



CULLINAN CLOSE UP

JUNE 2019
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Save the Date: 3rd Annual Picnic for the Park, Oct 18th

Joel Bartsch, president and chief executive officer of the Houston Museum of Natural Science, will dig into his luminous career and the importance of conservation projects during a fundraiser benefitting Cullinan Park 11:30 a.m. to 1 p.m. Friday, Oct. 18.

Bartsch will delve into his experiences as a world-traveling rock hound during the 3rd annual Cullinan Park Conservancy "Picnic for the Park" event that will be held in the auditorium of River Pointe Church, 5000 Ransom Road. Memorial Hermann Sugar Land Hospital is the presenting sponsor.

A long-time Houstonian, Bartsch was appointed president and chief executive officer of the museum in 2004 and has since seen membership and annual attendance double. He is also curator of the Cullen Hall of Gems and Minerals. His travels have led him around the world as he has pursued his passions of gems and collecting.

"Joel is an engaging personality and will regale the audience with stories of how antiquities and natural wonders are being dealt with these days, as well as tell us about the international gem collecting business," said Mike Doherty, president of the Cullinan Park Conservancy. "It promises to be a fun afternoon, all while raising money for a worthy cause."



Joel Bartsch

President/CEO
Houston Museum
of Natural Science

Jimmy Thompson, former City of Sugar Land Mayor will be presented with the prestigious Nina Cullinan Award.

Also during Picnic for the Park, winners of the annual Cullinan Park Conservancy Photo Contest will be announced.

Tickets are \$50-\$75 and can be purchased online at <https://www.cullinainparkconservancy.org/Picnic>.

Sponsorships starting at \$1,000 also are available.

Proceeds will go toward improvements for the 754-acre Joseph S. and Lucie H. Cullinan Park in Sugar Land. Late last year, the conservancy was able to break ground on Phase 1 improvements, including a permanent restroom, a new trail, two new trailheads, a boardwalk, lake overlook, interpretive signage, landscape improvements, understory clearing and additional benches.

Learn more about the Cullinan Park Conservancy at <https://www.cullinainparkconservancy.org>.



Photo by Rosemary Brooks

What to See in the Park Now

Due to its expansive and lush green space nestled in amongst several waterways, Cullinan Park attracts a variety of birds and other wildlife. Even in the summer, with a quick pitstop on the boardwalk or a hike amongst the trees in the shade, you may encounter some of these!

- Purple Gallinule
- American Robin
- Bald Eagle

- Bittern
- Red Winged Blackbird

- Bluebird
- Yellow Crowned Night Heron

Two hours a week is key dose of nature for health and wellbeing

Spending at least two hours a week in nature may be a crucial threshold for promoting health and wellbeing, according to a new large-scale study.

Research led by the University of Exeter, published in Scientific Reports and funded by NIHR, found that people who spend at least 120 minutes in nature a week are significantly more likely to report good health and higher psychological wellbeing than those who don't visit nature at all during an average week. However, no such benefits were found for people who visited natural settings such as town parks, woodlands, country parks and beaches for less than 120 minutes a week.

The study used data from nearly 20,000 people in England and found that it didn't matter whether the 120 minutes was achieved in a single visit or over several shorter visits. It also found the 120 minute threshold applied to both men and women, to older and younger adults, across different occupational and ethnic groups, among those living in both rich and poor areas, and even among people with long term illnesses or disabilities.

Dr Mat White, of the University of Exeter Medical School, who led the study, said: "It's well known that getting outdoors in nature can be good for people's health and wellbeing but until now we've not been able to say how much is enough. The majority of nature visits in this research took place within just

two miles of home so even visiting local urban greenspaces seems to be a good thing. Two hours a week is hopefully a realistic target for many people, especially given that it can be spread over an entire week to get the benefit."

Source: https://www.exeter.ac.uk/research/newsandevents/news/title_720059_en.html

Volunteers Participate in National Trails Day at Cullinan Park



Nearly 40 volunteers braved the sticky heat on Saturday, June 1 to pick up litter at Cullinan Park as part of National Trails Day, a nationwide day of public events aimed at trail service, promoted by the American Hiking Society. National Trails Day is the first Saturday each year. Thanks to all the volunteers who came out to the Park that day, with special thanks to Cub Scout Pack 828.

Friday, October 18, 2019
11:30am
River Pointe Church
5000 Ransom Road, Richmond, TX

Sponsorships and individual tickets are available.
Go to
www.cullinanparkconservancy.org/Picnic

CULLINAN PARK
CONSERVANCY

Cullinan Park Conservancy Phase I Improvements



NEW TRAIL



NEW RESTROOM



NEW INTERPRETIVE SIGNS

Donate a Bench

The Cullinan Park Conservancy Memorial Bench Program provides individuals and organizations a way to memorialize a person or special event while enhancing Cullinan Park. Honor a loved one, celebrate a special event, or show your dedication to community involvement.

These Memorial Benches will provide park visitors a convenient place to experience the beauty and quiet solitude of Cullinan Park. Your generous donation will further act as a lasting memorial; a loving reminder of those being honored.



and location within Cullinan Park where the bench was installed. A bronze plaque, engraved per the

Your generous donation will be memorialized by a special donor certificate acknowledging the donation; the reason for the donation, the date

donor's instructions (within character limitations), will be furnished by the Cullinan Park Conservancy and mounted on the bench's back rest.

These lovely Memorial Benches are available for a \$1,500 donation to the Cullinan Park Conservancy. The Conservancy is a 501(c)(3) nonprofit organization partnering with the City of Sugar Land to develop improvements within Cullinan Park. All net proceeds from Memorial Bench donations benefit the Cullinan Park Conservancy's mission: to enhance and protect the natural beauty of Joseph S. and Lucie H. Cullinan Park for all.

The Sugar Land City Parks staff will install the Memorial Benches and will work with the Conservancy to decide the best location. We cannot guarantee a specific installation date, but we will inform the donor as soon as the bench is installed. The Memorial Bench is a 6-foot long eco-friendly bench made out of recycled plastic.

Should you or your organization wish to participate in this program, please contact Cullinan Park Conservancy Executive Director Angie Wierzbicki at 281-616-7860 or cullinanparkconservancy@gmail.com, or submit your application directly on the website.



TO DONATE OR SUPPORT

Contact Cullinan Park Conservancy

281-616-7860

cullinanparkconservancy@gmail.com

PO Box 422, Sugar Land, TX 77478

www.cullinanparkconservancy.org

Cullinan Park Conservancy is a 501(c)3 nonprofit and contributions are tax-deductible under EIN# 45-4477343.



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For more information on the Park or Conservancy,
visit www.cullinanparkconservancy.org,
email cullinanparkconservancy@gmail.com or call 281-616-7860.



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