapted to the night life. Less competition for food and space and more safety against predators are two key reasons for a nocturnal lifestyle.



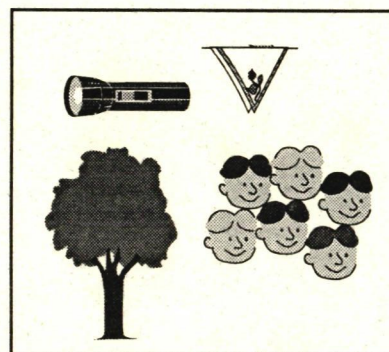
To optimize their life by darkness, nocturnal animals have special adaptations. Some animals have excellent eyes/eyesight and are



able to see a lot with a minimum of light. Some animals, such as snakes, are able to orient themselves by smell or heat sensors at their tongue or skin. Other nocturnal animals navigate with their hearing. They are well adapted for their nocturnal lifestyle.

To better understand the mechanism of nocturnal animals and to introduce students to a fascinating, secret world, engage them in the following activity:

**MATERIALS:** 1 flashlight, 1 blindfold  
**GROUP:** 5 - 12 students, any age  
**SETTING:** a small wooded area  
(not too many leaves on the ground)



One student is chosen to play the "predator by night". He is very hungry and searching for prey. This predator is blindfolded and can navigate only by using his sense of hearing. When he hears/senses his prey, he shines the spot of the flashlight on it and thereby captures it.

The rest of the group, the prey, is lined up 10- 15 feet away from their predator. The prey have to pass the predator, one at a time, in order to get safely home, a pre-designated area 10 feet behind the predator. All the players are silent. If the predator hears a sound, he turns the flashlight in the direction where he supposes his prey to be. If the light meets the prey on the spot, the prey is caught. He then becomes the next predator.





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### In Memorium

#### John Brainerd

Smiles and laughter, whistling of bird songs, joy in the world of nature, learning to take responsibility and care for Planet Earth, were always present whenever John Brainerd appeared. President of ANSS in 1864, he was a bright star at conferences for decades. He touched the lives of many people as Journal contributor, teacher and author.

John completed the text for his fourth book and all of the illustrations but seven shortly before he died of cancer in June 1994. His wife, Barbara, is busy dealing with the finishing activities involved in its publication.

John's three earlier books were: *Nature Study for Conservation*, *Working with Nature*, and *Nature Observers' Handbook*.

Helen Ross Russell

### Renewable Energy:

#### A Concise Guide to Green Alternatives

by Jennifer Carless

Are you looking for a book to spark your hopes for a greener future? If you can wade through *Renewable Energy: A Concise Guide to Green Alternatives* you will find some stunning and hopeful facts about the technology of the future, which as author Jennifer Carless notes, is actually the technology of today.

In her book, Carless describes the various renewable energy sources that are replacing conventional resources and effectively marking the "beginning of the end of the fossil-fuel age" (Carless, vii). These renewable sources include solar energy, wind energy, hydropower, geothermal energy, biomass energy, and renewable automobile fuels. Carless devotes a section to each renewable source, and chapter by chapter she analyzes the history, technology, current status, possible applications, benefits, concerns, costs, and future potential of each renewable energy source.

Carless believes renewable sources are better alternatives to conventional sources of energy because they are responsible for fewer environmental and political problems. They are safe, reliable, economically attractive, and are not just dreams for the future. According to Carless, renewable sources currently supply nearly ten percent of the total energy use of the United States. Technical barriers have been almost entirely removed, and she assures the reader, "the true barriers to energy reform are now, and always have been, political" (Carless, vii).

*Renewable Energy* is a well organized book filled with important information on the future of this planet's energy supplies. It is a good resource for anyone interested in seeing the big picture of green alternative energy; however, the book is full of technical jargon, and is difficult to get through. Complete with its own index, it is more of a reference guide than a self-help book.

Robyn Bright

1993 168 pp.  
Walker and Company, New York  
ISBN 0-8027-8214-0  
Hard Cover \$19.95

ANSS would like to publish any announcements, issues, teaching tips, etc. that you or your organization would like to send us. Please forward your information to: ANSS Newsletter, PEEC, RR 2 Box 1010, Dingmans Ferry, PA 18328.

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