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### December Discount Deadline

The Ozark Mountain Region is rugged, natural wonder, and the 2011 Family Nature Summit is set to [explore the heart of the Ozarks: lush mountains and plateaus, magnificent waterfalls, winding rivers and lakes, and endless caves and caverns.](#)

Come one, come all, and discover the Ozarks in 2011. Together, we will paddle, observe, hike, photograph, spelunk, listen, learn, and discover.

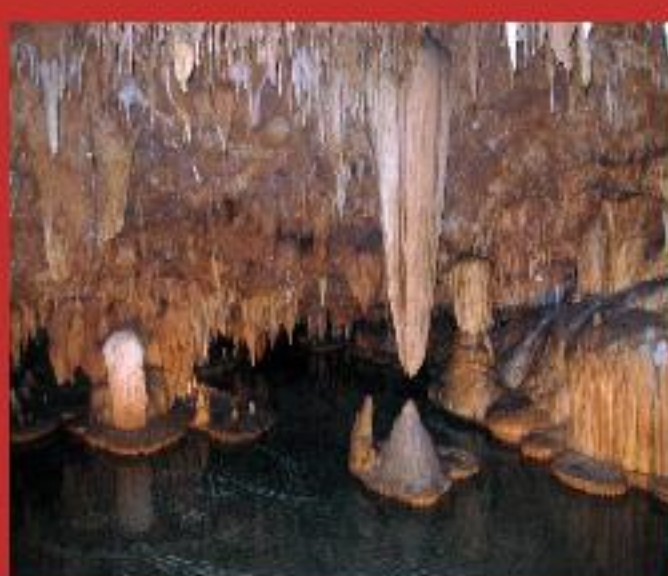
Pay in full for the Summit by December 31 to receive a \$25 per person discount. We hope to see you in the Ozarks!

### 2011 Registration

We are pleased to announce that registrations continue to stream in for the 2011 Summit in the Ozarks.

We want to encourage everyone to register today, and be in touch with the YMCA regarding housing!

If you are [ready for a great adventure in the Ozarks](#), sign up today!



### About the Ozarks Part #2: Folk Music



The Ozarks have a rich tradition of folk music, telling the story of the land and the people.

Between 1956 and 1976, a traveling salesman by the name of Max Hunter took his reel-to-reel tape recorder into the hills and backwoods of the Ozarks. He preserved the heritage of the region by recording the songs and stories of many generations of Ozark history. The music is remarkable, bested only perhaps by the stories and recollections that the singers share.

You can listen to over [1600 Ozark Mountain folk songs](#). Hear the [story of the mountains...the songs of the rivers...and the tales of forests](#) of this unique land.

### In Search of Walk-ability

Why walk? Why not! Walking is good for...

#### The Environment:

Your feet are zero-pollution transportation machines.

#### Human Health:

Residents in walkable neighborhoods weigh 7 pounds less than those in sprawling neighborhoods.

#### Finances:

The more walkable your neighborhood, the higher your property value.

#### Communities:

For every 10 minutes a person spends in a daily car commute, he or she spends 10% less time in community activities.

[Walkscore.com](#) is a new website rating neighborhoods' and cities' walkability.

Check out [walkscore.com](#) to find out how your community ranks and find ways to improve walkability in your community.

### Closing Quote

"I hope you love birds, too. It is economical. It saves going to heaven."

~ Emily Dickinson

### Nature News: Winter is for the Birds!

#### Attract and Enjoy Birds in Late Fall



Late Fall means dramatic changes for birds. Follow these [simple steps for attracting birds](#)- and helping them thrive - as we ease into Winter.

1. Provide running water.
2. Leave sugar water feeders out.
3. Create brush piles.
4. Plant evergreens.
5. Increase the number of feeders.
6. Move feeders and bird baths closer to your home.
7. Protect birds from collisions with windows.

Learn more about these and other ideas for [enjoying and helping birds this fall](#) in an article from the National Wildlife Federation.

### Christmas Bird Count - Citizen Science in Action

The Audubon Society invites you to [brave the snow, wind, and raise of December and January to take part in the Christmas Bird Count.](#)

Volunteers count the birds in their backyard and at designated sites, and their work makes a real difference. Scientists use the data collected in the Christmas Bird Count (the longest-running wildlife census in the US) to assess bird populations and to help guide conservation action. This year's count aims to help scientists understand the impact of the Gulf oil spill on vulnerable species.

The Count attracts long-time birders and novices alike. You can [make a real difference for the birds](#) by participating in the Christmas Bird Count this year!

### The Summit Bird Report

Birders at the [2010 Summit at Lake Tahoe](#) spotted some [incredible creatures](#). You can read the full Summit birding report on our website's new page all about explorations at the Summit.



\* Images courtesy of the Fish and Wildlife Service. Woodpecker: Dave Menke; Grosbeak: George Gentry