

# THE RIPPLE

CINCINNATI NATURE CENTER  
CONSERVATION NEWS

Issue 8 | January 2023

Just as ripples spread when a single pebble is dropped into water, the actions of individuals can have far-reaching impact. *The Ripple* is a special newsletter created by Cincinnati Nature Center for people who want ideas, insights, and inspiration to act in support of nature and the environment.

GET INSPIRED!



## Comfortably Using Less Energy

Story by *Connie O'Connor*

I was hot and miserable, holding a \$300 electric bill for the month of July, and feeling terrible for using so much coal-generated electricity to keep our house somewhat cool during the humid days of mid-summer.

I reflected back on the high propane bills of the previous winter and realized that the time had come to do something about my inefficient 1950s brick ranch.

I started by signing up for one of those free energy audits promoted online. The day of the audit, the assessor poked his head in the attic and told me...

[Read the full story](#)

LET'S COLLABORATE!

## Let's Hear from the Audience!

Maybe you've watched a nature documentary or read a thought-provoking article about conservation. You want to share your thoughts and get ideas from others, but how? If you have suggestions for how members can share information, ideas, and support with one another or would like to moderate a Facebook group for CNC action-takers, please contact Connie O'Connor at [coconnor@cincynature.org](mailto:coconnor@cincynature.org).



## How To Fix Politics in America

If you believe that protecting the environment involves affecting government and corporate policies, [check out this article](#) on ideas that might improve our government.

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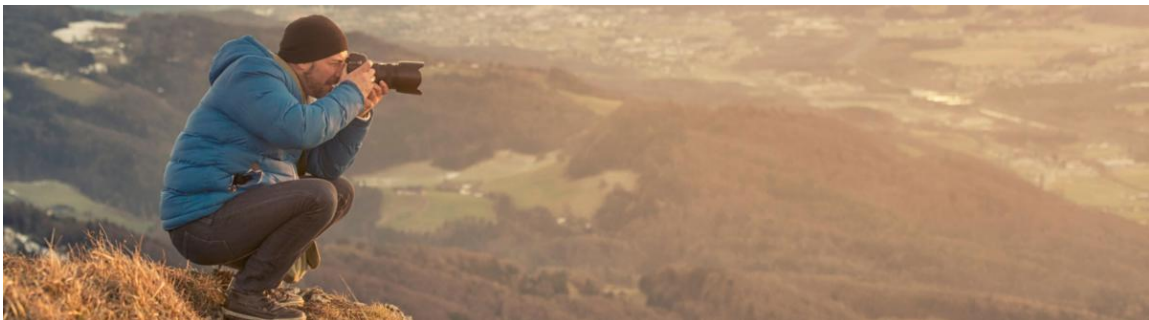
## Ohio Certified Volunteer Naturalist (OCVN) Spring 2023 Program

[Application deadline is Tuesday, March 7, 2023](#)

Hosted by Cincinnati Nature Center in collaboration with OSU Extension in the School of Environment and Natural Resources, the mission of the Ohio Certified Volunteer Naturalist program is to “promote awareness and citizen stewardship of Ohio's natural resources through science-based education and community service.” The program emphasizes hands-on natural resources and environmental education coupled with volunteer service.

[Click here](#) to learn more and register for the next upcoming program.

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## How to Find Local Conservation Photo Stories

[Sessions start January 10, 9 AM PST](#)

Make a positive impact on the environment with your photos in this FREE masterclass is a live learning experience for nature photographers that will

show how to confidently discover the next big photo story, create change, and inspire the community. This class is perfect for OCVNs who are also nature photographers!

[Click here](#) to learn more and register today!

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## **The Ripple Effect (Online)**

**January 23-March 6, 2023**

**Only a handful of spots left for this online course!**

This free (donation-based) online course was designed by Cincinnati Nature Center staff with you in mind. Learn at your own pace as we take you on a science-based journey through our exploration into how individuals can have a real impact on conservation. Here are a few testimonials from our autumn course participants:

*"It's really hard to cover material like this today without causing people to spiral. You did a really great job keeping things honest yet hopeful."*

*"I feel empowered that I can do this!"*

*"The approach to influencing others is decidedly different than how environmental activism has traditionally been approached. The course advocates a much less antagonistic way."*

*"I value the focus on human psychology and how to have a better voice when working in my communities."*

Preregistration is required by **January 18**. Member adult free; nonmember adult free. Donations welcomed!

[Click to Register](#)

**YOU'RE INVITED!**

As a result of the Common Ground Gatherings, a group of Cincinnati Nature Center members has formed several self-managing groups to discuss and address conservation issues. The "You're Invited!" section of The Ripple will help people find each other, as hosts extend invitations "looking for people who are looking for them."

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## Eco-Spirituality Discussion

**Tuesdays, January 24, January 31, and February 7, 3:30-5 pm in the Rowe Visitor Center Auditorium**

You are invited to participate in a discussion hosted by CNC members Ted Bergh and Bob Rack, on the importance of the personal interconnectedness between spirituality and nature. Explore this topic with a community of peers that seek to preserve and protect the spirit of the natural ecosystem, recognize the power of "awe" that nature provides to take humans outside of themselves, and connect us to all beings. People of all/any or no faiths, and much or no experience on this topic are all warmly welcomed to join the conversation.

Host: Ted Bergh; Co-host: Bob Rack; Facilitator: Kim Fulbright; Participants: JoAnne Allen, Beth Staggenborg, Christy Holmes, Chris Schell, Emma Brown, and hopefully you!

We hope you'll attend all three sessions, but feel free to join even if for only one or two. *Note that people who are not members of the Nature Center must pay daily admission.*

To RSVP, email Kim Fulbright at [kim.fulbright@gmail.com](mailto:kim.fulbright@gmail.com) with the subject line: Eco-Spirituality.

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## Meatless Lunch Club

**Wednesday, January 25, 12 pm at Groesbeck Estate Dornette Room**

CNC members Bob and Beth Staggenborg invite you to join a vegetarian lunch club that meets to try new entrees, exchange recipes, and transition to a reduced-meat diet that supports a sustainable lifestyle. While we dine, we'll also share ideas with one another about other ways to address climate change.

Host: Bob Staggenborg; Co-host: Beth Staggenborg; Participants: Margaret Bergh, Connie O'Connor, Maria Jenkins, and hopefully you!

*Note that people who are not members of the Nature Center must pay daily admission.*

To RSVP, email Bob Staggenborg at [bobstag@gmail.com](mailto:bobstag@gmail.com) with the subject line: Meatless Lunch Club.

## VOLUNTEER OPPORTUNITIES

**Cincinnati Nature Center** is calling on volunteer writers to help create content for the *Now in Nature* weekly newsletter. These should be short, informative, interpretive articles. For more info, contact Marketing Manager Tracy Smith at [tsmith@cincynature.org](mailto:tsmith@cincynature.org). If your piece is used, you can count the time to write it as volunteer credit for your OCVN certification hours.

Cincinnati Nature Center offers many opportunities for volunteerism. [Click here to learn more about volunteering at Cincinnati Nature Center.](#)

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## Ohio Certified Volunteer Naturalists Needed!

**Saturday, February 18, 8 am-12 pm and Sunday, February 19, 3-7 pm**

Bird enthusiasts of all skill levels are welcome to help create an official tally for Warren County Armco Park during a worldwide community-science event. Choose to stay inside the heated Armco Park Jones Pavilion and watch bird feeders through the windows, or join OCVNs, staff from Wild Birds Unlimited, and members of the Birders of Warren County on a hike through the park. Free and open to the public. No registration is required. To volunteer, email Shannon Russell Pennington at [mothernaturesclassroom@gmail.com](mailto:mothernaturesclassroom@gmail.com).

### Are You Social Media Savvy?

Cincinnati Nature Center is looking for an Ohio Certified Volunteer Naturalist to help with its OCVN Facebook page. If you're interested, email Connie O'Connor at [coconnor@cincynature.org](mailto:coconnor@cincynature.org).

### Give Us Your Feedback

You're receiving this action-oriented newsletter because either you signed up for it or because you are a graduate of the Nature Center's Ohio Certified Volunteer Naturalist program.

If someone forwarded you this newsletter and you want to become a regular subscriber, [click here](#).

If you have suggestions for content or have other input, feel free to contact Director of Applied Learning Connie O'Connor at [coconnor@cincynature.org](mailto:coconnor@cincynature.org).

[If you want to unsubscribe, please click here.](#)



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