

# Project Get Outdoors

FALL 2022

www.mnprojectgo.org

## A Message from Our Founder

Last fall, I completed my certification as a [Nature and Forest Therapy Guide](#) and was introduced to trauma-informed approaches to leading outdoor nature programs. I learned how slowing down and using our five senses to immerse in the natural world can amplify the benefits nature provides our bodies, minds and souls. This training reinforced the fact that the simplest interactions with nature in our backyards and neighborhoods can be transformative and healing!



Since our founding in 2005, Project Get Outdoors (Project GO) has been a fluid, adaptable, innovative network of people, resources and ideas working together to find accessible and practical ways to help children experience nature. Over the years our focus has increased from being strictly an afterschool program model delivering training and resources to out of school providers, to now including unique community collaborations such as [Se MN Park Rx](#) and the [DARK Trail](#) outreach (Driftless Area Karst Trail), hybridized to fit the individual needs of each community that reaches out to work with us.

Every aspect of what we are doing through Project GO has an end goal of helping children be healthy. To be truly healthy, each person must have a relationship with nature. We are part of nature and nature is part of us. We evolved outdoors in nature over millennia. The land and waters long for us to remember our original home and reunite with the natural ecosystem. Like bird song in the forest, the voices of humans are part of the natural soundscape.

Thank you for supporting the important work we do to connect children to nature!

*Sara Halger*

## 2022 Highlights

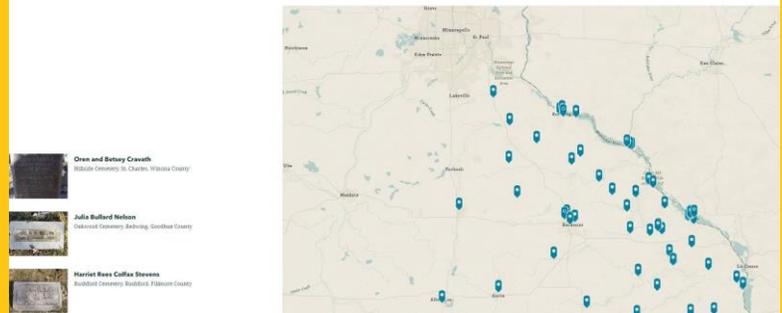
- Our Board of Directors has grown! **Thank you to our current members!** Checkout the Project GO [website](#) to learn more about the great work these folks do!
- Our Legend Hunters film project is nearing completion. We filmed on-site narration at area public lands and are in the editing stage, hoping to wrap up in time for students at Riverway Charter School to premier the film at the Frozen River Film Festival in Winona. **Thanks to all who supported this project!**
  - Check out a [Behind the Scenes video](#) of the project!
  - Get a [Sneak Peak](#) of the film in progress.
  - Explore one of the teaching tools we're creating to accompany the film: [Freedom Stories of Southeast Minnesota storymap](#)



### Freedom Stories of Southeast Minnesota

"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed." - Martin Luther King Jr.

*"Those who profess to favor freedom and yet depreciate agitation, are people who want crops without ploughing the ground; they want rain without thunder and lightning; they want the ocean without the roar of its many waters. The struggle may be a moral one, or it may be a physical one, or it may be both. But it must be a struggle. Power concedes nothing without a demand. It never did and it never will." - Frederick Douglass*



- Winona State University Film Studies students helped capture some of the Legend Hunters Jr. footage. They are also creating a video storymap for the Campus Nature Rx effort to connect local college students to the outdoors.

## Partner Highlight: 4-H

4-H is America's largest youth development organization—serving nearly six million young people since 1902. Programs are delivered by Cooperative Extension - a community of more than 100 public universities across the nation. For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better.

Nicole Pokorney is a Youth Development Extension Educator for the University of Minnesota at the Rochester Regional Office. She is the Coordinator for the [4-H Outdoor Adventures Program](#) and a longtime collaborator with Project GO. In June, Nicole helped coordinate a Project GO Leader Training for 4-H Extension Educators across Minnesota. Participant feedback was very positive and we hope to offer more trainings with 4-H in the future.



### Testimonial: Kate Utterback, St. Mary's University

Kate Utterback is the Director of Campus Operations and Programming for the Rochester · Saint Mary's University campus located at [Cascade Meadow Wetlands and Environmental Science Center](#). Kate participated in the Project GO Leader Training in 2018 and has several years under her belt of using the information and resources from the training with area schools and youth groups.

*"I use the Project Get Outdoors training as I plan for my field trip groups. The resources help guide my planning and remind me of all the cool things there are to get kids engaged in the outdoors. I especially love the scavenger hunt handkerchiefs in the backpack--a great way to incorporate play in learning. The training is also helpful for connecting with other educators who have a love of the outdoors and work with kids/students. It's nice to have a group to bounce ideas off of and share tips and tricks."*

### A big THANK YOU to all who donated to our Legend Hunters film project!

- Bette Jean Bernier
- Joel Dunnette
- Brett Feldman
- Martha Harris & Brad Nagel
- Beth Holger
- Jack Holger
- Jon & Sara Holger
- Deah Kinion
- Greg & Mary Larson
- Mayo Clinic Community Foundation
- Sue Merkens
- MiEnergy Cooperative
- Minnesota Department of Natural Resources - *No Child Left Inside*



- Marge O'Laughlin
- Rochester Exchange Club
- Carl & Verna Schmidt Foundation
- Issac Sawle
- Natalie Simpson
- Sloan Family Foundation
- John & Lisa Solberg Charitable Trust
- St. Charles Community Foundation
- Bill & Sandy Sullivan
- Andrew Uhven
- Michael Urvig
- Denine Voegeli
- Jackie Wray

### Don't Forget Project GO on Give to the Max Day!



Please remember us on November 17, Give to the Max Day! Thank you for your support!

### Contact Project GO

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### For More Information

[www.mnprojecgo.org](http://www.mnprojecgo.org)

