Oxley Morning | Greg Silva

April is National Poetry Month. Oxley Nature Center is so pleased to announce that our Artist in Residence for 2024 is Sasha Martin. Please read on below to learn the ways that Sasha believes that poetry can enhance our connection with nature.

Oxley's 2024 Artist in Residence: Sasha Martin

Sasha Martin is an award-winning author and poet who explores the relationship between oneself and the world and how humans develop a sense of belonging despite adversity. In her work, she emphasizes nature as a healing influence.

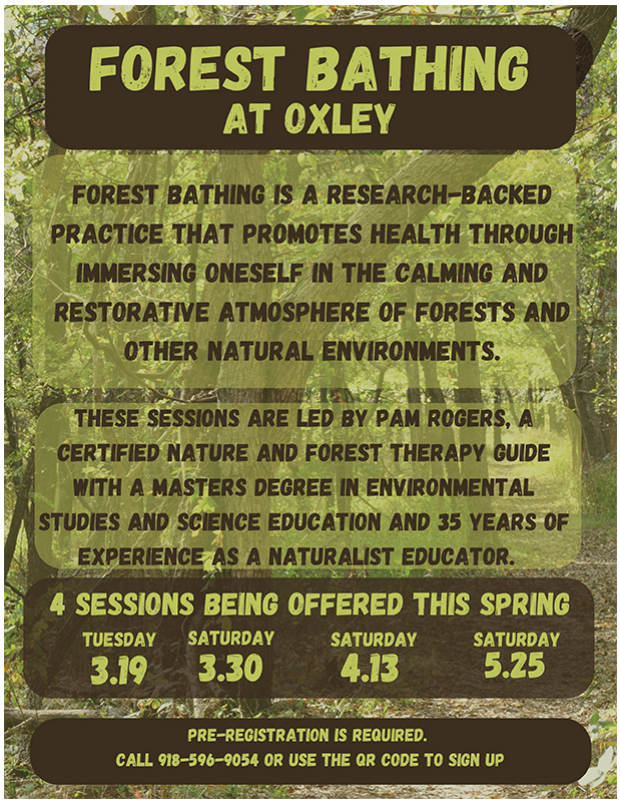
Martin plans to create a series of poems that will explore human needs such as love, belonging, wholeness, and harmony. The collection will be called "Trail and Terminus" and will consist of interactive visual poems related to stops along the trail system of Oxley Nature Center. The goal of these poems is to deepen the hiker's connection with the environment and themselves. The project will also include an art book that serves as a trail guide, containing Martin's original poetry and space for hikers to write their own reflections.

"Nature is where I go to understand myself and the world, and my poetry attempts to give voice to the healing and wonder that so often happens on the trail. As Oxley Nature Center's artist-in-residence, I look forward to developing a new poetry series drawn directly from Oxley's unique ecosystem, as it relates to our primary emotional needs and mental wellness, while inviting visitors to join me on this journey of self-discovery through monthly Wild Voice workshops."

Martin's memoir, "Life From Scratch," was published by National Geographic and named

"Best New Book" and "Book Club Pick" in People Magazine. She has received several fellowships, residencies, and awards and teaches workshops and classes across the country. Martin holds a B.A. in English and French Studies from Wesleyan University and attended the Culinary Institute of America, where she was an MFK Fisher scholar and editor of the journal La Papillote. Her work has been featured on NPR, Food & Wine, O: The Oprah Magazine, and others. She lived in France and Luxembourg for six years before making Tulsa her home.

Busy Chickadee | Greg Silva



Mary K. Oxley Nature Center - April Programs

Call 918-596-9054 to register for any program that requires pre-registration.

April 6, 8:00 – 9:45 a.m.: **Saturday Morning Birding**
This is a free guided birding walk, no pre-registration is required.

April 13, 2:00 – 4:30 p.m.: **Forest Bathing***
Forest Bathing is a restorative practice rooted in scientific research that invites you to immerse yourself in the soothing embrace of nature. Pre-registration is required. ***See below for description***.

April 20, 10:30 a.m. – noon: **Explore Flora Botany Walk**
This is a free guided botany walk. No pre-registration is required.

April 20, 10:00 a.m. – noon: **Wild Voice Poetry Workshop; Identity and Worth***
All ages. Youth aged 13 and under should be accompanied by a responsible adult. Pre-registration is required. Join Oxley Nature Center artist-in-residence Sasha Martin on a creative journey designed to deepen your relationship to nature and self. ***See below for description.***

April 23, 7:00 – 8:30 p.m.: **Full Pink Moon Walk**
This is a guided night hike. Pre-registration is required.

April 25, 6:30 – 8:00 p.m.: **Herpetology Walk**
This is a free guided walk. No pre-registration is required. Join local herpetology expert Greg Silva for an evening walk to learn more about some of the amphibians and reptiles who call Oxley home. All ages welcome. Meet in the parking lot

April 26, 11:00 – 12:30 p.m.: **All About Nature Book Club**
Join us for a discussion of books related to nature, conservation, and the environment. This month's selection: "Tales from the Ant World" by E. O. Wilson.

April 27, 10:30 a.m. – noon: **Butterfly Walk**
This is a free guided walk. No pre-registration is required. Our monthly butterfly walks are back! Join naturalist Rusty Grimpe for a guided mid-morning walk in search of butterflies. All ages welcome. Bring binoculars if you have them.

SPECIAL PROGRAMS IN APRIL
Forest Bathing Sessions: Forest Bathing Sessions April 6, and May 25 Pre-registration is required. $10/person for members, $15 for non-members, please call 918-596-9054 for information and to receive your ONCA discount.

Join us for a transformative experience with our Forest Bathing program, a restorative practice rooted in scientific research that invites you to immerse yourself in the soothing embrace of nature. Guided by Pam Rogers, a certified guide through the Association of Nature and Forest Therapy, and with a master's in environmental studies, this program offers a unique opportunity to connect with the natural world and rejuvenate your mind, body, and spirit. See https://www.npr.org/transcripts/1195337204 if you would like to learn more about the benefits of forest bathing.

Wild Voice Poetry Workshop; Identity and Worth April 20, 10:00 a.m. – noon. Youth aged 13 and under should be accompanied by a responsible adult. Pre-registration is required.

Join Oxley Nature Center artist-in-residence Sasha Martin on a creative journey designed to deepen your relationship to nature and self. This ongoing workshop series includes collage, guided visualization, poetry prompts, and optional sharing. Time will be spent between trail and studio as participants learn about their primary emotional needs and create a collection of visual poems to honor and give voice to their inner knowing. Every month explores a new set of emotional needs; Take one or more workshops to build your collection. No experience necessary. Join us!

Golden-crowned Kinglet | Greg Silva

OXLEY NATURE CENTER HOURS

10-4:30PM Tuesday through Saturday

Noon - 4:30PM on Sunday

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