

**SPECIAL POINTS OF INTEREST:**

- The Monthly Newsletter is Back!
- Meet Our New Outreach Corps Members
- National Craft and Music in Our Schools Month: Let's Celebrate!
- What's Happening in March?

**February Highlight:**

The Rochester Area Foundation has awarded Project GO a \$7,000 grant to help in developing a "Parent Aware" certified training for child care providers. This training will provide child care providers with outdoor/nature activities and healthy nature-themed snacks that meet the obesity prevention education requirement all Minnesota daycare providers are required to fulfill. Thank you Rochester Area Foundation!

**'Stick Wind chime'**



(<http://happyhooligans.ca>)

- Go on a family hike and collect several sticks, 5 per wind chime will do.
- Have kids decorate the sticks using paint, gems, etc.
- Help kids tie the 'chime' sticks to the support sticks. For a more fanciful attachment use eyelet hooks on the end of each chime stick, and thread string through eyelets.
- Hang outside and listen for the music!

# Ready, Set, Go!



MARCH 2015

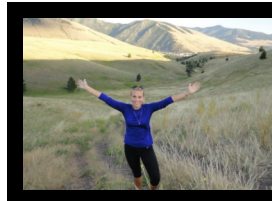
## Project Get Outdoors' Monthly Newsletter is Back!

Greetings to all of our partners, supporters and everyone else! Project Get Outdoors' (Project GO) monthly newsletter is back and filled with all of your favorites. These newsletters will keep you up to date on what is happening in the world of Project GO. "Ready, Set, Go!" will bring you fun activities, important accomplishments and up and coming events to look forward to!

## Welcoming Our Three New Outreach Corp Members

This year Project GO has three new members on board.

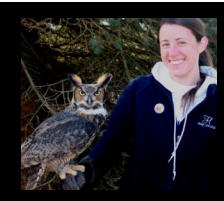
Kelsey Depew, Alison Agresta and Jennie LaRoche are this year's Conservation Corps members. They are excited to be working with the



Kelsey Depew



Alison Agresta



Jennie LaRoche

Metro, Crookston and Southern areas of Minnesota as

outreach coordinators for Project GO. To learn more about Kelsey, Alison and Jennie, visit Project GO's website at [mnprojectgo.org/](http://mnprojectgo.org/)

## National Craft and Music Month

March is National Craft and Music (in our schools) Month. To celebrate, Project GO is challenging kids and families to head outside and exercise their craftiness and musical talents! We have two fun musical crafts that incorporate natural items for you to create. They are the 'Stick Wind Chime'

and the 'Stick Rattle'. Follow the links embedded in the instrument titles or follow the instructions found on either side of this story to create these fun natural musical instruments!



([www.two-daloo.com](http://www.two-daloo.com))

**'Stick Rattle'**

1. Go on a family hike and collect Y shaped sticks.
2. Have kids decorate the stick using paint, glue, string, gems, etc. Also let the kids pick out several buttons and/or beads to use for the rattling.
3. String or wire the beads across the Y opening.
4. Let the music sound!

We would love to see your musical creations, share your pictures with us on [facebook!](#)

## What's Happening in March?

**Metro Area:**  
[Aldo Leopold Weekend](#) March 7-8 at the Minnesota Valley National Wildlife Refuge, Bloomington, MN

**Southern MN:**  
[International Festival of Owls](#) March 6-8 at Houston High School, Houston, MN  
[Winona Project GO](#) March 17 from 3:30-5. Meets at Kids First, located at the Winona Family

Community Center at 1756 Kraemer Dr. Winona, MN



**Other:**  
Go for a walk or take a hike at

your nearest park or on any trails near your home. To find your nearest park or trail, visit your County's Parks and Trails website. ([Olmsted County](#))

This is your last chance to enjoy winter activities: ski, skate, snow shoe, sled, build snowmen, play broomball! Check local parks and recreational centers for rentals.

For more information on Project Get Outdoors please visit us at [mnprojectgo.org/](http://mnprojectgo.org/). You can also check out all our wonderful partners on our [Partners Page](#).

