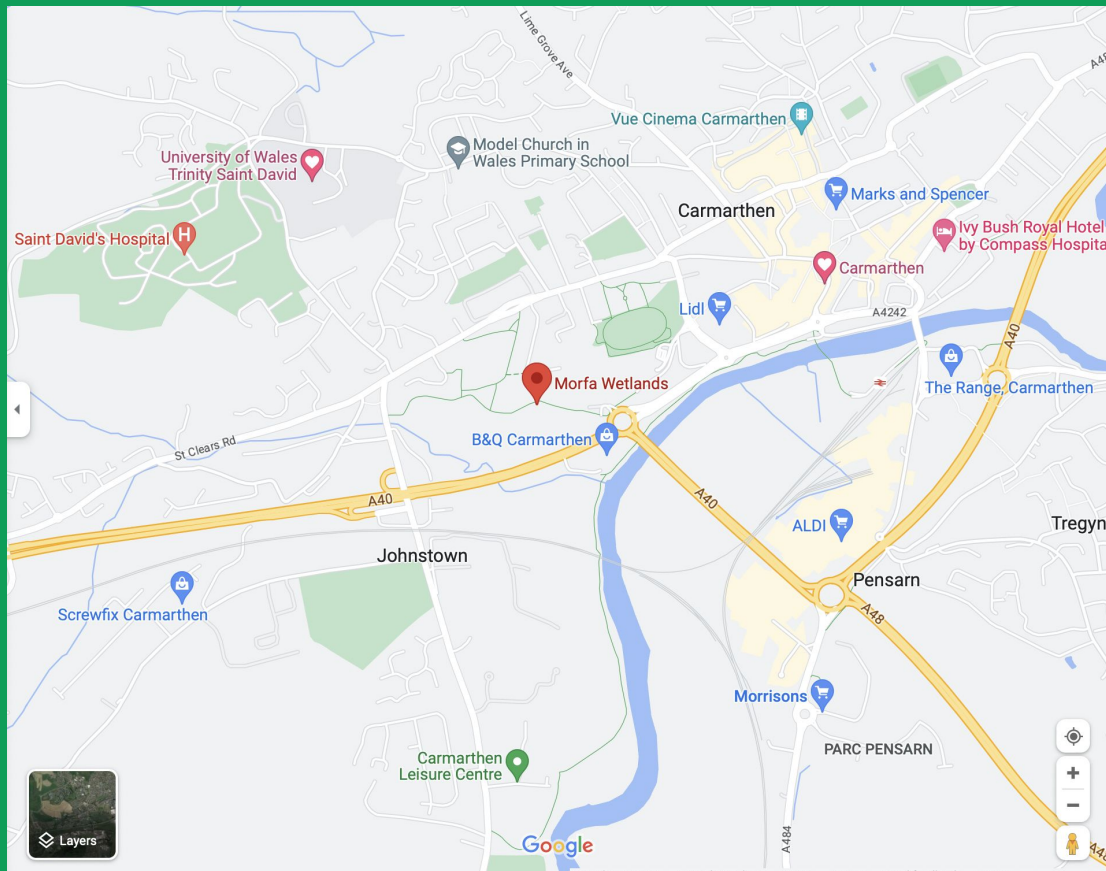




Morfa Wetlands

Sustainability in the Early
Years (ECEY: 6005)

Danica Berard • 2232396



Discover

I try to go for a walk everyday. I am new to Carmarthen so I am not familiar with all the parks nearby thus I often rely on Google Maps to help me uncover new trails and parks. Morfa Wetlands does not show up as a green space on Maps which I often look for when finding places to walk. Luckily I happened to stumble upon this somewhat hidden in plain sight gem a few weeks ago while walking and thought it would be a great place to base my John Muir Award on.

Why Morfa Wetlands?

I choose Morfa Wetlands because it is a lovely urban park that is full of life. It is also only a short walk from campus! Morfa Wetlands is nestled between houses roads and Tesco. The park has a hill and some paths along the wetlands below. There are a variety of plants and animals that call this park home and people are always walking through, rain or shine :)



Explore

My Exploration of Morfa happened over 4 days. Each day I explored the park I tried to go at different times and in different weather to see the park from as many perspectives as possible. Some days I simply walked through. Others, I explored more deeply, including walking off-trail or spending time sitting on a bench, absorbing as much as possible. This allowed me to see different patterns, plants in bloom, various birds and people.





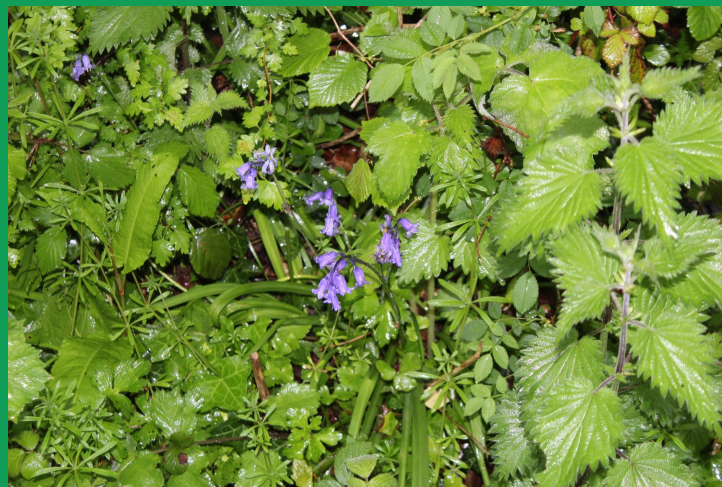
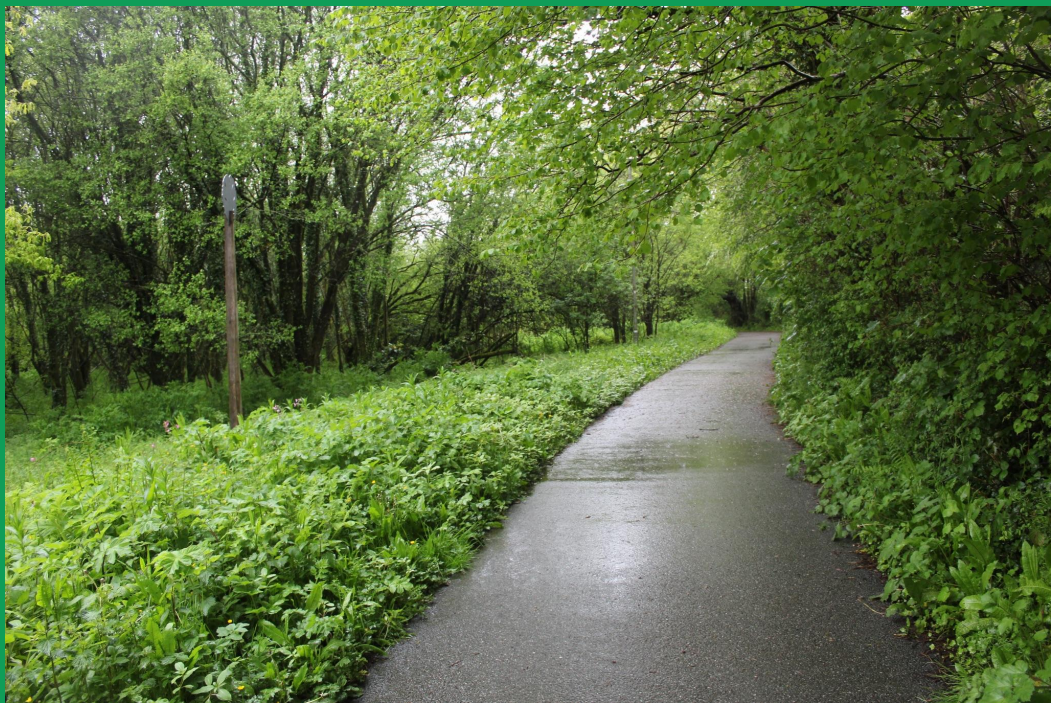
A great thing about Morfa is there are 3 of these signs throughout the park!
These signs share some basic information about the park including a map, native wildlife and plants and some history!













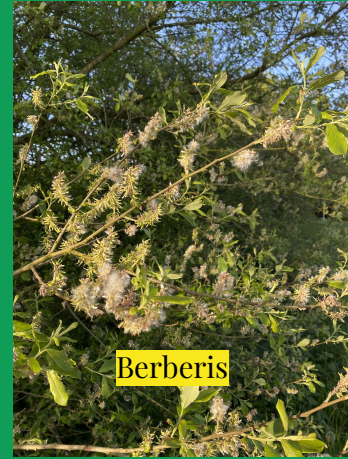


Plant life!

I found it really interesting taking a closer look at the different plants in the park. The overall vegetation is fairly different from what I am used to seeing in Canada so it has been great being able to research and learn about different plant species local to Carmarthen and Wales.



Curled Docks



Berberis



Red Dead-Nettle



Holly Bush and
Hawthorn Tree



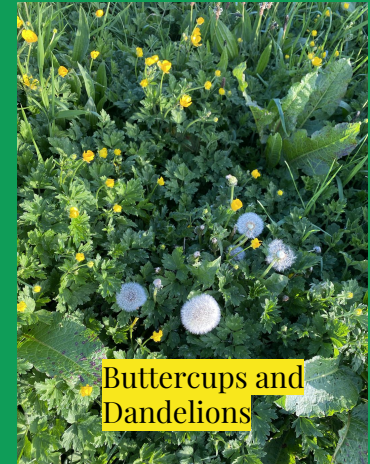
Red Campion



Meadow Grass



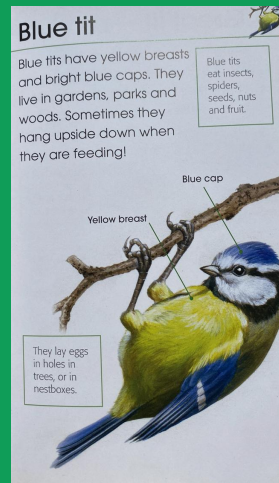
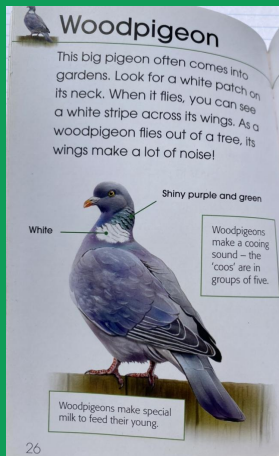
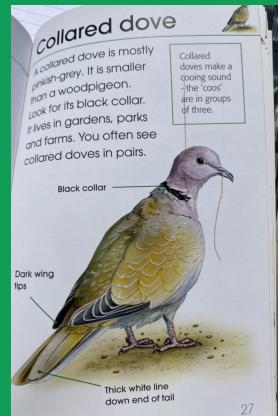
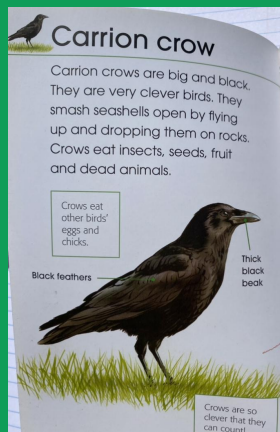
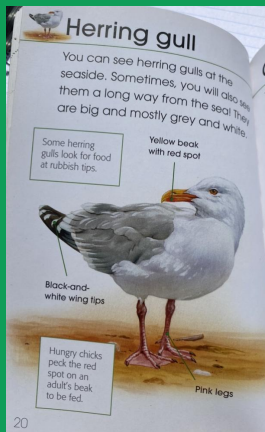
Hemlock



Buttercups and
Dandelions

Wildlife!

Because this is a fairly urban park, there are not too many species of animals I was able to see. However, I did see and hear a number of birds! It was difficult to get pictures of them so I have included some pictures from a bird book of the birds I saw and that are native to the area.



Click for Video link!

A Rainy day at Morfa



[Click for Video link!](#)

A Sunny Walk Through Morfa



How do we interact with nature?



I found it really interesting to note how people interacted with the park. Like we have discussed in lecture, we are just as much part of nature than any other plant or animal. From what I noticed, it didn't really matter what time of day or what the weather was like. The park tended to be busiest between 15:00 and 18:00. In the morning and late afternoon, a number of people would cycle through the park, possibly on route to work or school. On sunny days, it was typical to see families or couples going for walks and friends gathering to hang-out on the grass or benches. A lot of people use the park to walk their dogs, especially on rainy days. Overall, I would say most people would use the space to walk through but some people, like myself, would stop to take a moment to look at a bird perched on a tree or smell a wildflower in bloom.

Rain drops.
They subtly fall from the sky
Before landing on leaves, branches and all other living things,
Pooling on the marshy floor.
There's an orchestra of birds singing,
While each raindrop creates a subtle beat.
From the top of the hill lies views of the marshlands below,
Nestled between houses and roads.
Cars are heard from a distance and people chatter as they pass by.
Dogs sniff the trails, in search of something.
All whilst wildflowers bloom in celebration of spring's awakening.
The park is quite large with various trails of pavement and mud.
In between my feet,
Beside and behind me,
Above me and around me,
There are green leaves, green trees, green plants and green grass.
Green.
While the symphony of rain creates this little world of green,
We also add colour.
Blue and red candy wrappers outline the paths.
As the rain puddles, a rainbow forms.
But not a rainbow of sun rays piercing through the precipitation,
Rather a rainbow of oil.
Rain drops,
Or rather tear drops,
Whisper in harmony for us to be mindful and to keep this slice of nature green.



Thinking About Conservation

Something that I did notice in Morfa was the small presence of litter across the park, especially in the more tucked away parts such as underneath bushes. It was not uncommon to see snack wrappers along the grass or on the side of paths either. A possible way the park could prevent more litter in the park would be by putting up signs and having rubbish bins in the park because I did not see any bins across the entire park.



On a more positive note, there were signs about dog waste across the park on lampposts. I think these signs were fairly effective because despite seeing many people walking their dogs, I did not see any dog litter during any of my visits at the park.

Conservation: Seed Bombs

I was slightly limited on what conservation methods I could partake in because I do not have a home here where I can build and hang bird feeders or plants and I have limited resources to work with. For my conservation portion I chose to use the seed bombs I created in class. I made these by mixing some cement, water, soil and seeds and forming little spheres. I then waited a few days for them to dry and planted them on the hill beside the class garden where there is now a cut out “Wellness Walk.” These seed bombs will eventually grow into wildflowers that will attract pollinators such as bees and other insects to the garden nearby.





Where I planted the seed bombs!



Conservation

In addition to the seed bombs, some other things I have done in mindfulness to sustainability was choosing a park that I could walk to. I also chose to do this scrapbook virtually to avoid wasting paper.



Thank you!!

