

time	author	text
2020-09-24 13:00:57 UTC	Laura Carbonneau	Excited for this panel! Thanks for all your work. :)
2020-09-24 13:00:58 UTC	Mari Brunner	Hi everyone! Looking forward to this session
2020-09-24 13:01:20 UTC	Michele Chalice	Good Morning!
2020-09-24 13:01:37 UTC	Gaea McGahee	hello from Questa, New Mexico
2020-09-24 13:01:45 UTC	Erin Farris-Olsen	Hi there from western Montana!
2020-09-24 13:01:59 UTC	Martha Behrens-Temple	hi again Michele! Good morning all
2020-09-24 13:02:10 UTC	Joanne Slingerland	Good morning from Lander, Wyoming!
2020-09-24 13:02:42 UTC	Lola Bobrowski	Good morning all! Welcome to the Land & Community Track!
2020-09-24 13:04:29 UTC	Catherine Ingraham	Hello from Bethel, Maine!
2020-09-24 13:04:33 UTC	Chelsie Rommel	Good morning from Berlin, New Hampshire
2020-09-24 13:04:35 UTC	Ben Amsden	New Hampshire Charitable Foundation, from Holderness, NH
2020-09-24 13:04:38 UTC	Krista Burdick	Good morning from Bozeman, Montana and the LOR Foundation!
2020-09-24 13:04:41 UTC	Will Grossman	Happy to be here from Walpole, NH
2020-09-24 13:04:42 UTC	Jane LaPointe	Winchendon MA, HEAL Winchendon volunteer
2020-09-24 13:04:43 UTC	Laura Carbonneau	I'm here from Keene, NH. I work for Food Connects in Brattleboro, VT.
2020-09-24 13:04:47 UTC	Mari Brunner	Hi all! Mari Brunner, City of Keene
2020-09-24 13:04:49 UTC	Lola Bobrowski	Let us know where you are joining us from and if you're affiliated with an organization or group! :)
2020-09-24 13:04:49 UTC	Bridget Freudenberger	Good Morning from Colebrook, NH.
2020-09-24 13:04:50 UTC	Meredith Zahirovic	Good morning from Muhlenberg County, KY!
2020-09-24 13:04:51 UTC	Tricia Zahn	Hello from Keene, New Hampshire!
2020-09-24 13:04:55 UTC	Lincoln Boykin	Hi from Lancaster, Virginia, on the Chesapeake Bay. Program Officer at the River Counties Community Foundation.
2020-09-24 13:04:55 UTC	Cheryl Morse	Cheryl Morse, assoc professor, University of Vermont (rural geographer)
2020-09-24 13:05:08 UTC	Martha Behrens-Temple	I,Ãm in Keene
2020-09-24 13:05:28 UTC	Adrienne Krulis	Hello from Temple, NH!
2020-09-24 13:05:31 UTC	Deb Wisniewski (she/her/hers)	I,Ãm from Washington Island Wisconsin. I also an independent consultant and faculty member of the Asset-based Community Development Institute.
2020-09-24 13:05:31 UTC	Erin Farris-Olsen	I live in Helena, MT (lots of hiking and biking trails located on the Continental Divide Trail) I also work in Troy, Lincoln, and Choteau. Prime recreation locations with populations under 3,000.
2020-09-24 13:05:45 UTC	Christine Robidoux	Hello from Temple, NH, in the beautiful Monadnock Region. I'm on the Planning Board and Land Use Committee, as well as working with a Community Projects team.
2020-09-24 13:05:47 UTC	Martha Behrens-Temple	working with Monadnock Agricultural Center
2020-09-24 13:05:56 UTC	Gaea McGahee	Hello from northern New Mexico, Questa Farmers Market Organizer and owner of a small business
2020-09-24 13:06:29 UTC	Katie Cavacco	Hello from Deerfield, MA! I'm a member of Western Mass Fibershed
2020-09-24 13:07:51 UTC	Lola Bobrowski	Remember to double click on the presentation screen to make it larger!
2020-09-24 13:08:15 UTC	Michele Chalice	Inspiring healthier daily choices at home for building soil, growing plants and using energy more efficiently; healing the planet from home.
2020-09-24 13:12:48 UTC	Lola Bobrowski	**NOTE** Type any questions you have into the chat and we'll compile and address them during the Q&A portion of the presentation
2020-09-24 13:18:07 UTC	Lola Bobrowski	**NOTE** If you've joined us late, let us know where you're joining from!
2020-09-24 13:18:11 UTC	Joanne Slingerland	I'd like to see US health care providers prescribe activities in nature, instead of/along with medications, to address some of these physical and mental health issues. I've read this happening in some European countries.
2020-09-24 13:18:36 UTC	Corilia Ortega	Indigenous communities exemplify this interconnection <3
2020-09-24 13:19:12 UTC	Jason Urroz	Joanne Slingerland We're going to be talking about that in a little bit. :)
2020-09-24 13:20:10 UTC	Jason Urroz	^It's happening in the United States, too!
2020-09-24 13:21:21 UTC	Lincoln Boykin	I think those of us fortunate enough to live on the water can attest to the stress reducing and healing effects of nature and water in general.
2020-09-24 13:22:48 UTC	Mari Brunner	Has there been any research or attempts to look at the effect of Covid on unequal access to nature and greenspace?
2020-09-24 13:23:44 UTC	Lola Bobrowski	Mari Brunner good question!
2020-09-24 13:25:04 UTC	Rich Christiana	Mari Brunner yes, there is research currently being conducted on this, research in several regions of the US
2020-09-24 13:26:14 UTC	Mari Brunner	Rich Christiana - thank you! I would love to learn more about what is being done
2020-09-24 13:27:03 UTC	Cheryl Morse	Mari Brunner Rachele Gould at the Univ of Vermont has a study on this running now

2020-09-24 13:27:48 UTC Rich Christiana Mari Brunner many of the inequities we have had for so long (including access to nature) has just been exacerbated by COVID-19

2020-09-24 13:28:28 UTC Rich Christiana Cheryl Morse thank you, I was not aware of the work being done at U of Vermont

2020-09-24 13:29:28 UTC Christine Robidoux During COVID, seniors and those with limited mobility are affected even more, as their support system (family/volunteers), people that take them out into nature, has become limited or non-existent in order to limit exposure.

2020-09-24 13:30:42 UTC Lola Bobrowski Link to doc Louise is discussing:
https://docs.google.com/document/d/1xQR30uHFaz77V5w7xQWAMTj9O_LDvfw133TJbJM5Y4/edit?usp=sharing

2020-09-24 13:31:46 UTC Lola Bobrowski ^the link provides Examples of Rural Programs that Promote Health and Wellbeing through Access to Nature

2020-09-24 13:35:48 UTC Chris Proctor Christine Robidoux Great point. I think we will have some examples of how to help with that later in this session.

2020-09-24 13:36:17 UTC Lola Bobrowski ****NOTE**** If you have any questions as you listen to Louise's presentation, submit them here and we'll collect them for the Q&A portion later on! :)

2020-09-24 13:44:44 UTC Joanne Slingerland Louise Chawla I visited the edible food park community project in Basalt, CO near Carbondale last summer. You may be familiar with the project. I would love to have this in my community.

2020-09-24 13:47:39 UTC Martha Behrens-Temple thank you!

2020-09-24 13:47:40 UTC Lola Bobrowski ****NOTE**** Share your questions for our panelists, Rich, Jason, and Chris, as you have them!

2020-09-24 13:52:17 UTC Jason Urroz Dentists have more time to talk to their patients than do regular doctors... giving them time to bring up the outdoors and associated benefits, and to then "prescribe" nature to the patient.

2020-09-24 13:58:05 UTC Gaea McGahee People who live in rural areas with easy access to natural (biodiverse) areas are not necessarily able to "access nature," while they are struggling with addiction, depression, etc. Proximity to nature may support their health, but it must have to do with the intent and awareness of a person. Just having a natural green space to be in isn't enough . . Thanks Rich for touching on this.

2020-09-24 14:07:34 UTC Lola Bobrowski Rich Christiana thank you Rich! So interesting!!

2020-09-24 14:11:20 UTC Christine Robidoux LOVE this program!

2020-09-24 14:12:21 UTC Rich Christiana Jason Urroz really good point. The idea that other health care providers besides physicians may be more able to fully discuss nature and health has been an area of recent discussion

2020-09-24 14:14:43 UTC Lola Bobrowski So cool! When it works it works!

2020-09-24 14:15:56 UTC Rich Christiana Gaea McGahee those are excellent points. A person may need to be "aware" and "present" during their time in the outdoors, not just be there for maximum physical and mental health benefit. Also, I would say that not all rural areas even have access to nature, so that just adds to the barriers

2020-09-24 14:16:32 UTC Adrienne Krulis @ Christine- Me too, we need Track Trails in our area! I bet we could get Linda Bollinger involved...

2020-09-24 14:17:11 UTC Christine Robidoux Hi Adie! Happy to see you! We can definitely do something like this here!

2020-09-24 14:17:41 UTC Lola Bobrowski Movement also boosts all those good chemicals in the brain, so its also simultaneously improving mental and emotional health as well!

2020-09-24 14:19:23 UTC Erin Farris-Olsen How do we get some Montana trails in the program? Is there funding for trail improvements?

2020-09-24 14:20:49 UTC Amanda Littleton these numbers are amazing!

2020-09-24 14:21:04 UTC Rich Christiana Lola Bobrowski yes, exactly. There is also some research out there showing that physical activity done in the outdoors has more benefit to health than when done indoors, even the same activity

2020-09-24 14:22:37 UTC Lola Bobrowski Rich Christiana I believe it! This is all so interesting!

2020-09-24 14:26:12 UTC Carla Embry Thank you, Jason, for sharing the Kids in Parks program so enthusiastically! We have opportunities in Western Kentucky to put this program in place. Love the Rx health idea in collaborating with our pediatricians!

2020-09-24 14:27:49 UTC Adrienne Krulis There is no such thing as bad weather, just bad clothing... Yet adequate clothing (and footwear!) is another barrier for novices and/or low-income families. I've seen this over and over working at ski areas and selling outdoor clothing and equipment. Directing families to where they can get good secondhand gear and clothing is a key component to ensuring their ability to get outside AND enjoy it.

2020-09-24 14:28:12 UTC	Rich Christiana	Just for fun in case anyone hasn't seen this. This is a short "commercial" done by a Canadian group on Nature Prescriptions: https://www.youtube.com/watch?v=Bf5TgVRGND4
2020-09-24 14:32:01 UTC	Mari Brunner	Adrienne Krulis great point... I remember in elementary school, only kids with snow pants and winter coats were allowed to play outside during recess in the winter (we have cold winters in Michigan), and kids who did not have that gear had to stay inside and sit through recess doing quiet/individual activities like drawing. It felt like a punishment for kids who didn't have the right clothing.
2020-09-24 14:33:46 UTC	Rich Christiana	Since COVID-19, there are more schools trying outdoor classrooms and providing kids with the proper clothes for weather
2020-09-24 14:36:21 UTC	Sally Manikian	A question for all panelists: how have you structured these programs in anti-racist ways?
2020-09-24 14:37:04 UTC	Lola Bobrowski	Sally Manikian Excellent question - thank you!
2020-09-24 14:37:38 UTC	Sally Manikian	I'm asking from the narrative difference between how national affinity groups structure their outings (e.g. Latino Outdoors, Outdoor Afro) and how whiteness structures outdoor invitations. I'd love to hear from you all about this!
2020-09-24 14:37:45 UTC	Adrienne Krulis	Mari Brunner That's awful! I remember that even though we had little resources when I was growing up, my mom always made it a point to donate a hat or a pair of gloves to the 'wish tree' at our local dept store at holiday time, so some kid would be warm for the winter. Huge lesson in empathy and giving for us growing up. Finding a way to integrate gear/clothing borrowing/renting/rent-to-own is a great addition to any outdoor program
2020-09-24 14:37:50 UTC	Jason Urroz	My presentation wasn't meant to be a sales pitch---please provide opportunities for people to get outdoors with or without Kids in Parks. With that being said, we would be happy to speak with anyone about the program and how we can expand our network. There is a "Booth" in the Expo with information about the program and my contact info.
2020-09-24 14:38:07 UTC	Michele Chalice	Feeling very grateful that our local Waldorf school is having our 7/8 grade class outside all day, every day with clipboards at our local Camp Glen Brook through October. This came about through a fortuitous previous relationship the teacher had with the camp; studying physics through observations of the water surface on the lake. Hoping that more of these experiences will lower resistance. Grateful also that my 13-year old comes home exhausted!
2020-09-24 14:38:27 UTC	Adrienne Krulis	Rich Christiana That's fantastic! I'd be interested in any links if you have them
2020-09-24 14:40:01 UTC	Beth Christy Draper	I have a vision for a brick and mortar storefront in Keene, NH that brings holistic nature connection to families, people, etc.
2020-09-24 14:41:15 UTC	Adrienne Krulis	Beth Christy Draper That could totally work in Keene
2020-09-24 14:41:55 UTC	Beth Christy Draper	@Adrienne The Good Mother
2020-09-24 14:42:04 UTC	Michele Chalice	Would love to chat about your idea and potential collaborations/workshops, etc. @Beth Christy Draper
2020-09-24 14:42:23 UTC	Beth Christy Draper	Michele Chalice Absolutely!
2020-09-24 14:42:29 UTC	Adrienne Krulis	Beth Christy Draper Thanks!
2020-09-24 14:42:41 UTC	Gaea McGahee	Sally Manikian thank you . . . I want to hear thoughts here too
2020-09-24 14:45:08 UTC	Jason Urroz	Hi Sally Manikian . I have a meeting with "Black People Camp Too" tomorrow to discuss DEI initiative and how we can incorporate them into our programming. We have worked with the Hispanic Access Foundation to translate our brochures into Spanish. We are also working with the Eastern Band of Cherokee Indians to design brochures that highlight Cherokee culture and language. And, we have done some history brochures that highlight sites that were part of the Underground Railroad and Civil War battlefields, and the reasons why those sites are important.
2020-09-24 14:45:18 UTC	Joanne Slingerland	Using those trails is not only physical therapy, but mental therapy, too, to aid in the healing process.
2020-09-24 14:46:17 UTC	Sally Manikian	Thanks Jason Urroz ! Information and translation and recognition is a great first step. Are there land acknowledgements in your programming as well?
2020-09-24 14:46:26 UTC	Beth Christy Draper	Thank you!
2020-09-24 14:46:50 UTC	Martha Behrens-Temple	All so interesting, thank you!
2020-09-24 14:47:07 UTC	Beverly A Brown	Thank you
2020-09-24 14:47:20 UTC	Michele Chalice	Thank you for all your amazing work on these important issues!
2020-09-24 14:47:23 UTC	Joanne Slingerland	Thank you!
2020-09-24 14:47:28 UTC	Jennifer Armstrong	Thank you!
2020-09-24 14:47:31 UTC	Lincoln Boykin	Thank you!
2020-09-24 14:47:33 UTC	Lola Bobrowski	Thank you all for joining us!!

2020-09-24 14:47:41 UTC Catherine Ingraham
2020-09-24 14:47:54 UTC Mari Brunner
2020-09-24 14:48:28 UTC Jason Urroz

Thank you!
Thank you everyone! A ton of great ideas!!
Sally Manikian I'd love to talk to you about it.