



**Baltimore Woods
Nature Center**
Nature in your hands

the Overlook

MAY - AUGUST 2019 • VOLUME 33 • NUMBER 2

Healthy Relationships

When we see land as a community
to which we belong, we may begin
to use it with love and respect.

~Aldo Leopold

Baltimore Woods is a visitor habitat, too!

Over six miles of trails to explore
on our 182-acre preserve

Back deck bird watching and
picnicking spots

New interactive play features in
our Nature Playscape where kids
can build, balance, and imagine

Quiet benches in shady spots to
immerse the senses in nature

Nature-inspired art by local artists

Gardens featuring wildflowers,
herbs, and pollinator-loving plants

Nature's waiting for you
at The Woods!

4007 Bishop Hill Road
P.O. Box 133
Marcellus, NY 13108 (315) 673-1350
www.baltimorewoods.org

Nature: Salve for the Soul

by Becky Wilson, Education Manager

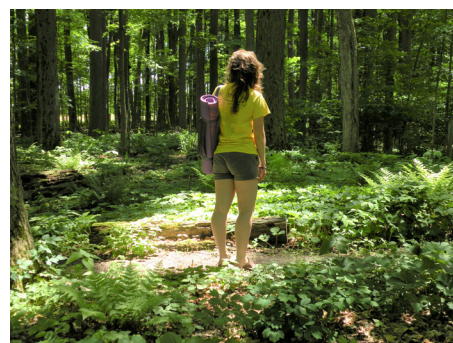
There is nothing like seeing the faces of my own kids as well as those I teach light up as they discover something new and wonderful about nature. I swell with pride as I watch them make their own connections with nature through exploration and play, but recently, I was feeling like something was missing and I realized my own personal connection with nature needed some nurturing. I rarely get time outside by myself, but it's important enough to me to make it a priority, even if only for a few moments.

As adults we have so many things to do within a day that it seems impossible to add in anything else, but a few minutes outside is all it takes to reap the benefits that our natural world provides. Whether you step out of the office during your lunch hour, stop at a local park on the way home, or make the short stroll to the mailbox, taking a minute to focus your mind and senses on your natural surroundings will help you to restore and recharge.

Here is a simple and quick ritual I try to practice every morning that you may be able to incorporate into your day as well! I go to the same place each day, out onto my back porch that looks out over our yard to the corn fields and forests beyond. It helps to visit the same place each time, to familiarize yourself with the goings on of the flora and fauna, creating a sense of place in your little nook of the world.

Celebrate Mother's Day at Sycamore Hill Gardens

See page 11 for details.



Take a few moments to tune into each of your senses:

- Shoes off, put your toes into the earth (weather dependent!)
- Close your eyes and reach out to feel the wind, reach down to touch the ground.
- Breathe deeply through your nose to smell, in through your nose and mouth simultaneously to taste.
- Cup your hands to your ears and listen, don't worry about identifying all the sounds you hear.
- Lastly, open your eyes and imagine it's the first time you are seeing. Notice the colors and shapes around you. Give thanks for all that your senses allow you to experience!

Such practices, no matter the amount of time, allow us to be in harmony with nature and, in turn, with ourselves. If you have time to journal your experiences, you will heighten your awareness of everything around you and nurture your own connection to the beauty and wonder that nature provides.



Baltimore Woods Nature Center fosters enduring stewardship of our natural world by offering immersive programs and a place in Central New York for everyone to cultivate an appreciation and personal connections to nature through environmental education, recreation, play, and research. We put nature in your hands.



**Baltimore Woods
Nature Center**
Nature in your hands

Interpretive Center Hours:

Monday-Friday 9am-4pm

Saturday 10am-4pm

Closed Sundays.

Trails open dawn to dusk.

Free parking; no admission fee.

No pets please.

Partnerships Enrich Research and Education Mission

By Fran Lawlor, Land Manager

At Baltimore Woods we strive to understand what we see every day. Research and education are a vital part of our mission and we strive to incorporate current scientific knowledge of biological processes, invasive species pressures, potential impacts of climate change, and remediation of our activities on the diverse ecological communities to guide land management on the preserve. We have many partners in our quest including SUNY ESF, Cornell, OCC, Onondaga Audubon Society, New York State DEC, and the USDA. Efforts range from citizen science programs – which are greatly supported by our volunteers' interests and efforts – to PhD level research.

We have learned which ground-feeding birds carry the most deer ticks. Onondaga Audubon has reestablished historical bird netting lines to track changes in resident breeding birds on Griffiths Flats and Parson's Meadow. We have instituted a DEC protocol to track deer pressure on the preserve



Dr. Greg McGee and students have designed a study to look at forest wildflower restoration in the reforested, former agricultural area, off the Boundary Trail.

and in May will train volunteers to study the impacts of grazing on forest vegetation, helping the DEC develop deer management policies for the region. Have you noticed the collection of white pipes above the upstream Baltimore Brook bridge? Another ESF project is comparing historic and contemporary data at the confluence of Baltimore and Cold Brooks to better understand the influences of the mixing of ground water and surface water flows. Many other projects are in progress or in planning to understand and improve the habitats we steward, and our knowledge base increases with every partnership! Contact us at The Woods to learn more.

New Staff Members Join The Woods Team

by Whitney Lash-Marshall, Executive Director

Baltimore Woods welcomed two new staff members to its growing team this spring.

Lexi Grove started as our new Environmental Educator in February, after graduating with a B.S. in Environmental Biology from SUNY ESF in 2018. She previously worked with NY State Parks,



Lexi Grove

the Friends of Clark Reservation State Park, and Sawtooth Interpretive and Historical Association. She is always learning from those around her and loves sharing memories of experiences in nature. Lexi likes to cook with her family, put her nose in a good book, or go on a grand adventure in her spare time.

Meg Schader joined The Woods in March as our first-ever Membership and Development Coordinator. Meg brings a diversity of talents to this position, including her experience establishing a successful family business as well as

a non-profit. She is skilled at database management, communications, writing and even editing! In her free time, Meg enjoys teaching yoga, walking with her dogs, and exploring the Finger Lakes with her husband and son. She looks forward to connecting with members of the Baltimore Woods community!



Meg Schader

This Season at Baltimore Woods...

By Melissa Kirby, Environmental Educator

The season to soak up the sun is here. Spring has brought her wildflowers, the stream is flowing ice free, and the tree frogs and peepers sing their songs. As the months pass into summer, the forest grows into a green wonderland.

Ever walk the trails and explore summer here at The Woods? Imagine it something like this... At the head of the trail, looking up, the sun is creeping into the sky, the light shining through the masking canopy of maples, the temperature warm on the skin, and a hint of dampness in the air. Making your way down the trail you notice the gentle crunch under your shoes on the well-worn dirt path and with each step feel the support of the firm ground.

Heading into the valley a stand of leathery jewelweed leaves line the path, soon to tower above hikers' heads. The sounds of water weaving around rocks and curves catches your ear from the brook nearby.



Crossing the bridge you emerge into the sunshine for a moment, glance down and notice the water striders dancing along the surface. Continuing on the path you sense the excitement in the air, and soon hear the result of curiosity in the distance as a summer camp group discovers a frog and you smile at the sounds of joy. Being YOU, being HERE, immersed in the thriving life all around. What a great moment in time it is.....

Annual Native Plant Sale *Birds, Bees, and Blooms!*

Shop for native plants to attract & provide habitat for birds, bees, & butterflies!

Friday, May 17th, 2-8pm
Saturday, May 18th, 9am-3pm



Photograph courtesy of Jack Kurz

All proceeds benefit Baltimore Woods Nature Center.

Native plants, perennials, flowers, shrubs, herbs, heirloom tomatoes, and hanging baskets

On-site expert advice from Master Gardeners and Onondaga Audubon

Fairy Garden and Container Workshops

Kambuyu Marimba ~ Friday 6pm

Garden Café • Raffle • Silent Auction

Free parking • Rain or shine

Purchase or renew your BWNC membership at the Plant Sale and receive 10% off your plant purchases!

Currently in the Gallery

Student Art Show

Celebrating nature and the artistic achievements of local school students

May 4- May 31

Art reception: May 4, 3-4pm



Marissa Kohecnik, 12th grade
Marcellus High School



"Brown Bear" by Nola Veri, Kindergarten,
Rockwell Elementary, Onondaga Central School District

Upcoming in the Gallery

Oil Paintings

by

Nikolay Mikushkin

Sept 6 - October 25
Artist Reception: Sept 7

Visit the art gallery page on our website at baltimorewoods.org for more details.

May

3 Star Party: Eta Aquarid Meteor Shower 8-10pm

This weekend there will be no moon to interfere with viewing, and we may get an early glimpse at some of the Eta Aquarid meteor shower, plus the spring skies and their clusters. We may still be able to see Mars low in the west and Jupiter will be rising in the east. Back-up date May 4th. Program for all ages. \$6 for members; \$9 for public.

4, 5 Weekend Wildflower Walks 2-3pm

Baltimore Woods Nature Center's premier woodland wildflower garden is a local treasure. Join caretaker Audrey Loewer for a pleasant walk through one of the wonders of spring. Each week, new species will bloom and Audrey will reveal their past and present medicinal and culinary uses. Call for accessibility information. Free program; donations appreciated. Program for ages 15 and up.

8 Nature's Little Explorers: Warm Spring Series 10-11am

Late spring is a great time of year to explore; the woods are always changing and we'll try to see it all! Through crafts, games, exploration and imaginative play, each week will bring a different adventure. Weekly themes include: Fish!, Salamanders and Newts!, Turtle Power!, Under Rocks Under Water, Frogs and More Frogs!, Pond Secrets. Program for ages 3-5. This six-week series will meet on Wednesdays, May 8 - June 12. \$35 for members; \$50 for public.

9 Birding Basics 10-11:30am



Ever look out at your bird feeder and see a bird you didn't recognize? Come join us for a program where we take birding back to the basics and teach you everything you need to know about identifying birds. Practice ID by sight, sound, and learn

how to narrow down your options by watching bird behavior. We'll go birding around our populated preserve and you'll walk away with the foundations of a lifelong skill. Program for adults. \$6 for members; \$9 for public.

16 Trail School: Hike to Peanut Hill 10am-12pm

What do you get when you mix a hike, expert naturalists, room to explore, and a dash of serendipity? Trail School at Baltimore Woods. This week we will make our way to Peanut Hill—everyone's favorite place to build stick forts! Program for ages 5-15. \$6 for members; \$9 for public.

18 Container Gardening Workshop 10-11am

Enjoy the wonders of fresh food from the garden without the need for a lot of space! Practically anything grown in a traditional garden can be raised in containers, with less work. With tomato expert Pat Jokatys, you'll mix soil and plants, and take home your own personal tomato garden. Program for ages 6 and up. \$20 for members; \$30 for public.

18 DIY Fairy Gardens 1-2pm

Create your own Fairy Garden with Master Gardener Jim Avery at our native plant sale! The pot, soil, three plants, garden stones and a mini-gnome will be supplied. Program for ages 6 and up. \$20 for members; \$30 for public.



23 Nature Journaling 10-11am

Join us as we explore journaling in nature. Learn about techniques and strategies to create journal entries that will focus your mind and engage your senses. Program for adults. \$6 for members; \$9 for public.

25 Treefrogs and Peepers! 8-10pm

Treefrogs and spring peepers are perhaps the most elusive frogs ever. However, evenings in late May can be the perfect times to observe them at Philips Pond—especially if there's a little rain. Join us for a night hike to the pond to enjoy the treefrog-peeper chorus and try to spot a few of these fascinating frogs. Program for ages 5 and up. \$6 for members; \$9 for public.



June

7 Star Party: Moon and Planets! 8:30-10:30pm

It gets dark late so let's look for planets and the moon! We will get a good view of the near-first-quarter moon, Jupiter will be just about as close to Earth as it gets, and there's a chance we may get one last look at Mars for the year, before it goes behind the sun and out of view. After it gets darker, the southern Milky Way will become visible. Back-up date June 8th. Program for all ages. \$6 for members; \$9 for public.

8 A Flower's Guide to Attracting Pollinators 10-11am

Colorful, fragrant flowers entice pollinators with sweet nectar. Learn how pollinators and flowers help each other survive and why they are important to humans. Program for adults. \$6 for members; \$9 for public.

13 Wild Edibles 10am-12pm

Join us as we celebrate the coming summer by foraging for and cooking with wild edible plants. Learn how to identify, ethically harvest, and prepare a wild treat with campfire cooking. Program for adults. \$6 for members; \$9 for public.

20 Trail School: Hike to Boulder Brook 10am-12pm

What do you get when you mix a hike, expert naturalists, room to explore, and a dash of serendipity? Trail School at Baltimore Woods. This week we will explore Boulder Brook with all its secret hiding spots for crayfish, frogs, and salamanders. Program for ages 5-15. \$6 for members; \$9 for public.



27 Peruse Phillips Pond 10-11:30am

Take a look at a unique and exciting ecosystem by joining us for a pond exploration! We will be looking at the plants and animals that call Phillips Pond home, from the turtles that sunbathe on the logs to the microbes that are invisible to the naked eye. Program for adults. \$6 for members; \$9 for public.

29 Summer Solstice Yoga and Meditation Walk 9-11am

Revel in the beauty of nature and in your life. Revitalize your body as we travel through a series of postures in salute to the sun and experience rejuvenating poses that root you in the nurturing and supporting earth. As part of the experience we'll take a meditative walk using the peaceful tools of nature to relax the mind. This program welcomes any level of yoga experience! Program for adults. \$6 for members; \$9 for public.

nebulae visible to us in the northern hemisphere. Back-up date July 13th. Program for all ages. \$6 for members; \$9 for public.

20 Cabin Campfire Stories 8-10pm

Bring your family out on a summer adventure as we take a hike through the sunset trails of Baltimore Woods. We'll travel down to Phillips Cabin where we will be welcomed by a crackling fire, make s'mores, and listen to campfire stories told by

Zachary Smith. Program for ages 7 and up. \$6 for members; \$9 for public.

27 Natural Navigation: No Map, no Compass, No Problem! 10:30am-12pm

Learn how not to get lost in the woods as we explore traditional techniques and routines for wayfinding. How did our ancestors find their way before we had GPS systems, sextants, or even compasses? Join us as we explore natural navigation, including using the sun, reading landscapes, and more! Program for ages 10 and up. \$6 for members; \$9 for public.



31 Nature Open Mic at Baltimore Woods 7-9pm

Feeling inspired to share your favorite nature poem or original work? Join us for an evening of open mic poetry and in return be reminded of all the ways nature speaks to us, surrounded by the beauty of Baltimore Woods. Program for adults. \$6 for members; \$9 for public.

August

12 Star Party: Perseid Meteor Shower 9-11pm

The Perseid meteor shower, one of the year's best. The near-full moon will interfere with the view of fainter meteors, but brighter ones should still put on a show (we hope!) Also, great views of Jupiter and Saturn, and maybe a look at Venus. Bring a lawn chair or blanket to lie and watch for meteors while you're not looking through a scope. Back-up date August 13th. Program for all ages. \$6 for members; \$9 for public.

17 Wonder of the Sky 1-2:30pm

Ever gaze up at the big fluffy clouds of dragons, flowers, elephants, or whatever imagination conjures up swimming across that big blue sky? Have you ever stared in peaceful awe at all colors of a rainbow wondering where it ends? As they say, beauty is in the sky of the beholder, so come join us as we explore the hows and whys of these wonders of the sky through science, stories, and play! Program for all ages. \$6 for members; \$9 for public.

24 The One and Only Flying Mammal 7-8:30pm

Yes, that's right, a flying mammal! Let's wing our way into the world of bats by exploring their amazing adaptations for flight. Learn about how they navigate the forest at night and what bats you may see in New York. Program for ages 7 and up. \$6 for members; \$9 for public.

July

12 Star Party: Jupiter and the Milky Way 9-11pm

We will start the program with great views of Jupiter, Saturn, and the waxing quarter moon, then, as it gets darker, turn our sights on the Summer Milky Way, which has some of the densest concentrations of star clusters and

*We invite our volunteers to
Join us for Volunteer Lunch!*

May 15
June 19
July 17
August 21

Time: 12:30pm

RSVP to (315) 673-1350



Summer Nature Day Camp

Let the Adventures Begin!



The Buzz at Baltimore Woods

Here's what parents and campers have to say about summer nature day camp:

"BWNC Summer Camp is an integral part of my children's summer routine. They love the programming, counselors and being outside in nature."

"We heard great things from previous campers, the week long sessions are convenient!"

"My daughter quickly and easily fell in love with her counselors. They were fun and energetic!"

"I can't wait for my next camp."

"The part I love most is making new friends and I love all my teachers!"

"Best part was going in the mud!"

"I learned that white and black caterpillars are called hickory tusik [sic] moths."

"I learned to identify stinging nettles and jewel plant helps symptoms!"

Traditional Camp

Weekly July 8- August 30, 10am-3pm

Eight weekly sessions promoting discovery, physical fitness, problem-solving skills, social interaction, and awareness through direct contact with the natural world. Campers in grades K-8 build forts, explore the wonders of the pond, catch frogs, build a campfire, roast hot dogs, get up close and personal with the swamp, play classic Baltimore Woods camp games, make new friends, learn about the trees and birds, and get connected to the natural world in real and meaningful ways.



Full-day: \$187/child/week
Multiple week and multiple child discounts available.

Before and after care available.

A Baltimore Woods family membership is required to attend camp.

Camp led by certified teachers and experienced educators who are also certified in first aid and CPR.



Preschool and Voyager Theme Camps

Register online at www.baltimorewoods.org

Nature's Little Explorers

Specially designed for the youngest nature nuts!
Half-day programs for ages 4 and 5 led by caring counselors.
Monday-Friday 10am-12pm \$77/child/week

Session 1: July 8-12
Just Add Water!

Session 2: July 15-19
Fairies, Elves, and Trolls,
Oh My!

Session 3: July 22-26
Wheel of Life

Session 4: July 29 – August 2
Nature's Little Architects

Session 5: August 5-9
Frogs, Toads, and Salamanders

Session 6: August 12-16
Sensational Senses

Session 7: August 19-23
Insect Safari



Voyager Camp

For experienced campers in 5th to 8th grade looking to try something new or delve deeper into natural history and science concepts. Visit our website for more details on these specially designed theme weeks.
Monday-Friday, 10am-3pm \$187/child/week

Session 1: July 8-12
Wilderness Survival

Session 2: July 15-19
Raiders of the Lost Woods

Session 3: July 22-26
Weird and Wonderful

Session 4: July 29– August 2
Nature Documentary
Film Camp

Session 5: August 5-9
Wilderness Survival

Session 6: August 12-16
Baltimore Woods
Myth Busters



Become a Teen Volunteer!

Our Teen Volunteer program is the best way for older campers to continue their connection with Baltimore Woods. We are looking for experienced campers who want to share their knowledge and help make sure younger campers get the same great camp opportunities that they had growing up. Teen volunteers—or TVs—are partnered with our counselors to assist with camp activities, presenting the chance to develop leadership skills and responsibility while continuing to enjoy spending time outdoors at The Woods.

TVs are required to have been a camper at Baltimore Woods, be 14 years old by July 1st, going into 9th grade this fall, and to attend a training day in late June. Teen Volunteer opportunities are on a weekly basis throughout the summer, amounting to 25 community service hours each week. Visit our website www.baltimorewoods.org for more information and to sign up!

Pre-register for
summer camp online at
baltimorewoods.org.





2018-2019 *Nature in the City* Sponsors

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Nature in the City News!

By Brenna Galligan, Environmental Educator

When living in the country, it's easy to explore nature because it's right in front of you, but when you live in an urban area, the sights and sounds of nature can be overpowered by the hustle and bustle of city life, causing it to be overlooked at times. However, exploring the outdoors isn't just for those who grow up and live in the country. A love for nature can be fostered no matter where you live.

If you were to ask one of the environmental educators at Baltimore Woods why *Nature in the City* is important, you'd hear several variations of "getting the kids outside!" Children growing up in cities tend to be less acquainted with the natural world and



Second grade students identify birds as part of their Nature in the City lesson.

it's not because they don't love digging in the dirt and observing birds through binoculars! In general, kids are spending less time outside, so when you live in a place where you have to search for nature, it can be easy to forget it's there.

One of the many benefits that comes with living in a city is easy access to an array of things, and nature should be one of them. With a little digging of our own, we'd actually discover that Syracuse has about 1,000 acres of parks, playgrounds, and open spaces—some of which we introduce to Syracuse City School District students through *Nature in the City*! By doing this, students experience their community through a new lens, which highlights all of the natural things



Kindergarten students go outside to hunt for animal habitats in their school yard.

flourishing around them. Flower beds become a safe haven for pollinators, trees come to life with the sounds of songbirds, and skyscrapers transform into habitats for peregrine falcons.

Nature in the City is more than just reconnecting children to nature. Each lesson is an opportunity to turn off the projector, close textbooks, and lead students outside to rediscover their community and, in the process, build healthy connections to it. When children have a strong sense of place in their community, they care about it! *Nature in the City* helps us reimagine Syracuse as a place for nature connection, where plentiful green spaces become community resources for children and families to thrive!

*Become a partner of
Nature in the City today!*



**Visit baltimorewoods.org
to learn more!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May The name May originates from the Greek goddess of fertility, Maia.						
			May Story Walk begins		Star Party 8-10pm	Wildflower Walk 2-3pm Student Art Reception 3-4pm
Mother deer leave their fawn in a safe place while they forage, but typically stay within 500 feet of them.						
Wildflower Walk 2-3pm			Nature's Little Explorers 10-11am	Birding Basics 10-11:30am		
Mother's Day Garden Tour 11am-4pm			Nature's Little Explorers 10-11am Volunteer Lunch 12:30pm	Trail School 10am-12pm	Plant Sale 2-8pm	Plant Sale 9-3 Container Class 10-11am DIY Fairy Garden 1-2pm
			Nature's Little Explorers 10-11am	Nature Journaling 10-11am		Treefrogs and Peepers 8-10pm
	Building Closed		Nature's Little Explorers 10-11am		May Story Walk ends	

June

Do you hear that loud chorus chanting "Rum-rum"? It is bullfrog mating season!

2	3	4	Nature's Little Explorers 10-11am	Trail School 10am-12pm	Star Party: Moon and Planets 8:30-10:30pm	Flower's Guide to Pollinators 10-11am
9	10	11	Nature's Little Explorers 10-11am	Wild Edibles 10am-12pm		
16		18	Volunteer Lunch 12:30pm	Trail School 10am-12pm		
		25		Peruse Phillips Pond 10-11:30am		Yoga and Meditation Hike 9-11am

Vegetable garden looking barren? Plant green beans for a fast growing, mid-summer treat!

Pre-register for programs online at www.baltimorewoods.org/programs.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July

It's almost time for some fun in the sun at Baltimore Woods Summer Camp!

1

2

3

Building Closed

5



7

First week of Summer Nature Adventure Day Camp!

Star Party:
Jupiter &
Milky Way
9-11pm



Volunteer Lunch
12:30pm

18

19

Cabin Campfire
Stories
8-10pm

21

22

23

24

25

26

Natural
Navigation
10:30am-12pm

28

29

30

Nature Open Mic
7-9pm

31



Silver-haired, hoary, and red bats feed on forest pests such as tent caterpillar moths.

August

During molting season, many birds grow an extra layer of down feathers to stay warm during the winter.

5



8

9

10

11

Star Party:
Perseid
Meteor
Shower
9-11pm

13

14

15

16

Wonder of
the Sky
1-2:30pm



19

20

Volunteer
Lunch
12:30pm



23

Flying Mammal
7-8:30pm

25

26

27

28

29

30

Building Closed

Last week of Summer Nature Adventure Day Camp!

The Interpretive Center will be closed on Saturday,
August 31 through Monday, September 2 for the
holiday weekend.



Don't forget to pre-register for programs online at www.baltimorewoods.org/programs.

Volunteer Spotlight: Glorious Gardeners

by Sue Jones, Volunteer Coordinator

If you visited the Woods only in the winter, you would miss an important feature that a dedicated group of volunteers makes possible—our wonderful gardens. The Pioneer Herb Garden, the Weavers and Dyers' garden, the Faust Wildflower Garden, the Naturescape area (along the path from the parking lot to the Interpretive Center), and the flower beds around the Interpretive Center are all cared for by a talented and devoted team of volunteers.

The Pioneer Herb Garden, cared for by July Oplinger, Kathy Brown, and Karen Baron, and the Weavers and Dyers' garden, nurtured by Paulette Quinn, are located near the Pioneer Cabin and function as both a beautiful attraction as well as an educational opportunity. Each plant is labeled and we encourage visitors to come often to see the plants in the bud, blossom, and seed stages.

Our Faust Wildflower Garden is considered a local treasure. This premier woodland wildflower garden has been cared for by Audrey Loewer for many years, with recent assistance from Rose Burdick and Steve and Linda Garner. A-Team members John Gilrein, Linda Church, Randy Nonenmacher, John Allen, and Rose and Ken Burdick care for the Naturescape and beds around the Interpretive Center.

We thank all these volunteers for their willingness to get their hands and knees dirty to keep our gardens in tip-top shape for visitors to enjoy!

Many of our gardeners will be at our annual native plant sale May 17 and 18 to offer advice and answer questions.



Cultivated by dedicated volunteers, the Pioneer Herb Garden, offers visitors a visual treat and an educational opportunity.

Gardeners will find native plants that will beautify any home garden and provide food and habitat for birds, bees, fireflies, and butterflies. Through the choices that each home gardener makes on what to plant and how to care for those plants, we can be part of the solution to maintain healthy populations of these essential pollinators!



Bee balm blooms in the Faust Garden in August.



Celebrate Mother's Day at Sycamore Hill Gardens

Sunday, May 12
11am – 4pm

\$6 advance sale through May 5th
\$12 after May 5th and at the gate
Children 8 and under are free

Visit baltimorewoods.org
for a list of ticket-selling locations
or to purchase online!

Join Baltimore Woods

Share your love of nature
GIFT MEMBERSHIPS
available at
Baltimore Woods Nature Center

Call (315) 673-1350
to sign your friends up.

Baltimore Woods Nature Center members enjoy ...

- discounts on public programs, rentals and gift shop items
- discounts at 150 nature centers in the US & Canada
- free snowshoe use on site
- summer and school break camps
- knowing they are helping preserve our valuable and beautiful environment now and in the future

Join online at baltimorewoods.org, call (315) 673-1350, or mail the form below.

Annual Membership Level

_____ \$20 Senior/Student

_____ \$30 Individual

_____ \$40 Family

_____ \$100-\$200 Patron

_____ \$1000 Life

_____ Donation Amount
(in addition to membership)

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

☐ Yes, I want to receive *The Overlook* newsletter by email to save paper and reduce mailing costs.

Make checks payable to:
Baltimore Woods Nature Center

Return this coupon with payment to:
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P.O. Box 133
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**Baltimore Woods
Nature Center**
Nature in your hands

P.O. Box 133
Marcellus, NY 13108

Interpretive Center & Art Gallery
Hours: Monday-Friday, 9am-4pm

Saturday, 10am-4pm

Closed Sundays

**Closed May 27, July 4, August 31,
and September 2**

Hiking trails are open dawn to dusk

No pets please

No admission or parking fees

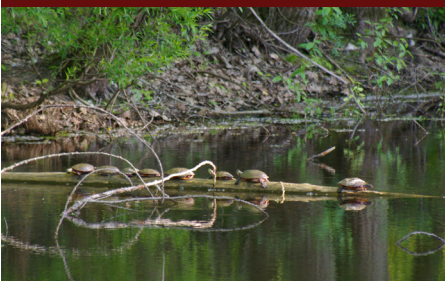
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New York
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ADDRESS SERVICE REQUESTED

NATURE TIP



Spending time in nature helps us reduce stress, enhance focus, improve mood, lower blood pressure, and boost our immune system. Take advantage of nature's health benefits: do some "forest-bathing", visit the Faust Garden, or sit by Phillips Pond and listen to the chorus of frogs and bask in the sun with the turtles.



Calling all nature lovers, sports enthusiasts, families and local community members!

Run for The Woods

5K Trail Race and 1K Kids Fun Run!

Sunday, August 18th @ 9am

\$25 in advance before August 15; \$35 on race day(space permitting)

Race timed by Leone Timing

1K Fun Run free for kids 10 and under starting at 8:30am

Post-race celebration with lots of prizes and Doug's Fish Fry ice cream for all!

Proceeds benefit Baltimore Woods Nature Center.

*With support from
O'fish'ial Race Sponsor...*



Register online at baltimorewoods.org