



Walzer Way

FALL
NEWSLETTER • WPNR.ORG

Get Outside

Be well with nature.

Welcome to the *New Walzer Way!*

We've had a wonderful fall so far in 2018. Everyday I continue to be inspired by the power of nature to transform us as people and how important it is for us to be good stewards for the environments in which we live. I'm pleased to announce our new website, new Walzer Way email newsletter, and new online merchandise store will continue to perpetuate a message that's so important in an age of screens – "Get Outside." In a northern climate like Latrobe, it's important to remember that even during the fall and winter we get outside to give ourselves a positive boost. Mother Nature offers free health benefits, you simply have to get outside to enjoy them. Please forward the newsletter on to your friends and encourage them to join our list. We have so many wonderful things to share with you each and every season. Looking forward to seeing you at the learning barn and out on the trails.

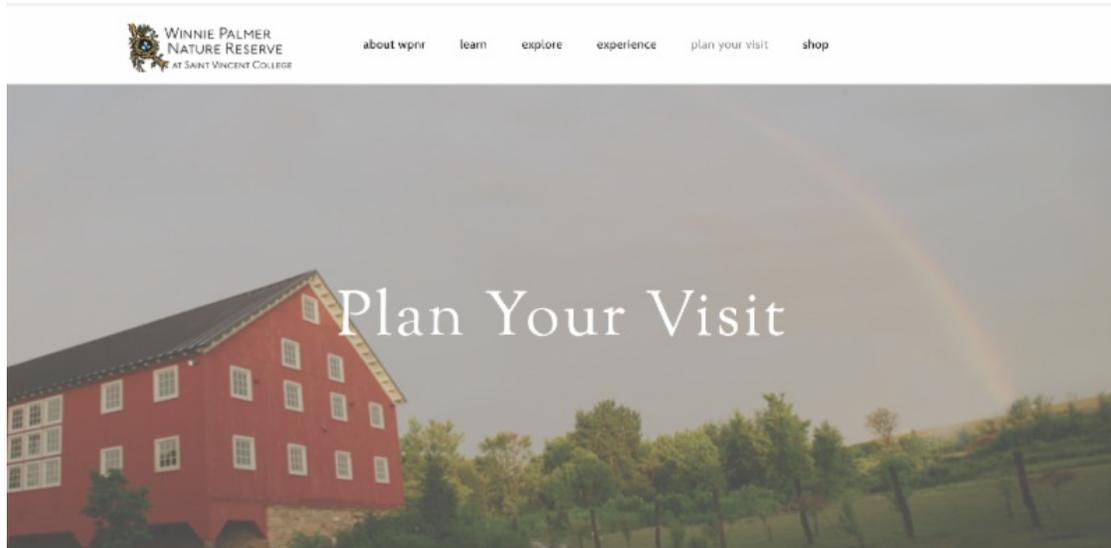
Sincerely,



Executive Director, Winnie Palmer Nature Reserve

NEWS AT THE RESERVE

Check Out Our New Website, Then Get Outside!



The next time you visit WPNR.org you're in for a wonderful surprise! We've completely re-designed the site to feature great photography, new simplified navigation, and tons of new information.



Our new tongue-in-cheek Get Outside (the box) campaign encourages you to get out from behind the screens and visit the great outdoors. Recent findings show children ages 9-18 spend more than six hours each day with electronic media, that's more than 45 hours a week. Another recent study showed that simply walking for 90 minutes in a natural area will give you a positive boost. So if you're feeling blue, simply get outside for a walk at WPNR!

LEARN MORE

Win FREE Get Outside Gear!

Forward this to a friend

You could win one of these awesome Get Outside t-shirts FREE! All you have to do is sign-up on our website and we'll be drawing five (5) random winners. No purchase necessary, void where prohibited.



REGISTER TO WIN

An "Owl-some" Event!

Thank you to all who attended our Owl Prowl night!! We were able to call in Screech Owls on both of our hikes, dissect owl pellets, visit with WPNR's "creepy crawlies," meet some of the educational animals from Wildlife Works Inc., and more during this "owl-some" event!



Happy Holidays

Learning Center Barn Closed

Friday, December 21st, 2018 – Tuesday, January 1st, 2019

Trails open for you to enjoy!

Get Outside

PEOPLE WHO WALKED FOR 90 MINUTES IN A NATURAL AREA, AS OPPOSED TO PARTICIPANTS WHO WALKED IN A HIGH-TRAFFIC

URBAN SETTING, SHOWED DECREASED ACTIVITY IN A REGION OF THE BRAIN ASSOCIATED WITH A KEY FACTOR IN DEPRESSION.

~ 2015 study published in Proceedings of the National Academy of Science

[Learn more about why getting outside is so important to your well being.](#)

Top 5 Tips to Dress Warm on Fall Hikes

Getting outside for a fall hike amongst the colorful foliage is a wonderful way to get exercise and give you a positive boost.

As fall approaches winter and the weather begins to dwindle, the now cooler autumn days and nights require a shift in clothing choices for outdoor activities. Fortunately, staying warm and comfortable playing outside or going on an autumn hike or walk is easy to do. Simply follow these top five tips that work for both adults and kids. Remember, there's no bad weather, only bad clothing choices. If you dress for success with these five tips, your fall hikes will be an absolute pleasure.



[Read the Top 5 Tips](#)

UPCOMING EVENTS



Early Childhood: Fall Nature Play Day

Tuesday, November 6th from 10 am - 11 am

No registration required.

Adult Education Series:



Growing Glorious Garlic

Tuesday, November 6th from 12 pm - 1 pm

The time to plant garlic in Western Pennsylvania is right now!

Join us for a pop-up workshop Nov. 6 at 12:00 at the Monastic Gardens to learn how you can grow glorious garlic.

It's fun, easy, and free.



Environmental Explorers: Critters of the Night

Saturday, November 17th
from 9 am - 12 pm

School age kids will learn about how animals adapt to their nighttime habitat!

[REGISTER NOW](#)



Santa's Wild Wonderland

Saturday, December 1st from 10 am - 1 pm

Come on in for our yearly day of Christmas fun for children ages 2-12! Join Winnie Palmer Nature Reserve and Saint Vincent College for crafts, games, photos with Santa, live animals, and more! All proceeds benefit SVC Wraps!

[REGISTER NOW](#)



Early Childhood: Tiny Wonder Time

Wednesday, December 19th
from 10 am - 11 am and 12:30 pm - 1:30 pm

Warm and fuzzy is the upcoming theme!

[REGISTER AM](#)

REGISTER PM



Colonial Christmas

Thursday, December 6 from 12 pm - 2 pm

Join us in the Lochry Blockhouse for Colonial Christmas. Savor the fruits of our labor from the Colonial Garden in an afternoon fireside herb talk. Sample tea and small bites from the season, stroll through the garden, and learn about how the plants were used during Colonial times.

Adult only event is \$6 per person, registration required.

REGISTER NOW

Saint Vincent College Family Event

You are invited to register for a special day for families at Saint Vincent! The Institute for Ministry Formation at Saint Vincent Seminary is hosting an event entitled "The Ministry of Parenting." Click the link below for more information.

LEARN MORE

NATURE'S WONDER

Giant Leopard Moth Caterpillar

We found this Giant Leopard Moth Caterpillar (*Hypercompe scribonia*) on the Learning Barn foundation. This caterpillar will make it through the winter and will complete its development in the spring.



American Groundnut Harvest

Every fall we look forward to harvesting the American Groundnut. Historically, the first mention of this native plant appears in the late 1500s and is also known as Hopniss or Potato Bean. The native Americans ate them as potatoes since they are super high in protein, and it produces a pink tropical flower at the end of its long vine. Look for these lovely plants and other native forage in the harvest garden in the spring of 2019!



SHOP

Shop Now

All proceeds from online shop sales benefit WPNR!

Save 18% with code EARLY18 through 11/6/18 11:59 EST.



Kids Tri-Blend Tee



Small Camper Mug



Organic Long-sleeve Baby Bodysuit



iPhone & Samsung Cases



Unisex Tri-Blend Hoodie



Travel Mug

New fall designs!



Women's Comfy Tee



Warm Fall Hoodie



Men's Comfy Tee

Stella! Stella! Stella!

We know how much everyone loves Stella. So naturally she deserves her own line of gear! Wear your love for Stella and support WPNR.

New



Women's Hoodie

New



Cute Drawstring Backpack

New



Contrast Color Hoodie

CONTACT US



WINNIE PALMER
NATURE RESERVE
AT SAINT VINCENT COLLEGE



Share



Tweet



Share

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Barn Hours: Tues. thru Fri. 10 am – 4 pm
Trail Hours: Daily Dawn to Dusk

PLAN YOUR VISIT