



— Friends of the —
RAINFOREST™
Monteverde, Costa Rica

FOREST FIELD
NEWS & NOTES
Winter 2021

SUPPORTING THE CHILDREN'S ETERNAL RAINFOREST SINCE 2002

News from the Children's Eternal Rainforest!

An update on Friend of the Rainforest's most recent grant

Back in July, thanks to the support from our incredible donors, Friends of the Rainforest was able to provide the Monteverde Conservation League (MCL) with a grant of \$6,365 to help cover the costs of their most recent educational program targeting local kids. This grant allows MCL to implement one-day excursions to the Children's Eternal Rainforest for approximately 300 children by helping to cover the field trip transportation, lunch for the participants, and a portion of the salary and benefits for the environmental educator responsible for running the program.



Students from Escuela Ecológica de la Tigra plant a tree with one of MCL's forest guards



Children from the local orphanage by Pocosol lake

Since mid-October, MCL has successfully hosted six different field trips with 99 total participants! For most of these trips, the children and families visited the Finca Steller Station (MCL's base of operations on the Caribbean slope of the Children's Eternal Rainforest) and saw a presentation about climate change and the importance of protecting the Rainforest. Then they were taken on a tour of the paths, and each child was able to plant a tree. At the end, there was time for reflection so the children could draw or write about what they had seen and learned.

A group of 16 children from the local orphanage also had the opportunity to visit Pocosol. They did yoga by the Pocosol lake and played a game called "Los Cazadores y Los Guardaparques" ("Hunters and Park Rangers") that helped to contextualize illegal hunting and why it's bad for the animals and the Rainforest.

Traveling silently through the Rainforest is difficult with a group of 20 children, so it was difficult to see some animals in their natural habitat. With that in mind, the children learned the importance of being quiet while moving through the forest, and they were still able to see frogs, snakes, hens, cat tracks, and some great tinamou (mountain hen) eggs.



Students from Escuela Ecológica de la Tigra travel through the Rainforest.

We can't wait to hear all about the remaining field trips!

Stay Up to Date!

If you don't already receive emails from Friends of the Rainforest, but would like to, head over to FriendsoftheRainforest.org and subscribe, or find us on social media:



@friendsoftherainforest



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Friends of the Rainforest

Save Our Furry Friends

Written by young Rainforest activist, W. Hatch (age 11)



Do you like monkeys or apes? Well, an orangutan is just the animal for you. Orangutans live in Borneo. Borneo is full of palm oil trees called the yellow meranti. Sadly, their homes are being torn apart. And without those trees, orangutans aren't safe. With some small acts of kindness, we can do something big.

How we can help

The best way to help is by no longer buying items with palm oil, so here is a list of things that could potentially have palm oil:

- Shampoos
- Nutella
- Boxed cookies
- Lipsticks
- Chocolate
- Pizza dough
- Ice Cream
- Ramen noodles

Don't Forget to Check Your Labels!

INGREDIENTS: Sugar, **Palm Oil**, Hazelnuts (13%),
Skimmed Milk Powder (8.7%), Fat-Reduced
Cocoa (7.4%), Emulsifier: Lecithins (Soya), Vanillin.

Not everything on this list always has palm oil. So, make sure to check the back if you do decide to buy it.

More about Orangutans

I know some people will feel like they shouldn't save something they don't know too much about, and that's why I'm here. Orangutans are red or orange-haired apes with long limbs great for climbing trees. Every night they make nests in the trees. Male orangutans live alone, and female orangutans live with their children until they are old enough. Orangutans eat leaves, fruits, and nuts. Only 57,000 are estimated left on Borneo.

Please consider saving the forests in Borneo with this small act and share the news with everyone.

Friends of the Rainforest

Our mission is to promote a sustainable world by educating and inspiring children and adults to take action to protect, support and expand the Rainforest in Costa Rica and beyond.

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A Friends of the Rainforest Update:

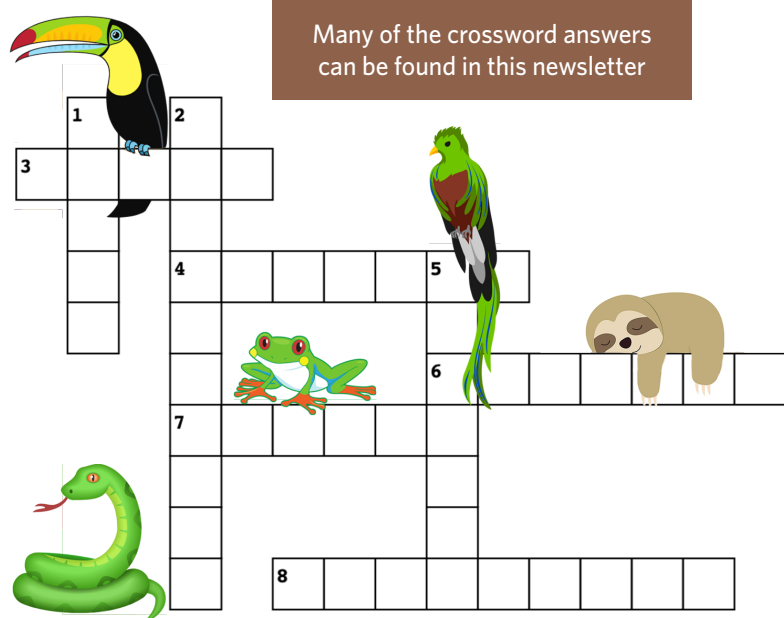
The past (nearly) two years have been tough on everyone, but this time has been particularly tough on those with children. Since March 2020, Chelsea has worked from home while taking care of her three sweet daughters, Florence, Marketa, and Imogen. Then, in March of this year, Chelsea's family welcomed another beautiful baby girl, Clementine, into their world.



With an additional baby in the house, Chelsea has made the difficult decision of taking a temporary leave of absence from Friends of the Rainforest. We anticipate her return in early 2022. Our Development Specialist, Sophie Arp, with the help of our loyal and dedicated board members, will be stepping up to fill Chelsea's role until her return.

If you have any questions about this transition or would like to chat, feel free to reach out. You can email Sophie at sophie@friendsoftherainforest.org or the Chair of our Board, Maggie, at maggie@friendsoftherainforest.org, and we can schedule a time to talk.

Activity Corner



Capuchin	Conservation	Education	Friends
Macaw	Monteverde	Orangutan	
Rainforest	Volunteers	Wildlife	

Across

3. Forest News and ____ Notes
4. Borneo is full of palm trees called the Yellow ____
6. A chocolate-hazelnut spread notorious for using palm oil in its products
7. Friends of the Rainforest's annual event on November 20th
8. A great way to support Friends of the Rainforest while gaining some non-profit experience

Down

1. On MCL's field trips, most students and families got to visit the ____ Steller Station
2. Chelsea's daughter born in March of this year
5. A type of mountain hen found in the Children's Eternal Rainforest: the great ____

Find the answers to our activities at www.friendsoftherainforest.org/answers2021



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Get Involved with Friends of the Rainforest:

There are many ways you can join us and support our mission. Have an idea of your own?
 Email Sophie at sophie@friendsoftherainforest.org - we'd love to work with you!

Let's Chat!

We love connecting with our supporters and hearing how you got involved with Friends of the Rainforest. Email Sophie to schedule a time to talk. If you live in the St. Louis area, you're always welcome to swing by our office and say hello!



Join Us for Virtual Trivia

Join us on November 20th at 7pm CST for a night of Rainforest trivia in support of Friends of the Rainforest. We have teams of 8 available for \$160, VIP teams of 8 for \$200 (St. Louis area only), and individual tickets for \$20!

Go to friendsoftherainforest.org/trivia-night or scan here with the camera on your phone:



Volunteer With Us!

Are you interested in teaching or communications? We're always looking for volunteers to help facilitate lessons and help develop curriculum or write articles for our newsletter and content for our social media. Perfect for students who want to get some teaching or non-profit experience or anyone who's passionate about the Rainforest and wants to share that passion with others! Email Sophie to learn more.

