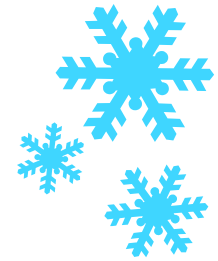




The Naturalist

Teachers Edition



Hello From Up Yonda

Inside this Issue

- We are waiting for the next snowfall... Don't forget to come visit us for snowshoeing in January & February. 
- Snow Shelters
A beginners guide
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- Maple Sugaring
 Book soon, dates are already filling up for 2008.
- Teacher Survey
We would appreciate your feedback.

Happy New Year! 2007 brought many exciting things to Up Yonda. We started off last year with a couple of additions to the displays in the museum. "Wetland Wonders" is a seasonal exhibit of native animals that can be found in and around our wetland areas plus we now have a touch screen monitor to help people explore the four season diorama. The summer also brought some excitement, in July we had our 10th anniversary where over 200 people came to help us celebrate and we also finally named the bear carving that greets all groups as they arrive, he is now known as "Nature Bear."



The name was chosen from entries submitted by students from Glens Falls City Schools 21st Century Community Learning Centers Grant.

With the new 2008 season we are proud to announce that we have a new logo (check it out on page 3) and to help you keep updated on the changes here at Up Yonda we will be sending out newsletters periodically to all teachers via e-mail and our website. So here's to the next ten years, may it bring new friendships and strengthen old ones.

-Up Yonda Staff

This Month's Stars

January is Starlab month here at Up Yonda Farm. The inflatable Planetarium is up and ready to go. Inside, the night sky will appear and visitors will learn about the winter constellations as well as many other awesome space facts.

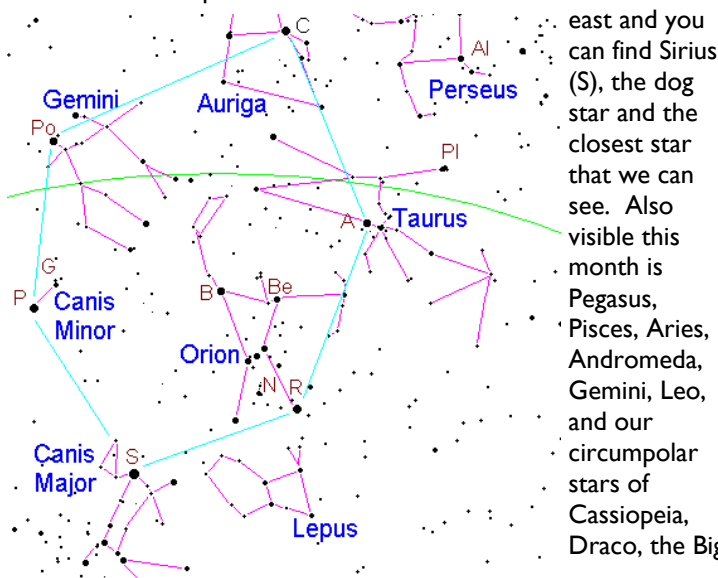
The winter sky is one of the best for stargazing. Visible this month is Orion, the hunter. If you follow Orion's belt up and to the west you will come to Aldebaran (A), the red star of Taurus, the bull. Follow Orion's belt down and to the east and you can find Sirius (S), the dog star and the closest star that we can see. Also visible this month is Pegasus, Pisces, Aries, Andromeda, Gemini, Leo, and our circumpolar stars of Cassiopeia, Draco, the Big

Dipper, and the Little Dipper.

In recent space news it has been reported that an asteroid may hit Mars at the end of the month. There is a one in seventy-five chance of a direct hit with the red planet. The small asteroid with a diameter of 160 feet would cause a big dust cloud in the planet's atmosphere if it strikes.

Mars is one of the most spectacular sights in the night sky this month. It is visible in the east around 8pm—look for the bright ruddy hue and it cannot be mistaken. Venus, Pisces, Aries, Saturn, and Uranus are also visible this month. The Quadrantid meteor shower takes place in early January during the early morning hours. The full moon falls on the 22nd this month. Happy stargazing!

More about starlab on Pg 4.



"Nature Bear"

The Naturalist

No Snow in February? No Problem!



The New Year made a big impression with several inches of snow, but unfortunately the January thaw got rid of our base quickly. If we keep our fingers crossed, there may be more snow in the forecast.

You may be asking "What happens if I book a program for January or February and find out that there is no snow?" Well, you have a few options at this point. Your first option is to go for a winter hike where the class

will still get to learn about snowshoes and get to hike through the woods. Option two is to reschedule and hope for snow on a later date. The final option is to try our new Animal Senses program.

During the Animal Senses program students will learn how animals have developed specialized senses to help them survive. This will include fun games and activities throughout the program to reinforce the concepts. The majority of this program will be held indoors.

If we do have snow the kids will learn a short history of how the snowshoe was invented and be able to go on a hike through the woods. The culmination of the trip ends

with a quick game to test their agility on the snowshoes.

Plus, as some of you may have remembered from years past, we will once again be building our quinzee hut (weather permitting). A quinzee hut is a crude shelter made by hollowing out a pile of settled snow. Continue reading the newsletter for more articles on snow shelters.



Why Build a Snow Shelter?

In November we held our Ready or Not programs where students learned about different strategies animals use in order to survive the winter. A great way to continue that topic throughout the year is to join in on our snowshoeing program where they can experience how humans have adapted to the winter time. Not only do we put on our nice warm clothes but we also strap on our snowshoes to help us stay on top of the snow and continue our everyday routines that would have to stop otherwise.

What happens if someone gets stranded outside in the middle of winter? A great winter survival strategy is knowing how

to make a shelter out of snow. There are many types of snow shelters that could be built. Three of the most popular are a snow cave, a quinzee hut, and an igloo.

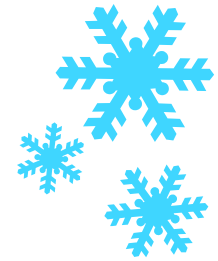
A snow cave is usually built into a snow bank by digging under the snow already there; a quinzee hut is a shelter dug out of a man-made pile of snow; and an igloo is a dome shaped shelter built of packed snow blocks. During the extreme cold these options may even be warmer than staying in a four season tent. While snow is colder than 32 degrees, the air spaces between the crystals can trap warmer air and acts as

insulation. Don't forget that the bigger the shelter is, the harder it will be to warm it up and to keep it warm so make the shelter just a little bigger than you need to lay down in.

As you build be careful to regulate your body temperature, if you start to sweat and then stop moving before your clothes dry there is a significant chance that you will get hypothermia. So take layers off while digging in the snow. Have fun and be careful!



Up Yonda staff with their quinzee hut in January 2003.



Snowshoeing programs are weather dependent.

Please call ahead to see what the snow conditions are at Up Yonda Farm.



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The How To of Quinzee Huts

The quinzee hut, a.k.a. “snow-fort,” is useful in minimal snow conditions, or when a crust is not available for igloos and when there is not enough deep packed snow for a snow cave.

1. To start building your quinzee hut you have two options: The hardest way is to build a large pile of snow and dig out the interior later. The easier way is by building an internal space with brush or stiff cardboard boxes and then throw a tarp or poncho over it all. Finally you can then pile snow on top. The snow should be heaped on, don't pack it (the loose snow will be a better insulator).
2. Once the snow has been piled, let the mound sit for a

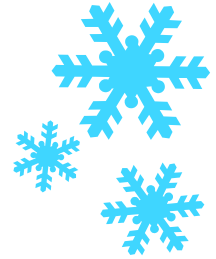
few hours. During this time the snow will harden in a process called sintering. Sintering is when temperature variations cause snow grains to cluster and bond together. This can take a couple of hours, but the process will be faster the colder it is outside. Let it sit for a *minimum* of three hours.

3. Now it's time to hollow out the pile! Begin by digging horizontally to create an entrance the best side would be facing away from the wind. When there is a sufficient hole in the middle start curving the walls to form a dome shape, this will allow any condensation that forms to drip down the sides

and not on the inhabitants. Try to keep the walls at least 1.5 feet wide at the bottom and a foot at the top (remember, the more snow there is the greater the insulating properties). For safety make a few ventilation holes to allow carbon dioxide to exit.

4. Enjoy! (Remember to be safe when digging in the snow, make sure someone is aware of your activities.)

This is just a quick guide to building your own quinzee hut, for more information go to: <http://www.alpharubicon.com/primitive/quinzeetrigger.html>



Did you know? Unlike most owls, which are nocturnal, snowy owls are diurnal—they hunt and are active both day and night.

Source: National Geographic

We Have a New Logo!



New and exciting things are happening here at Up Yonda. A couple of months ago Queensbury High School teacher Sara Pearsall came to us with the idea of having her Graphic Design class create a logo for Up Yonda. Wow! Did we receive some creative ideas and amazing designs. Unfortunately we could choose only one winner. The selected entry was designed by Mary-Kate Carr. We appreciate all the students hard work and effort.

Sweet Things Will Be Coming Soon

Spring is right around the corner and before you know it maple sugaring season will be here.



The warm days and cool nights help make the sap in our state tree (the Sugar Maple) start to flow. Here at Up Yonda this is a

signal to get out our drill, taps, and buckets to start converting this sap into tasty maple syrup.

Not only can you come with your classes and learn about maple sugaring but invite your family to enjoy this natural sweetness. On March 9th we will be having our annual pancake breakfast followed by a

guided tour of the sugar house.

Seating is available every forty-five minutes from 9:00 am to 12:00 pm. Advance reservations are required and the cost is \$6 per person. The menu will include pancakes with real maple syrup, drinks and more. We hope to see you! Call **644-9767** for reservations.



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Deano Has Moved On

As everyone may have heard Dean Moore (or "Deano" as some fondly remember) is no longer here at Up Yonda. He has taken a position with the Soil and Water Conservation District in Warrensburg. Dean had been with Up Yonda since the beginning and was instrumental in helping us take our first steps into environmental education. Even though he will no longer be seen daily here on The Farm, be on the lookout for possible guest appearances as the year goes on. Even though Dean is gone there is no reason to worry, Marcia and Pete are still here to greet all of the smiling faces as the kids get off the bus ready for an Up Yonda adventure. Joining them will be Angela whom you may remember from past programs, she has now been hired as a full-time naturalist.



"Nature will bear the closest inspection. She invites us to lay our eye level with her smallest leaf, and take an insect view of its plain."

-Henry David Thoreau

New Programs or Changes? Complete our Teacher Survey

Almost all of you have come for programs here in the past, some of you have even been coming here since we first opened. Now we would like to know if there is anything you would like us to change. Please go to: <http://www.upyondafarm.com/forms/teacher%20survey.htm> to complete our brief teacher survey. Any information you can give us would be very helpful. We appreciate your continued support and value your input!

Starlab!

A Stellar Indoor Adventure

We still have spots available for our Starlab program in January. Come learn how to identify some of the constellations in our winter sky and hear about the mythology behind them. You will become familiar with star patterns, their names and locations, and even how they are created. Students will spend time inside the inflatable planetarium and visit our museum to learn more about our solar system.



Up Yonda Farm Environmental Education Center

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We're on the Web!
www.upyondafarm.com

Where Discovering Nature is Fun!



Our Mission

To preserve the natural landscape and to educate others about the beauty and importance of the environment, through hands-on learning and real-life experiences.

