

SPECIAL POINTS OF INTEREST:

- A Changing Minnesota
- Minnesota 's OUTSIDE
- Community Solutions
- Sensory Walks
- What's Happening in July?

June Highlights

* Michael and Pam Pagelkopf have been volunteering with PGO for years. Recently, they



were featured in the St. Charles Press for their work with the Eyota Kids Korner Day Care. Thank you Pam and Mike for your dedicated work with children in the outdoors.

Sensory Walks

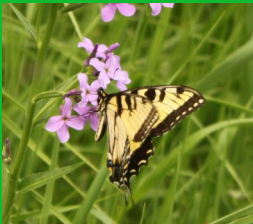


Photo from Kelsey Depew

Enjoy all of your senses in nature. Have youth close their eyes, and count on their fingers how many sounds they **hear** (this could include birds, wind, humans). Have youth **taste** different edible berries or plants. Have youth actually stop to **smell** the flowers and ask them to use descriptive words to describe. Have them **feel** the grass between the toes. Ask them how many different colors and shades of colors they **see** without moving. *Most importantly*, have them keep notes in a journal to refer back to when they are older. They might be surprised how much their home biome/climate has changed.

Ready, Set, GO!



JULY 2015

A Changing Minnesota

Project Get Outdoors is focused on the youth going outside to experience and make a relationship with nature. Going outside is more than taking a short walk from a car to a building. It is more than playing a structured sport where youth are spent remembering rules more than focusing on nature. Going outside is about using all five senses, free unstructured play, relaxation, education, inspiration, and exploration.

Playing outside and learning about our natural resources is important for developing a need to protect and preserve the habitats and survival. Minnesotans need to bridge the and play and the understandings of an im-mate change is happening. This is a very [Action on Climate Change Affecting MN](#).

Minnesota and Climate Change:
Our Tomorrow Starts Today



ecosystems we depend on for gap between daily work, life, pactful changing climate. Cli-real global/human issue. [Take Support Community Solutions!](#)

Minnesota's OUTSIDE

We should not be afraid of our changing climate; instead we should learn to mitigate and adapt to it. Minnesota is unique because we have the pleasure of enjoying 3 different climate biomes (prairie/savanna, temperate and boreal forests). MN is on the edge of 3 different tipping points which are determined by the water balance between soil, vegetation, and air. The borders of the biomes are predicted to shift 300 miles to the northeast. This pushes the boreal forest and all of the biome animals (i.e. Moose) almost out of MN. We are already seeing these changes. Temperate forests are already invading the boreal forests. Due to a climate change, MN will not only experience changing biomes, but more drought, insect infestations, stronger winds, and intense wildfires. [What is MN doing already?](#)

Community Solution

Get your youth involved! Not only should you be contributing on a individual level, but get the community involved.

1. Support community solar gardens
2. Support bike sharing programs
3. Support Statewide Renewable Energy Laws and standards
4. Support citywide composting program
5. Ban plastic bags and Styrofoam
6. Make your building more efficient
7. Voice out and spread awareness

[DO YOUR PART](#)
[Educate Yourself About Climate](#)

What is your community doing already?
Share with us on [facebook!](#)

What's Happening in July?

Metro Area:

[Patio Talks on Various Topics](#) - Everyday except Monday @ 11:30 - noon @ MN Valley NW Refuge
[Refuge's weekend programs](#) - Everything from Beginner Photography to Nature Hike to Film Series.

Southern MN:

[Walk/Bike to the Honkers Game](#) July 5, game starts at 1:00pm. Bik-

ers and walkers get a free ticket

[17th Annual Rochester Butterfly Count](#) All Day July 18th at Chester Woods Park
[Bug Out at Chester Woods](#) July 26th 3—5pm at Chester Woods Park

Northwest MN:

[Crookston Public Library Summer Reading Program](#) meets every

Wednesday at 2 pm
[Bike Rodeo for Club Kid](#) at UMC from 1-5pm on July 23rd

Other:

Go for a bike ride, swimming, or take a hike at your nearest park. Visit your County's [Parks and Trails](#) website.
[Olmsted County](#)
[St. Paul](#)
[Minneapolis](#)

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

