



LAND TRUST NEWS

Preserving Open Lands In Our Towns

Winter 2017

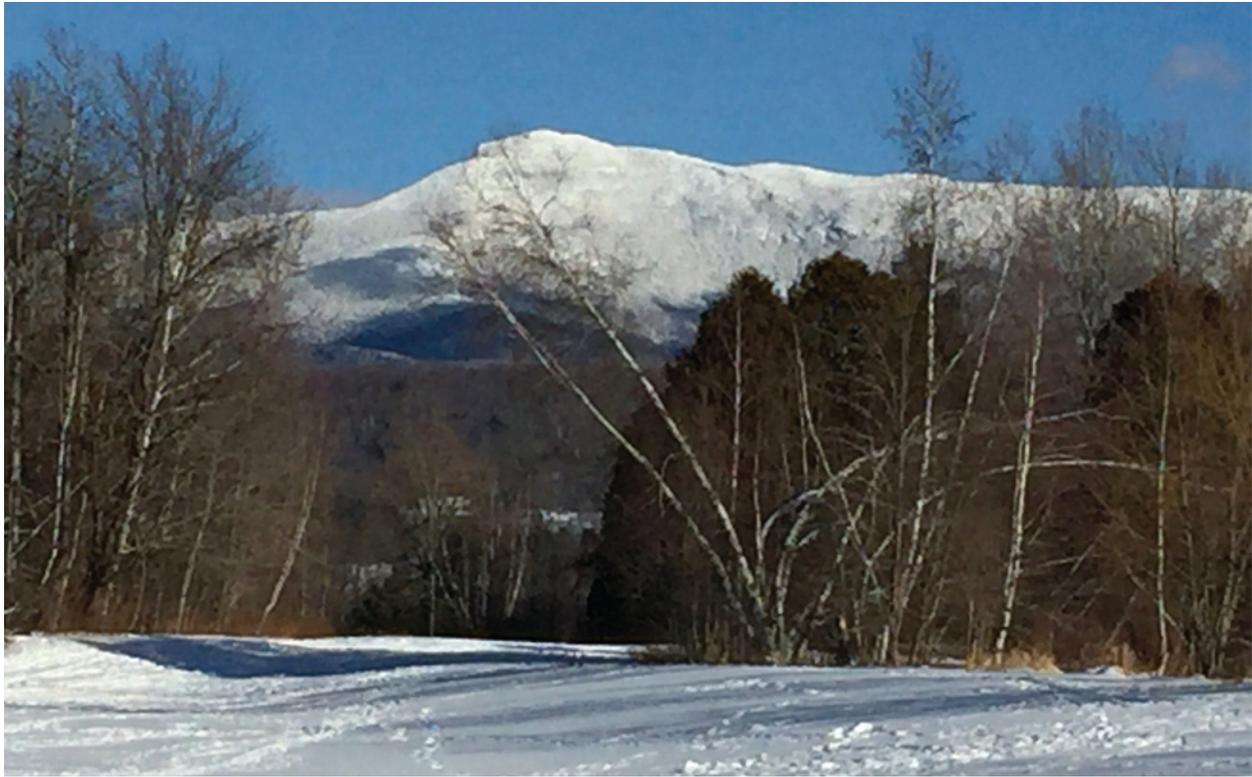


PHOTO CREDIT: LIVY STRONG

SIMPLE WINTER..

Winter forces us into an appreciation of the simple things. It strips us of any nonchalance and demands our full attention. The countryside is frozen silent with stark, bare trees standing resolutely against the white hillsides. Routine sights alter as the deepening snow changes our views from razor sharp contrasts to a softer theme. The hard land becomes wrapped in the chilly, white purity of snow. Wind sculpts and adds snow patterns to farm fields. Everything becomes new. Winter darkness shortens our days but increases our exhilaration with the light that follows. It is the most welcome. Bright blue skies beckon us to come out and play. Snow crunches satisfyingly beneath our feet. Purple shadows intensify our forests. Afternoon sun slices across the countryside. Sunsets magnify the mountain that anchors our sense of place. How fortunate we are to live here, to have a winter that declutters, that simplifies. A warm house, a hot meal after a brisk outdoor adventure makes for a perfect day.



We're on the web: www.jult.org

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LOSS OF CONNECTION – GROWING UP INDOORS

Today, most Americans are far less connected to nature than our parents and grandparents were. One study from Hofstra University found that 70% of mothers recall playing outdoors every day when they were growing up. But only 30% of their children play outdoors every day. In fact, children today spend 90% of their time indoors and they spend an average of 50 hours every week using electronic devices, according to the Children and Nature Network. Adults are increasingly disconnected from nature too — and people, at all ages, need nature!

When people are connected with nature we live happier and healthier lives. Studies have demonstrated numerous benefits from spending time in nature. Stress reduction is a big one, for both children and adults. Time spent in nature helps to relieve depression, anger and anxiety, and it improves our ability to cope with stressful events.

Nature not only improves how we feel; it improves how we think, with benefits for attention, memory and creative thinking. A connection with nature can even improve how well we connect with other people. A study at the University of Rochester found that exposure to nature makes people more likely to nurture close relationships, value community and be generous with their money. Increased outdoor activity can also improve physical fitness and prevent obesity-related health problems. And, nature helps people heal. A study in Pennsylvania found that hospital patients with a view of

trees healed faster, with less pain medication and fewer complaints, compared to patients with a view of a brick wall.

Some of the barriers that are keeping people away from nature are cultural — such as busy schedules, concern for children's safety, fear of unfamiliar environments and a

preference for electronic entertainment. Another big issue is access, especially since 80% of Americans now live in urban and suburban communities. People need nature close to home, as well as great outdoor destinations.

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Many land trusts are actively working to reconnect people with nature in their communities. Land trusts help create parks, preserves, trails, greenways and community gardens that expand people's access to nature. Many land trusts also offer programs that strengthen the bonds between people and nature, such as outings, nature walks, camps, educational programs and volunteer activities. Reconnecting people and nature is essential to the work of land conservation — because people will only act to protect nature if they learn to love and value it.

<http://www.landtrustalliance.org/why-serve-land/threats/loss-connection>



YOU ARE INVITED!

Spring is just around the corner and JULT is busy planning some exciting events. More information will follow in our next newsletter but save the date!.

May 15

Annual meeting with Gretchen Siegchrist. Gretchen will be showing her outstanding movie titled *The Barber Farm Project*. This documentary details the lengthy family discussion that eventually led to the conservation of the Barber Farm. This land is now dedicated to producing fresh produce for Vermonters in need.

May 20

Spring bird walk with Evergreen Erb at Mills Riverside Park



May 7

Spring Wildflower walk with local vet, Michele Tulis, 2 - 4pm at Mills Riverside Park

May 27

Trail maintenance day at the Wolfrun Natural Area. Come help us accomplish a spring clean up from 9:30 to 12 noon. Details will follow.



Volunteer Opportunities

Are you interested in land conservation? Would you be interested in helping us in a variety of ways? We could use assistance with land stewardship, GPS mapping of trails, event planning, community outreach, clerical work and more. Any amount of time is appreciated. Just let us know what interests you and we can coordinate. Simply give us a call at 899-2693 or email us at julandtrust@gmail.com.



Membership Matters

Thank you for your membership support of JULT! Your financial support gives us the ability to work with landowners and the community to save important land today and for the future.

Thank you!





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Membership Matters

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Help protect our future landscape..TODAY

Please note: All JULT memberships now run on a calendar year from January 1st to December 31st.

Please sign me up for:

- Conservator** membership \$500
 - Steward** membership \$100
 - Sponsor** membership \$50
 - Family** membership \$35
 - Individual** membership \$25
 - Student/Senior** membership \$10
 - Lifetime** membership \$1,000
- (Beat inflation and avoid renewal notices!)*

Name _____
 Address _____
 City/State/Zip _____
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Please make **checks** payable to **JULT** and mail to the address below. Or you may **pay by credit card via our website: www.jult.org**. All contributions are tax-deductible.

Other considerations:

- My employer's matching gift is enclosed.
- Please **do not** send me a "thank-you" gift.
- I wish to remain anonymous.

Please contact me regarding:

- Conservation options for my land
- Making a gift of stock
- Including JULT in my will
- Other planned giving opportunities
- Volunteer opportunities:
 - ___ Fundraising/Events
 - ___ Office/Administration
 - ___ Trails/Land Stewardship

