

SOUNDSIDE LEARNING THIS WEEK ON CORE SOUND

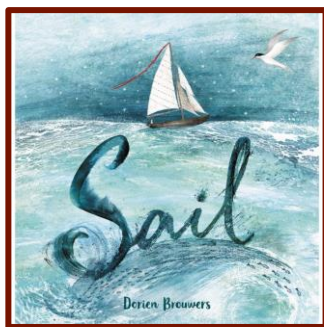


January 1, 2023

JOIN US!

- **January 1-16:** *Gallery of Trees*—If you haven't seen our beautiful trees, you still have time!
- **February 24:** *Taste of Core Sound* (more information coming soon!)

Sound Reading Material For You & Your Child



Sail

by Dorien Brouwers

Out at sea anything can happen whether trials or triumphs, there are infinite possibilities to explore once we leave the shore. And what lies under the water's surface, in the darkest depths, can often lead to the most beautiful discoveries. With gentle wisdom and dynamic art that will sweep you away, this book beckons us to climb aboard and discover the courage, grit, and resilience that resides within us all. Ideal for all ages and filled with universal themes, the story also features a set of questions at the end that will invite parent-child conversations and encourage readers to explore their own life journeys.

Pages: 40
Grades: K-3

Cooking for Luck & Prosperity

In my youth I dreaded New Year's Day, not only because it meant my Christmas break was nearly over and returning to school was happening sooner than I'd hoped, but also because I knew what Mama would be cooking ... black-eyed peas with a side of collard greens. I can smell the aroma of both as I'm typing this, and I must admit that I now do the same thing in my own kitchen! Now, however, I enjoy a bowl of each! I was always told that the black-eyed peas represented the coins destined for my pockets in the coming year. The collard greens signified greenbacks. I'm not convinced this is true, but I'm not willing to take a chance by skipping a year, either!

A popular form of these traditional dishes is called Hoppin' John, a dish of black-eyed peas and rice seasoned well. This is a very old dish said to have been in existence since the Civil War. Here is a recipe by Mary Dickens from *Island Born and Bred*.

Hoppin' John

- 3-4 strips streak-of-lean or 3 strips bacon
- 2 cups cooked or 16-oz can black-eyed peas, drained
- 1 cup canned tomatoes
- 1 cup cooked rice
- 1 medium onion, diced
- ¼ cup diced green pepper (optional)
- Salt and pepper to taste

Fry-out meat; save drippings. Crumble meat and set aside. Pour fat into casserole dish. Add peas, tomatoes, rice, onion, green pepper, salt and pepper; mix. Bake at 350° for 35-45 minutes. Crumble reserved meat over top and serve. Yield: 8-10 servings.

Black-Eyed Peas



photo from www.foodnetwork.com

Hoppin' John



photo from www.4sonrus.com

Meet the Black Duck

The Black Duck, or *Anas rubripes*, is a beautiful, stately waterfowl seen in our area this time of year and is my favorite. Along with the Wood Duck, Mallard, Teal and others, the Black Duck is a dabbling duck. Dabbling ducks are recognized by their ability to “jump” straight up from the water when taking flight and by their “dabbling” method of eating in which they tip their bottoms up when feeding in shallow water. Black Ducks may be seen throughout the state in winter after birds from the North have made their fall migration.

The Black Duck is a mottled brown-black duck that is similar in appearance to the more common hen, or female, Mallard, but it has a much darker body. There is a noticeable contrast between the light brown head and the brown-black body. While in flight, the white underwings provide a striking contrast to the overall black appearance. The Black Duck is the only common duck in North America where drakes, or males, and hens are nearly identical in appearance. Black Ducks and Mallards interbreed resulting in a variety of plumages. The calls of the drake and hen Black Duck are nearly undistinguishable to the male and female Mallard. Calls include a variety of loud quacks, sometimes made in a swift sequence. Drakes are generally less vocal than hens. Black Ducks are one of the largest dabbling ducks at up to two feet long.

The Black Duck nests in a diversity of habitats including marshes, beaver ponds and bogs. Individual nests, however, may be some distance from a wetland area. Our area is considered the most southern breeding area for the Black Duck. Many nests are destroyed here due to tidal flooding and predators. The raccoon is a prime predator in our area. Black Ducks' young are precocial—they move about immediately after hatching—and can travel long distances to the nearest water. The young stay with the adult hen until they have reached flight stage which is about sixty days after hatching.



photo from
www.10000birds.com



photos from www.ducks.org

In winter, Black Ducks are visible in our coastal marshes. Good places to look for them are the Cedar Island, Pea Island and Mattamuskeet National Wildlife refuges. The birds are very cautious, however, and close observation may be difficult. The Black Duck also remains a favorite quarry for many waterfowlers, but the species accounts for only about two percent of all ducks hunted in the state. Despite more than fifty years of dedicated research and management efforts, the Black Duck remains a species of management concern. Continued attention by waterfowl managers and scientists to the status of the Black Duck will hopefully ensure it remains a species for all to enjoy.