



yieldcamp
WELLNESS. THROUGH. SERVICE.

CERTIFIED MASTER STEWARD TRAINING & FIELD GUIDE

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Founder/Executive Director

Certified Maryland Master Naturalist

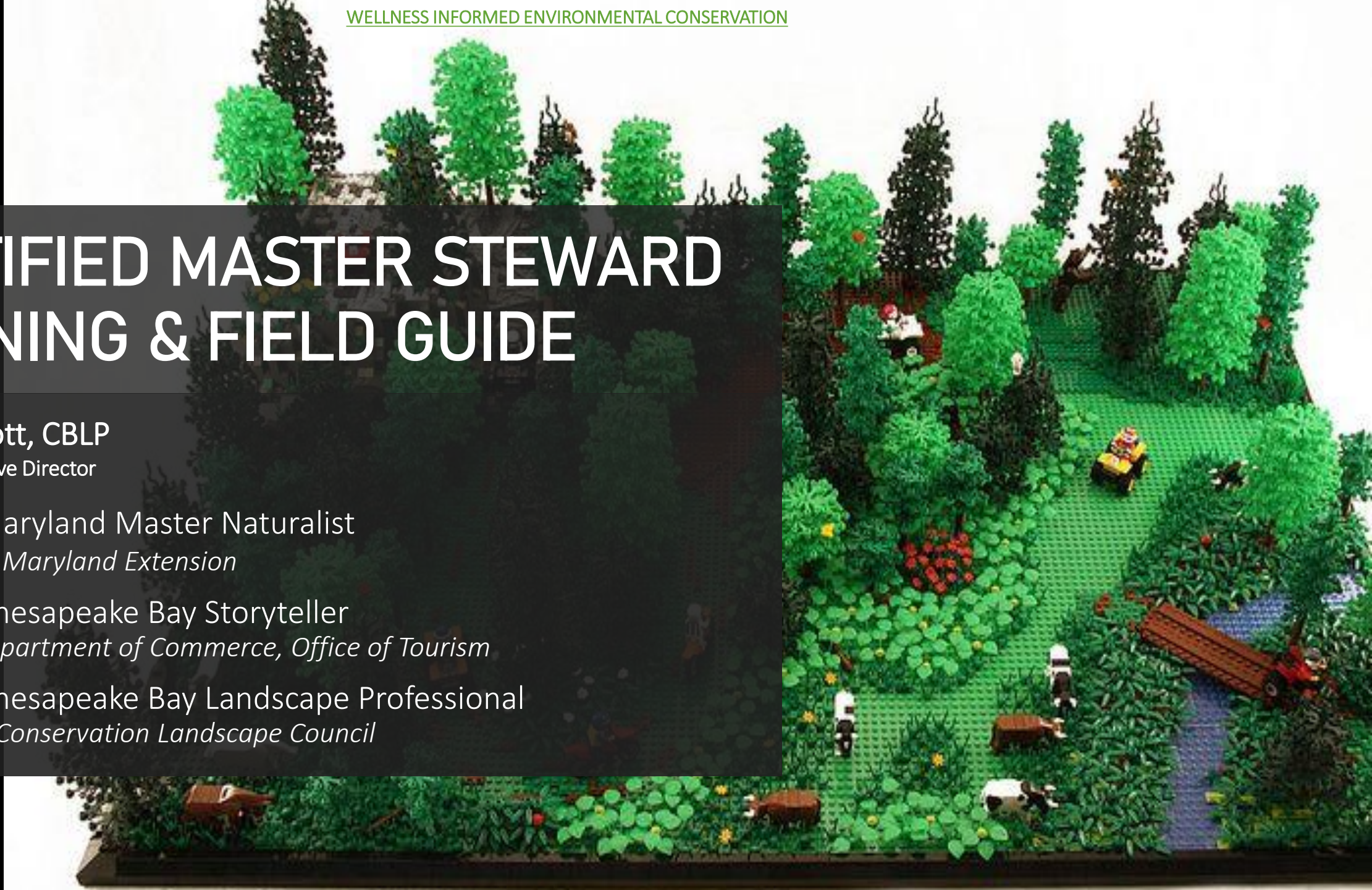
University of Maryland Extension

Certified Chesapeake Bay Storyteller

Maryland Department of Commerce, Office of Tourism

Certified Chesapeake Bay Landscape Professional

Chesapeake Conservation Landscape Council



EnvironMental Stewardship

The Ecological Model

- Clients bring their ecosystems into counseling primarily through conveying how they understand and react to it
- Even when individuals are alone, their career behaviors are strongly influenced by the action of others, whether indirectly (law) or internally (self-concepts influenced by previous interactions)
- Individuals also shape the environment around them in complex ways

Ecological counseling is an approach that integrates personal and environmental factors to conceptualize human issues by focusing on their interaction. By doing so, divergent forces that converge through the development of human life can be organized into a logical and coherent narrative. This process attempts to assist people in recreating their lives, similar to various forms of counseling.

The theoretical structure of this approach emerges from the integration of field theory, phenomenology, and constructivism. In 1935, Kurt Lewin, a German Gestalt psychologist, articulated that human behavior is a product of personal and environmental factors and formulated the equation $B=(P \times E)$. Urie Bronfenbrenner expanded Lewin's work in 1979 into [Ecological Systems Theory](#). Ecological Counseling posits that the person is inextricably situated within radically specific and interdependent ecological systems. Additionally, the individual carries particular capacities, limitations, temperaments, preferences, symbolic representation systems, and personal historicity through the varying environmental settings in which the person lives. The interactions between the person and environment result in the construction of individual ecological niches. These niches are what we experience as our world.

Ecological counseling seeks to understand people's ecological niches and assist them to live a satisfying life. This is accomplished by improving one's interactional quality, or concordance, through counseling intervention at both the personal and environmental levels.

Ecological Counseling has implications for clinical counseling practice, counselor training, group work, career counseling, social service delivery, research, social justice initiatives, community intervention, consultation, supervision, and human growth & development.

What is an example of ecological counseling?

Ecological counseling seeks to study and analyze how a person's life environment affects their mental health. For instance, examining a person's work and home life can help a counselor determine if there are any factors in these two environments that are leading a person to develop a mental illness. *“Yielding” seeks to find factors in these two environments to integrate into a customized wellness strategy.*


CERTIFIED VOLUNTEER PARK STEWARD & MASTER STEWARD OUTLINE


PROGRAM:	CERTIFIED PROFESSIONAL MASTER STEWARD
THEME/MISSION:	To provide better care for self by providing better care to the community through providing better care for the environment.
GOVERNING PRINCIPLE:	COMPASSION – Sympathy and care based on empathy for a community and environment.
LENS:	WELLNESS
STRATEGY:	STEWARDSHIP
GOAL:	REDUCE CRIME, IMPROVE MENTAL HEALTH, EMPOWER CHANGE, CONNECT TO NATURE
AREAS OF IMPACT:	ENVIRONMENT, COMMUNITY, OVERALL WELLNESS, ECONOMIC, MENTAL HEALTH
DUTIES OF:	TRASH/DEBRIS REMOVAL, INVASIVE VINE REMOVAL, PARK AMBASSADOR, TRAIL MAINTENANCE, STORM WATER BMP MANAGEMENT, VOLUNTEER COORDINATOR
BEST PRACTICES FROM:	MASTER NATURALIST, CONSERVATION LANDSCAPING, OUTDOOR PROGRAMMING, ENVIRONMENTAL STEWARDSHIP, STORM WATER MANAGEMENT, TRAIL MAINTENANCE, ENVIRONMENTAL CONSERVATION, OUTDOOR EDUCATION, NATURE INFORMED THERAPY




OBJECTIVES	MEASUREABLES
1. EXTRACT RELEVANT ENVIRONMENTAL CONSERVATION PRACTICES	TESTS, EVALUATIONS & FIELD WORK
2. EXTRACT RELEVANT NATURE INFORMED CARE PRACTICES	PROGRAM DESIGN, EVALUATION & FIELD WORK
3. EXTRACT RELEVANT NATURE INTERPRETATION PRACTICES	DEMONSTRATION, EVALUATION & FIELD WORK
4. CONNECT COMMUNITIES TO NATURE	PROGRAM PARTICIPATION & PROFICIENCY INCREASE

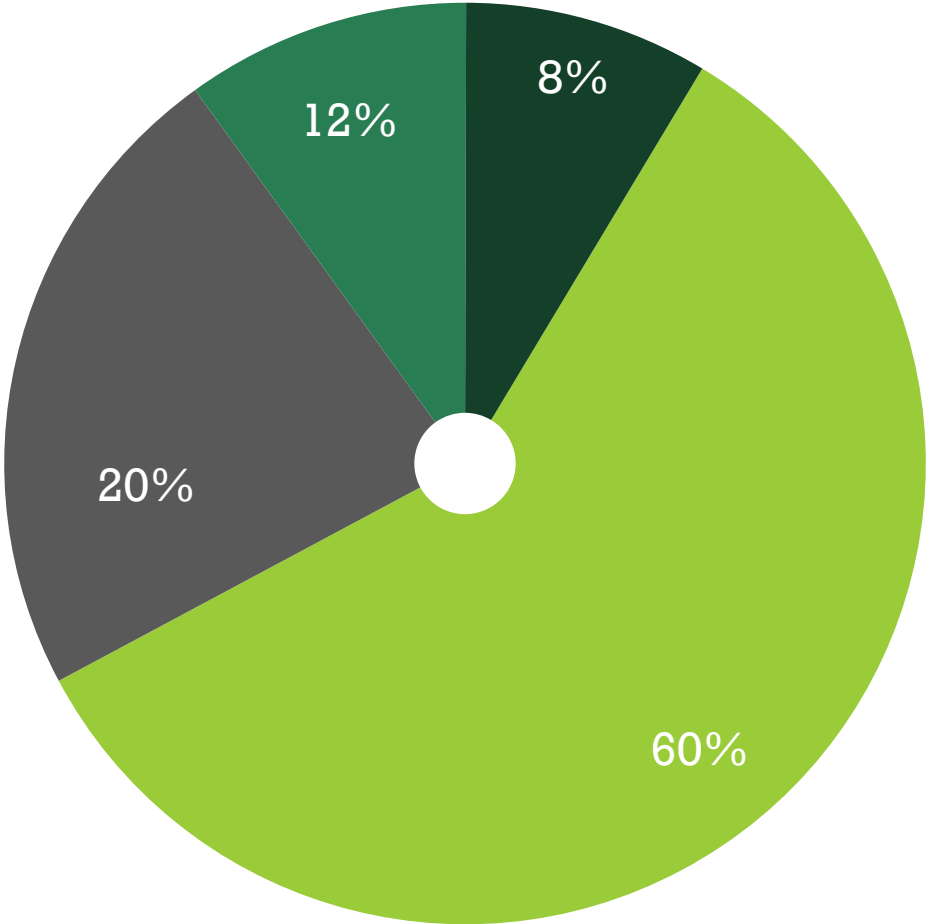
Certified Master Steward


Nature Interpretation & Guiding


Nature Informed Therapy
& Holistic Healing


Environmental
Conservation
Landscaping

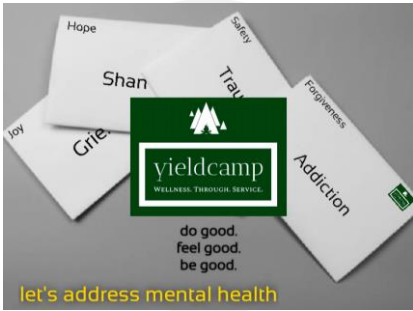

Volunteer & Program
Coordination



Master Steward quick reference pocket guide multi-tool

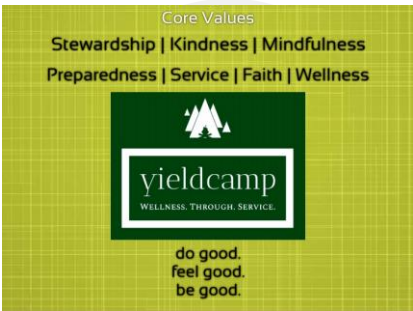


The Challenge



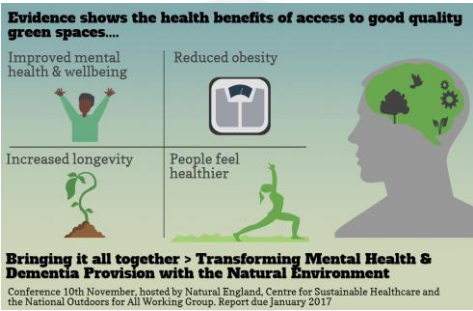
Shame

Many feelers of shame also struggle with feeling worthy of receiving help, healing and wholeness,



Stigma

Just as Yieldcamp's core values show, there are many emotions attached to words and definitions.



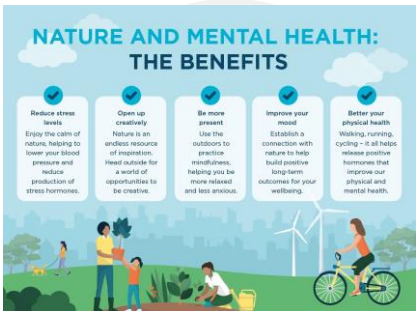
Affordability

Nature is free, but access to quality green spaces is often a burden to many minority communities.



Misinformation

In today's world of viral blogs, conspiracy theories and influencers, the truth is often lost within facts.



Misunderstanding

Wellness and self-care is often viewed as not needed by those who think that they are well.

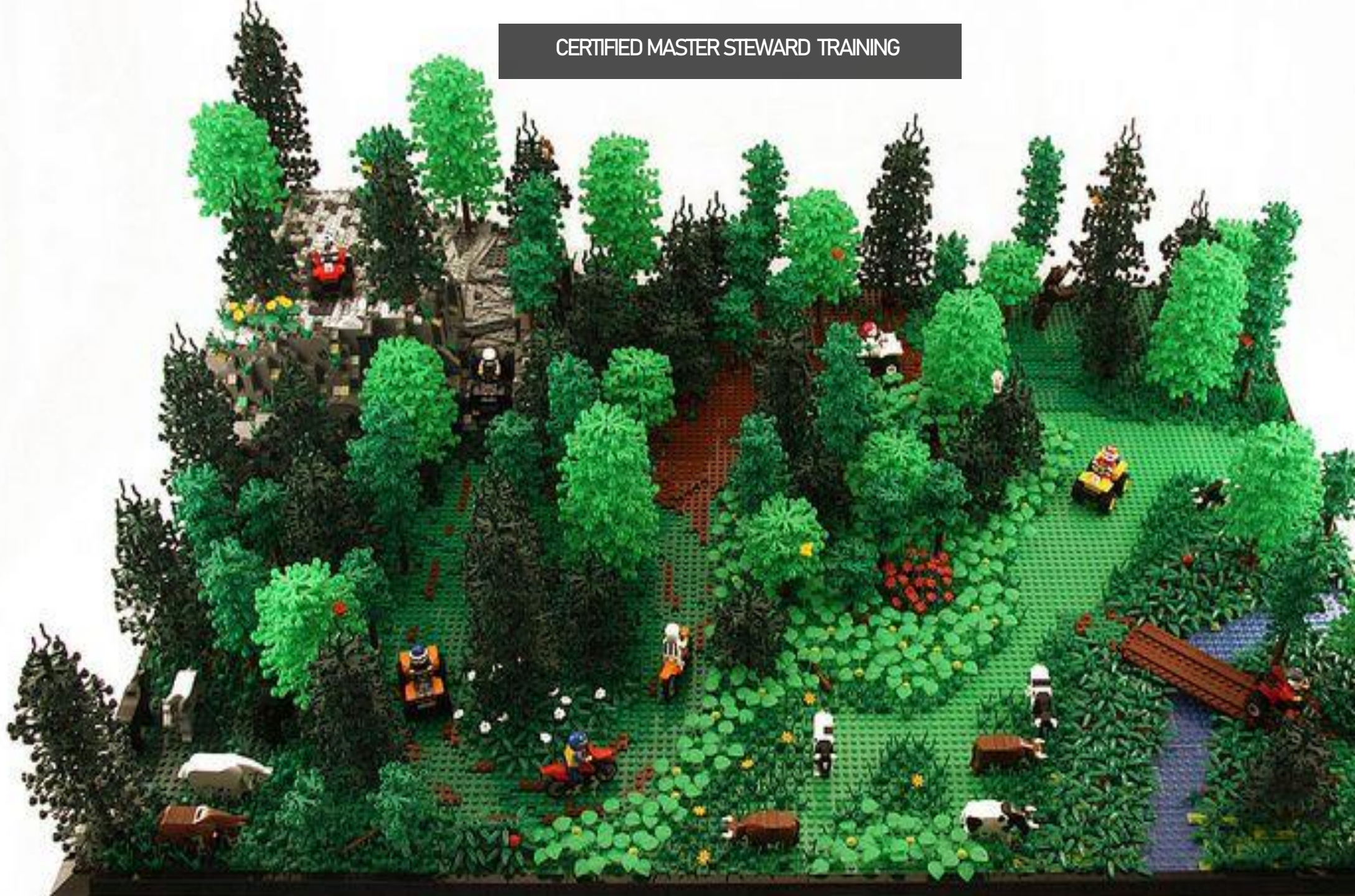


yieldcamp

WELLNESS. THROUGH. SERVICE.

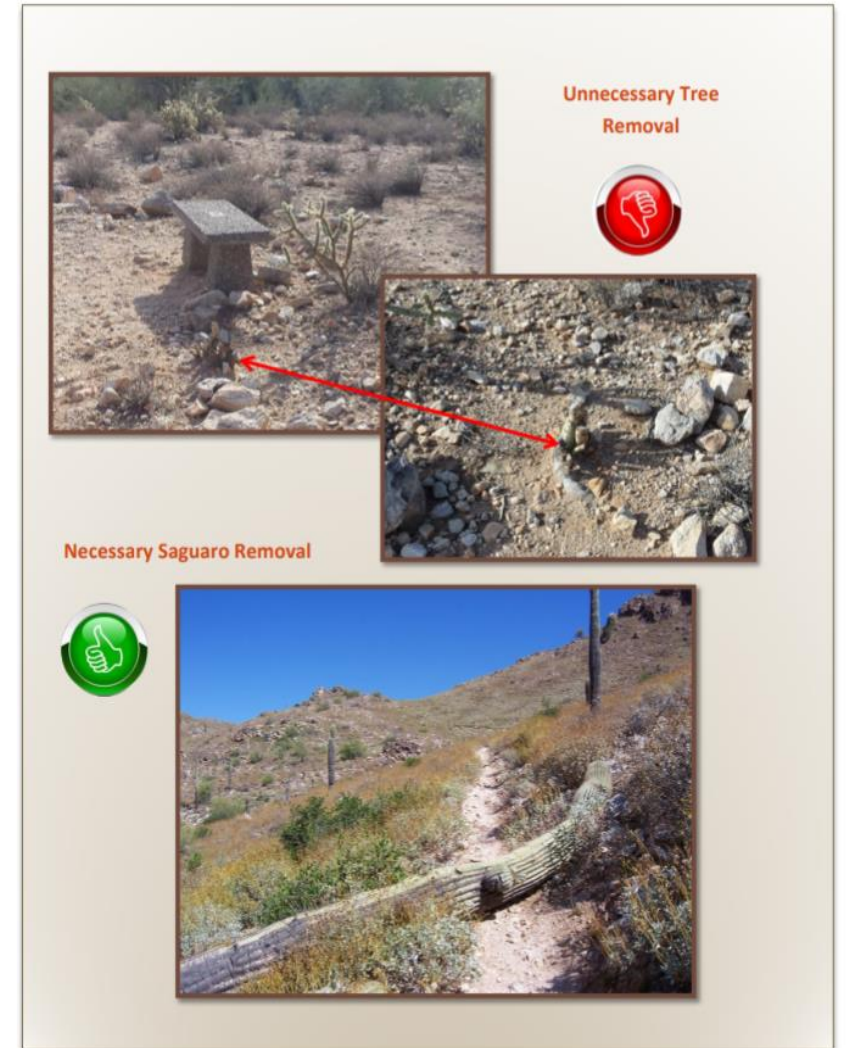
CERTIFIED MASTER STEWARD TRAINING

NIT
indoors



Environmental Best Practices

*"When you don't know what to do, know what not to do."
Dr. John A. Cherry, I*



Environmental Best Practices

a. YIELDING – design, manage and maintain in accordance to the existing natural landscape
(**Listen** to your environment to **see** what its telling you.)

- i. What is YIELDING in design
- ii. What is YIELDING in management
- iii. What is YIELDING in maintenance
- iv. Recognizing the landscape
- v. Identifying resources in the landscape
- vi. Utilizing the 10 Cs (Tactical Thinking)
- vii. Knowing what not to do
(**Respond, don't react** – floods and emotions are temporary.

Tactical – having more than one use.



Environmental Best Practices



Let the land be what it wants to be



*Identifying resources in the landscape trains us
to identify resources in our life environments.*

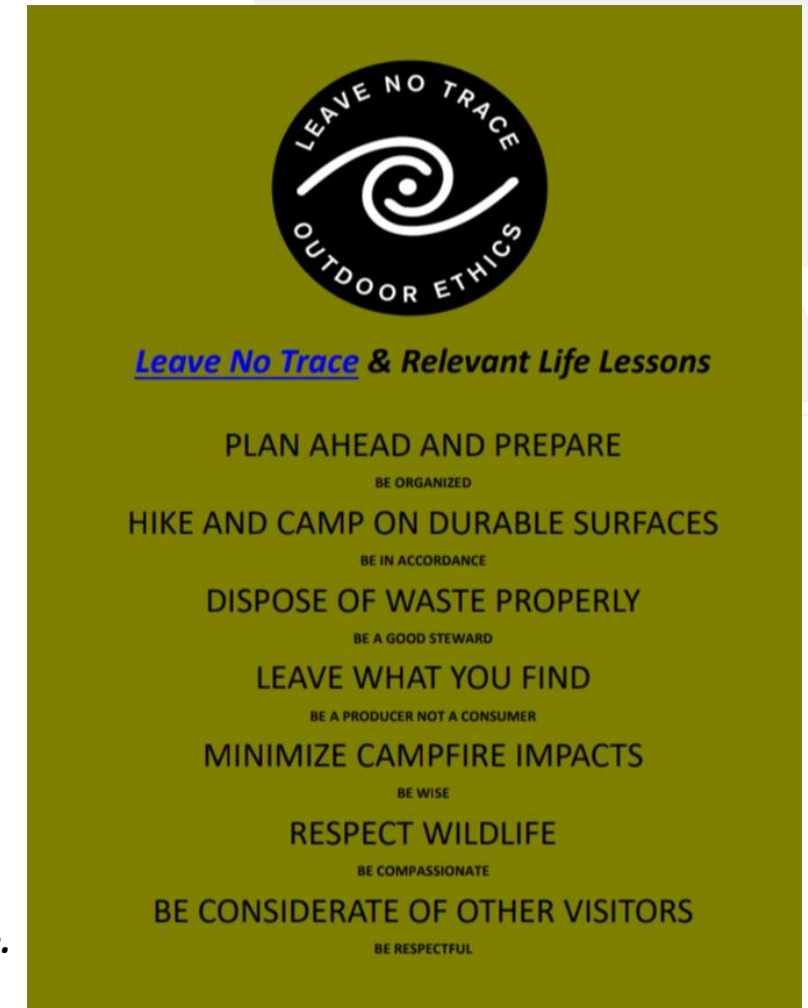


*Be prepared for what you're
not prepared for.*

Environmental Best Practices

- b. LEAVE NO TRACE - principles and interpretations
 - i. Plan ahead and prepare / be organized
 - ii. Hike and camp on durable surfaces / be compliant
 - iii. Dispose of waste properly / be good stewards
 - iv. Leave what you find / be a producer not a consumer
 - v. Minimize campfire impact / be present
 - vi. Respect wildlife / be compassionate
 - vii. Be considerate of other visitors / be respectful

Imagine how nice the house could be if husbands, sons and daughters left no trace.



Environmental Best Practices

- c. TRASH/DEBRIS REMOVAL, REUSE AND RESOURCING
 - i. Removal standards and best practices
 - ii. What is REUSE
 - iii. When to implement reuse
 - iv. How to reuse
 - v. What is resourcing
 - vi. When to resource
 - vii. How to resource

Think: “up-sourcing” and life hacks



Environmental Best Practices

- d. INVASIVE SPECIES REMOVAL – best practices
(**Respond, don't react** – know what not to do.)
 - i. What is an invasive – flora/fauna
 - ii. Invasive tools and standards
 - iii. Pre-post invasive removal practices
 - iv. Post removal management (flora)
 - v. Removal effort monitoring/reporting (fauna)
 - vi. Community Engagement Opportunities
 - vii. Entrepreneurship and economic opportunities

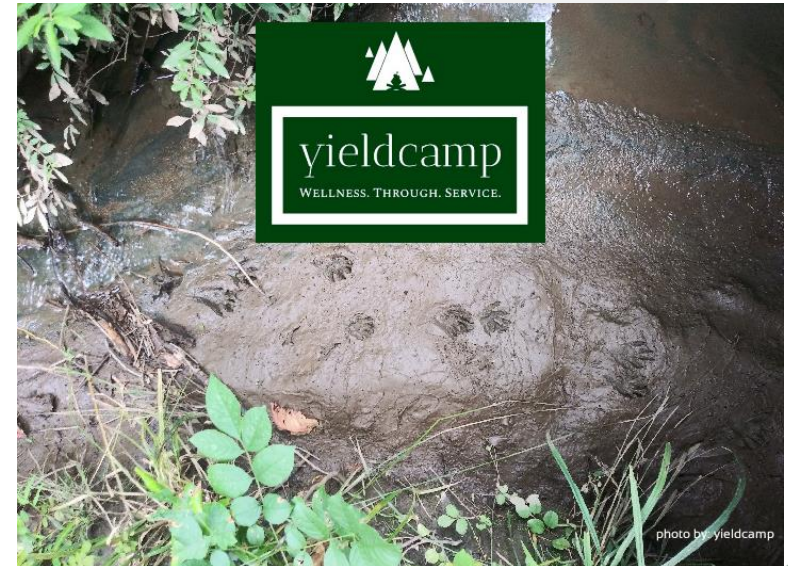
Non-native invasives are foreign to the ecology resulting in a lack of bio-defenses



Environmental Best Practices

- e. PLANT & ANIMAL IDENTIFICATION – tracks, trails, nests and dens
 - i. Animal tracks and trails
 - ii. Animal nests and dens
 - iii. Identifying danger
 - iv. Identifying teaching moments
 - v. Tracking
 - vi. Identifying and handling dead zones
 - vii. Identifying and handling infestations and blooms

Tracking strengthens observation, observation leads to revelation.



Environmental Best Practices

- f. TRAIL MAINTENANCE & VOLUNTEER COORDINATOR
 - i. Trail types and uses
 - ii. Trail maintenance
 - iii. Trail creation
 - iv. Trail project identification
 - v. Trail project management
 - vi. Safety protocols
 - vii. Permissions, releases, emergencies and conflict resolution

Maintenance IS stewardship, and stewardship takes many forms



Environmental Best Practices



Your gear is what you take with you
on every journey.

So, check your G.E.A.R.
before you go...

Gratitude for Errors, Anguish and Regret

Every cloud has a silver lining, even your
darkest. Thanking the bad for the good
it gave can begin to take away the pain.

Environmental Best Practices

TRAIL MAINTENANCE & VOLUNTEER COORDINATOR



archery range / trail creation – 2020
Barbara & Parkwood Forest – Baltimore, MD



campsite / trail creation – 2019
Carrie Murray Nature Center – Baltimore, MD

Certain tasks are made easier with the appropriate tools and knowledge

Environmental Best Practices

- g. BMP (BIORETENTION) – implementation, maintenance and adaptive management strategies
 - i. What is a BMP
 - ii. BMP regulations
 - iii. Types of Bio-Retention BMPs
 - iv. BMP checklist
 - v. BMP inspection and evaluation
 - vi. BMP wellness adapted management
 - vii. Monitoring and reporting
(**Checking-in** helps to prevent emergency maintenance actions.)



Wellness Informed Environmental Conservation is about infusing CIC into the living landscape

Environmental Best Practices

what storm water management practices and BMPs can teach us about managing trauma and handling the flood of emotions that life can rain down on us

- g. BMP (BIORETENTION) – implementation, maintenance and adaptive management strategies



Nature Informed Guiding



*Being informed requires comprehending the information.
Comprehending information requires having the facts in the correct formation.*

Nature Informed Guiding

- a. Exploring the phenomena of “trail blues” and “gardening highs” in relation to immersion and conservation.
 - i. What are “trail blues”
 - ii. What is a “gardening high”
 - iii. Why do these phenomena occur
 - iv. Leveraging “Why”
 - v. Passive leveraging
 - vi. Active leveraging
 - vii. Principles of Forest Bathing

Nature is phenomenal so look out for phenomenons.



Nature Informed Guiding

- b. Letting nature work
 - i. Nature's impact on the body
 - ii. Nature's impact on the mind
 - iii. Nature's impact on the psyche
 - iv. Getting out of the way
 - v. Understanding Seasons
 - vi. Understanding Ecology
 - vii. Understanding Landscape

Nature just woRX



Nature Informed Guiding

- c. Working with nature
 - i. Nature as a teacher, mirror, ally and resource
 - ii. Letting the environment set the pace
 - iii. Leaning into fears, restrictions and hesitations
 - iv. Less is more – slow down and smell the roses
 - v. “No one said there’d be Math” - $(KR + KA) \times AT = IO$
 - vi. Leaving a trace
 - vii. No More Mandalas!!!! Or... fewer?



*Foxes depend highly on their connection to the land.
What do you know about the fox? – Let's interpret.*

Nature Informed Guiding

- d. Maximizing EMDR
 - i. What is EMDR
 - ii. How does EMDR work
 - iii. Using the landscape for EMDR
 - iv. Creating a landscape for EMDR
 - v. Highlighting a landscape for EMDR
 - vi. Passive EMDR strategies and techniques
 - vii. Active EMDR strategies and techniques

The main component with Natural EMDR is that you are **layering all that there is outside into a session**. This increases the effectiveness of Walk and Talk therapy as well as further empowering the client to be able to use their own walks in nature to support the reduction in the presenting trauma and or anxiety. Mar 16, 2021



<https://naturesense.info> › 2021/03/16

The original Natural EMDR: Healing Trauma Naturally, Gently - outside - Nature Therapy

Research anyone?

Is Rapid Eye Landscape Observation Therapy a thing?

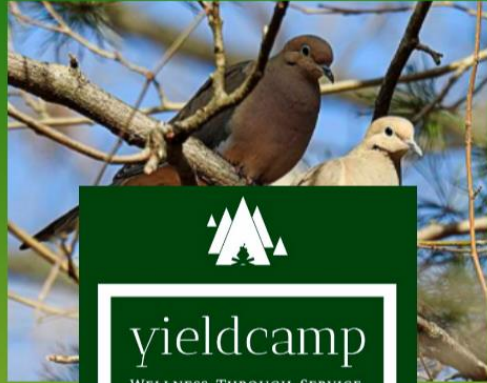


Nature Informed Guiding

- e. Birds, water, trees and things
 - i. The frequency of bird songs
 - ii. The power of water
 - iii. Tree hugging myths and legends
 - iv. Sunlight
 - v. Smells
 - vi. Sights
 - vii. Sounds

5, 4, 3, 2, 1...

bird sounds are healing



Ever thought about building a bird house or feeder?

research shows that our brains and bodies react to bird sounds in a way that reduce stress, anxiety and aids in pain management.

**do good.
feel good.
be good.**

Nature Informed Guiding

- f. Forest bathing and immersion
 - i. Shin-Rin Yoku
 - ii. Forest Bathing vs Immersion
 - iii. Forest Bathing and meditation
 - iv. What forest bathing isn't
 - v. Why forest bathing works
 - vi. Passive forest bathing strategies
 - vii. Active forest bathing techniques



*Showers = rinsing, bathing = soaking
Tough, hard to remove stains generally require a thorough soaking*

Nature Informed Guiding

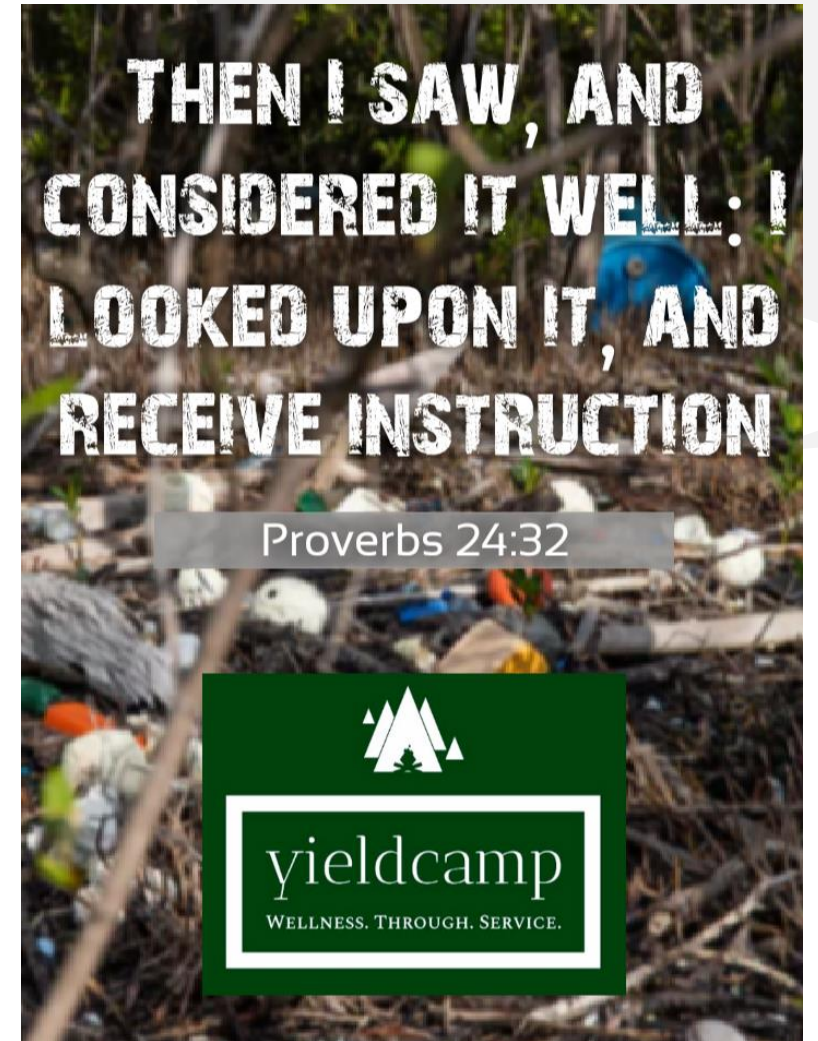
- g. Nature fears, trauma & misinformation (**Self Inquiry** – where do your fears come from?)
 - i. Assume all fears are valid because all fears lead to interpretive opportunities
 - ii. Assume all trauma is real because all trauma leads to interpretive opportunities
 - iii. Do not make up facts
 - iv. Do not be afraid of what you don't know
 - v. Don't let facts distort the truth
 - vi. Using facts to discover the truth
 - vii. Seek the perspective of others

*People fear what they don't know.
FEAR - False Expectations About Reality*



Nature Interpretation

*There are NO weeds in nature,
So we'd do good to learn more about them.*



Nature Interpretation


- a. Metaphors, similes, analogies and examples
 - i. Utilizing literary devices
 - ii. Leveraging artist mediums
 - iii. Understanding connection between nature and human nature
 - iv. Understanding the human condition
 - v. The theory of relativity, relatively interpreted
 - vi. Knowing your audience
 - vii. Avoid profiles, stereotypes and assumptions

Do, or do not. There is no try. - Yoda

Are you always on 100° no matter WEATHER things are heated or not?

Chill!

TIME:	TEMP:	DATE:	REAL FEEL:
n:ow	seasonal	2day	100°



Take 5!

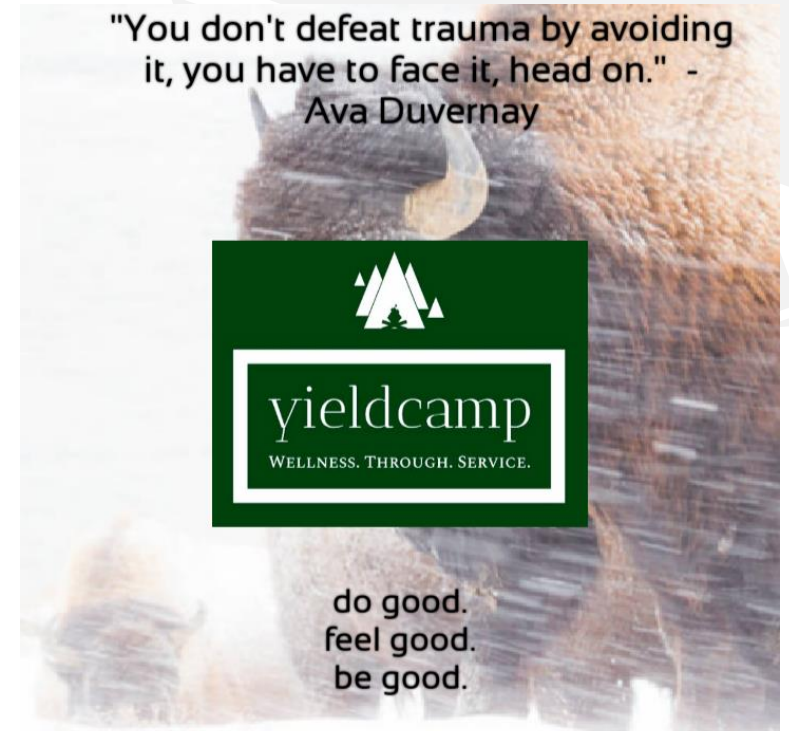
Take 5 minutes and count to 100 with a deep slow inhale and exhale between counts.

do good.
feel good.
be good.

Nature Interpretation

- b. The nature of Nature
 - i. Understanding life
 - ii. Evolution
 - iii. Natural selection
 - iv. Intelligent Design
 - v. Science and Scripture
 - vi. Spirituality
 - vii. The circle of life and the first law of thermodynamics

Bison will face the storm and walk towards it to reduce their time in it.



Nature Interpretation

- c. Guiding vs Leading & Leading from the rear
 - i. “Guide/guiding” – definition
 - ii. “Lead/leading” – definition
 - iii. Either, neither or both
 - iv. Knowing enough
 - v. Following the curiosity of the group
 - vi. Forgetting what you know
 - vii. Learning on the fly

Let's hear it for Gus.



Nature Interpretation

- d. Identifying trauma, addiction, recovery and resilience in the landscape
 - i. Interpretations of trauma in nature
 - ii. Interpretations of addiction in nature
 - iii. Examples of recovery in nature
 - iv. Examples of resilience in nature
 - v. Interpretations vs examples
 - vi. Relating trauma, addiction, recovery and resilience to all
 - vii. Managing emotions

How does nature handle trauma?



Nature Interpretation

- e. Observation vs Information
 - i. Interpreting what you see through imagination
 - ii. Interpreting what you see through information
 - iii. Merging information and imagination
 - iv. Retaining observations
 - v. Disseminating information
 - vi. Postulate vs pontificate
 - vii. 2 truths and a lie

The best way to restore wonder is to wonder.



Nature Interpretation

- f. Cultivating a connection
 - i. Identifying interests
 - ii. Restoring wonder
 - iii. Creating compassion
 - iv. Invitations and experimentation
 - v. ADA considerations
 - vi. Solutions for special needs
 - vii. Ageless engagement



ADA, senior and juvenile considerations and adaptations are all about assisting and stewardship.

Nature Interpretation

- g. Objectives, measurables and deliverables
(**Say what you need** – having what you need
is what's needed to meet the need.)
 - i. Creating a program
 - ii. Developing a program
 - iii. Outlining a program
 - iv. Executing a program
 - v. “Program” everything
 - vi. Program objectives
 - vii. Measurables and deliverables



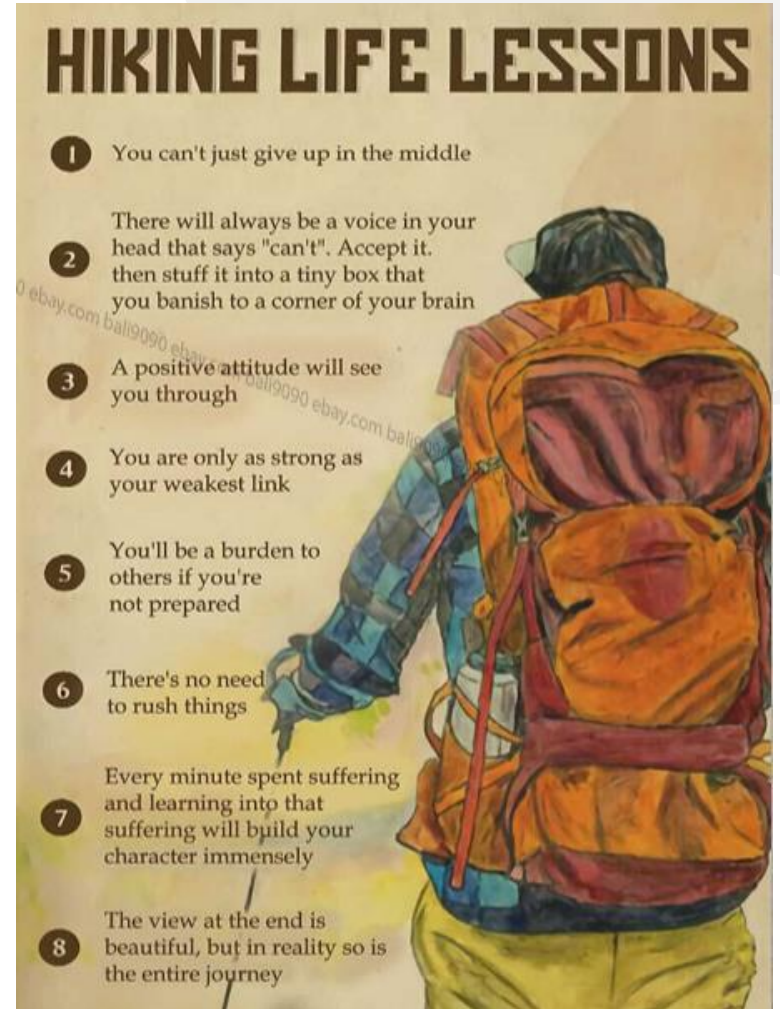
Who, what, where , when, why and how?

Outdoor Basics Handbook

10 MOST POISONOUS PLANTS



Leave no trace
Do's and Don'ts
Backpack basics
Knot/Binding basics
Shelter setup basics
Weather basics
Water filtration basics
Emergency radio basics



Outdoor Basics Handbook

LEAVE NO TRACE



Leave No Trace & Relevant Life Lessons

PLAN AHEAD AND PREPARE

BE ORGANIZED

HIKE AND CAMP ON DURABLE SURFACES

BE IN ACCORDANCE

DISPOSE OF WASTE PROPERLY

BE A GOOD STEWARD

LEAVE WHAT YOU FIND

BE A PRODUCER NOT A CONSUMER

MINIMIZE CAMPFIRE IMPACTS

BE WISE

RESPECT WILDLIFE

BE COMPASSIONATE

BE CONSIDERATE OF OTHER VISITORS

BE RESPECTFUL

official nature nerd

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yieldcamp, ltd

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Outdoor Basics Handbook

DO'S AND DON'TS

R

Ride Within Your Ability

Can you stop safely?
Do you understand the trail classification in our area?
How strenuous are the climbs?
What are the risks involved with the feature?



E

Earn Your Turns

Make a trails donation online.
Volunteer at trail days (worca.com for info).
Purchase a Trail Supporter pass.



S

Share The Trail

Be Bear Aware, www.bearsmart.com.
Look out for others especially, when descending.
Slow down and communicate with others on foot when passing.
Keep to the side when climbing.



P

Plan Ahead

Have you told anyone where you're heading?
What are they going to do if you don't make it back on time?
Have you got any food, water, tools or a first aid kit?
Is your cell phone charged?



E

Expect The Unexpected

Pre-ride, Re-ride, or even walk away.
The feature will be there the next time!
Expect to encounter technical features on expert trails.



C

Closed Means Closed

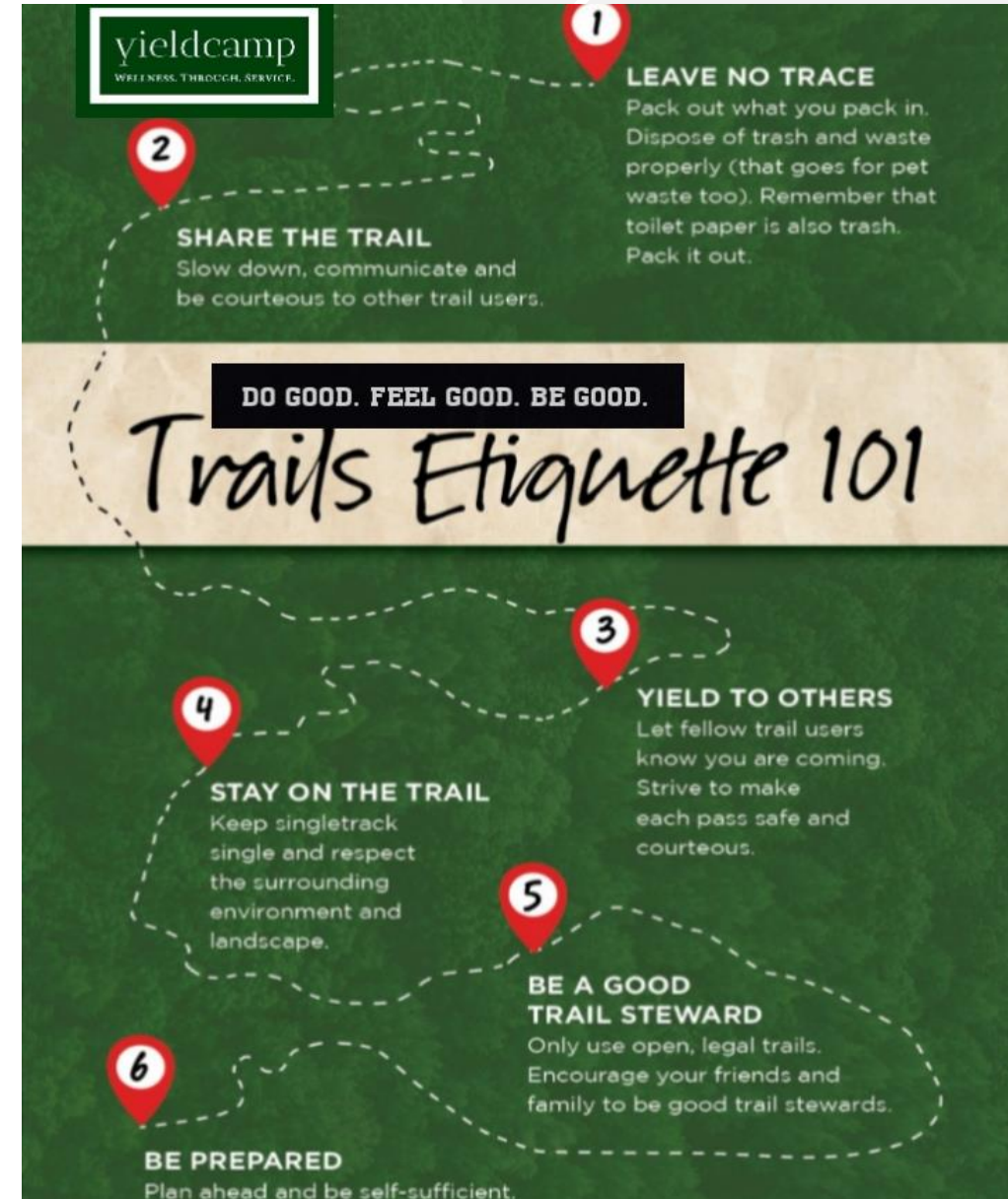
Obey signage.
Stay on the designated trails, no shortcuts!
Avoid trail braiding and ride-arounds in wet areas.



T

Take It Home

You packed it in, you pack it out.
Dispose of garbage and recycling at appropriate facilities.



Outdoor Basics Handbook

BACKPACK BASICS

PLACE HEAVIER ITEMS IN THE MIDDLE OF YOUR PACK

STORE OFTEN USED ITEMS ON THE SIDES OR IN
QUICK ACCESS COMPARTMENTS

*Pro tip: TAKE SLEEPING BAG OUT OF COMPRESSION
SACK AND STUFF IT INTO THE BOTTOM OF YOUR BAG*



Outdoor Basics Handbook

BACKPACK BASICS

Packing your backpack

With a backpack, organization and easy access are key. Use these essential packing tips as a guide.

Store essentials such as sunscreen, a compass, maps, and guidebooks in an outer pocket

Waterproof bags should be used to store items that must stay dry, particularly spare clothing and your sleeping bag

Carry your water bottle upright where it's accessible

Lighter items such as sleeping mats and bags should remain at the bottom of the backpack

Pack raingear at the top where you can get it quickly

Keep first aid items accessible

Heaviest items should sit between your shoulder blades and as close to your back as possible

Store fuel bottles upright and outside the pack

Put your tent in a waterproof stuff sack and strap it to the outside of your backpack

GEAR

TENT & SLEEPING BAG

NECKERCHIEF

SASH

PERMIT PINS

LAYERED
NON-COTTON
TOP

ANALOG KINETIC
WATCH

CARBON STEEL
POCKET KNIFE

CAST IRON

CAMPFIRE
BLANKET

HUNTING
KNIFE

ADJUSTABLE
HIKING PANTS

WOOL HIKING SOCKS

PARACORD
LACES

WIGGLE

PLASTIC WHISTLE
AND REFLECTIVE
TAG

FLINT AND
STEEL

PARACORD
BRACELET

GLOVES

HATCHET

WATERPROOF
HIKING BOOTS

BOMBER
JACKET

NECKERCHIEF

DAY PACK:

- MILITARY COMPASS
- MONKEY FIST
- KINDER & MATCHES
- LANTERN
- FIRST AID
- ROPE (NYLON)
- PROPANE
- RAIN COVER
- TIN CAN
- FISHING LINE
- HOOKS
- CAN OPENER
- SALT SUGAR
- SEWING KIT
- PENCIL AND PAPER
- WATER
- SNACKS
- HEADLAMP
- MESS KIT

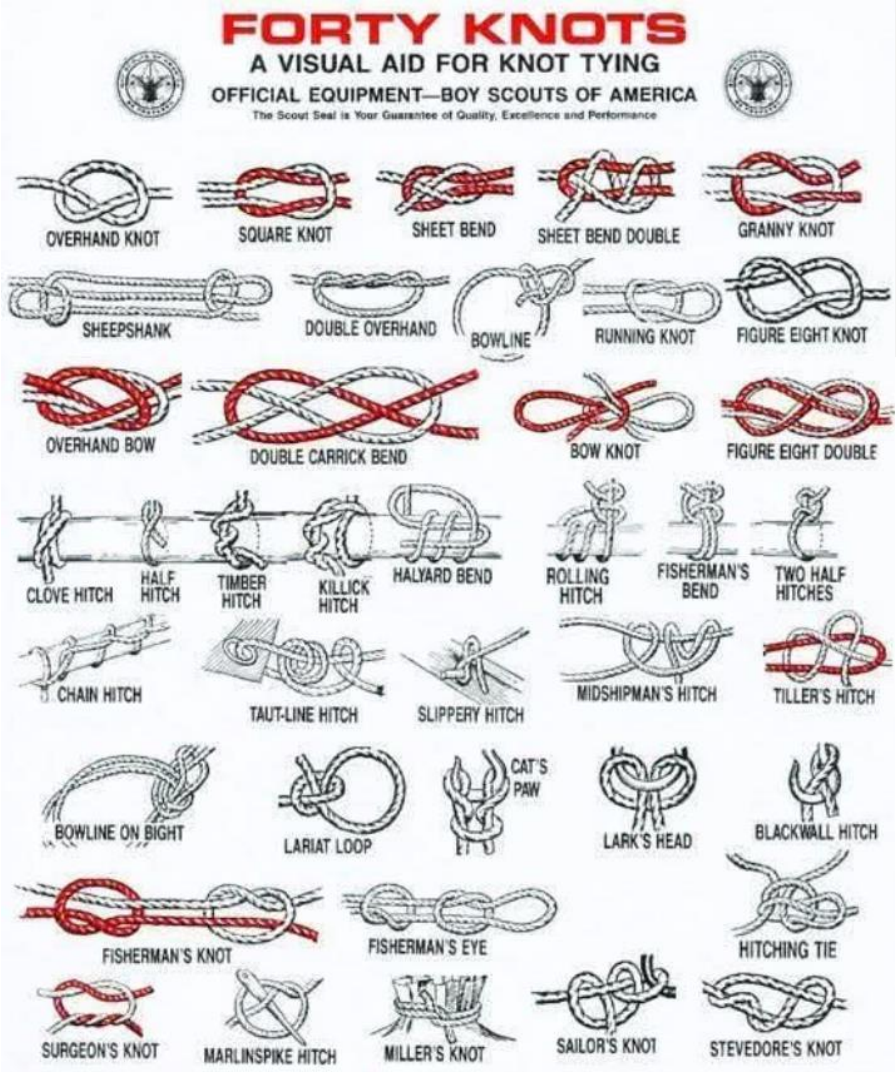
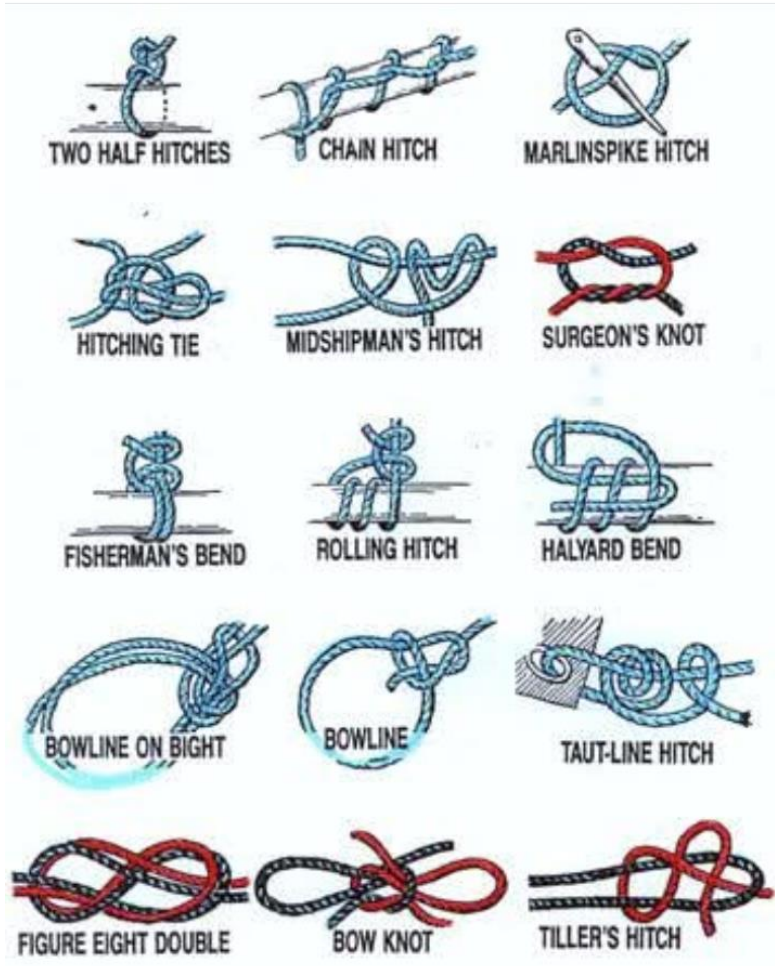
WALKING STICK

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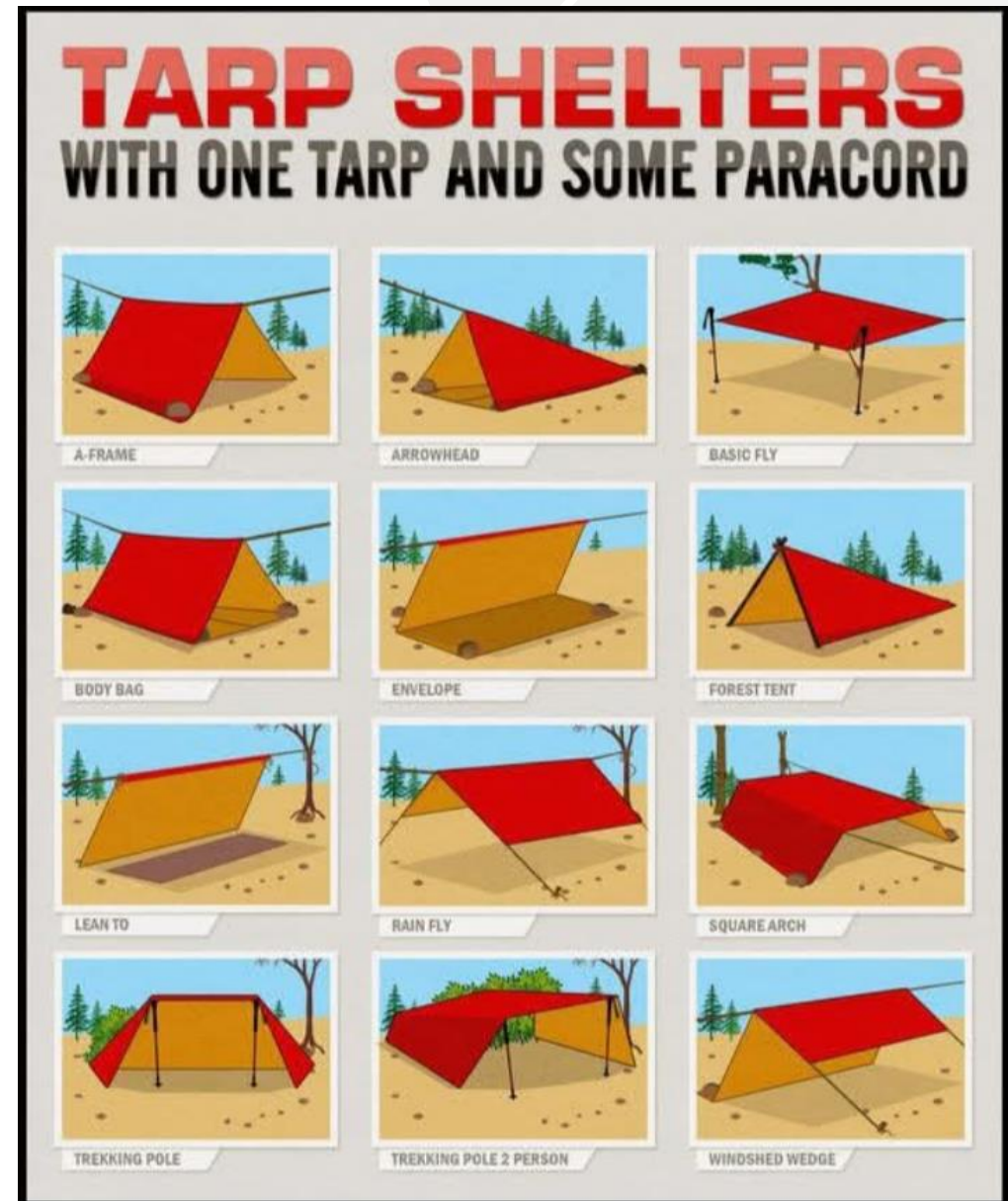
KNOT BASICS

How Tie a rope [#diy](#) [#tie](#) [#a](#) [#rope](#) [#tierope](#)
[#knowledge](#) [#handmadewithlove](#)



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TARP SHELTER SETUP BASICS

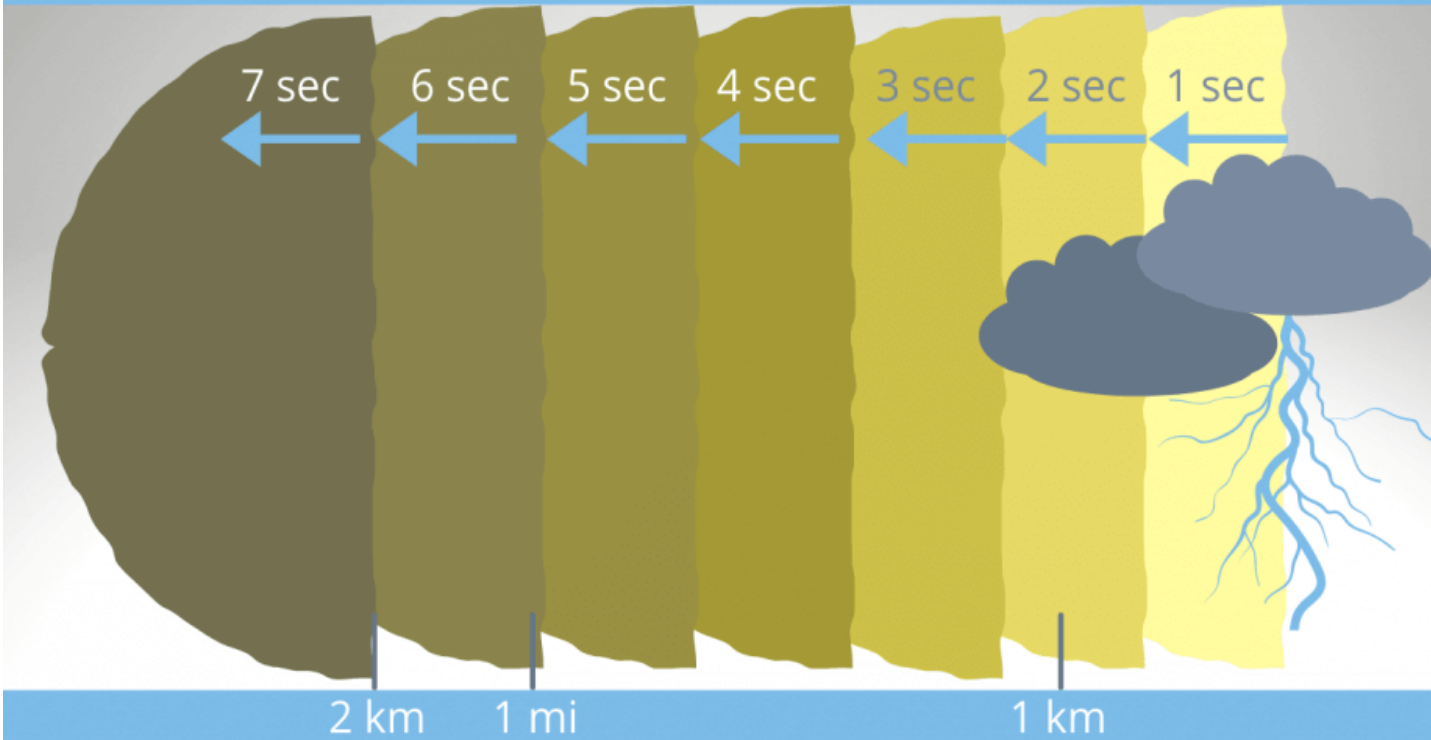


Outdoor Basics Handbook

WEATHER BASICS

Time Between Lightning and Thunder

Estimating Distance From a Storm



Count the seconds between seeing lightning and hearing thunder. Divide by 5 to get distance to the lightning strike in miles.

Clouds and their characteristics

Cirrus

Cirrus is a genus of high cloud made of ice crystals. Cirrus clouds typically appear delicate and wispy with white strands. Cirrus are usually formed when warm, dry air rises, causing water vapor deposition onto rocky or metallic dust particles at high altitudes.



Stratus

Stratus clouds are low-level clouds characterized by horizontal layering with a uniform base, as opposed to convective or cumuliform clouds formed by rising thermals. The term stratus describe a flat, hazy, featureless clouds at low altitudes varying in color from dark gray to nearly white.



Cumulus

Cumulus clouds are clouds that have flat bases and are often described as puffy, cotton-like, or fluffy in appearance. Their name derives from the Latin cumulus, meaning "heap" or "pile".



Cirrostratus

Cirrostratus is a high-altitude, very thin, generally uniform stratiform genus-type of cloud. It is made out of ice-crystals, which are pieces of frozen water. It is difficult to detect and it can make halos. These are made when the cloud takes the form of thin cirrostratus nebulosus.



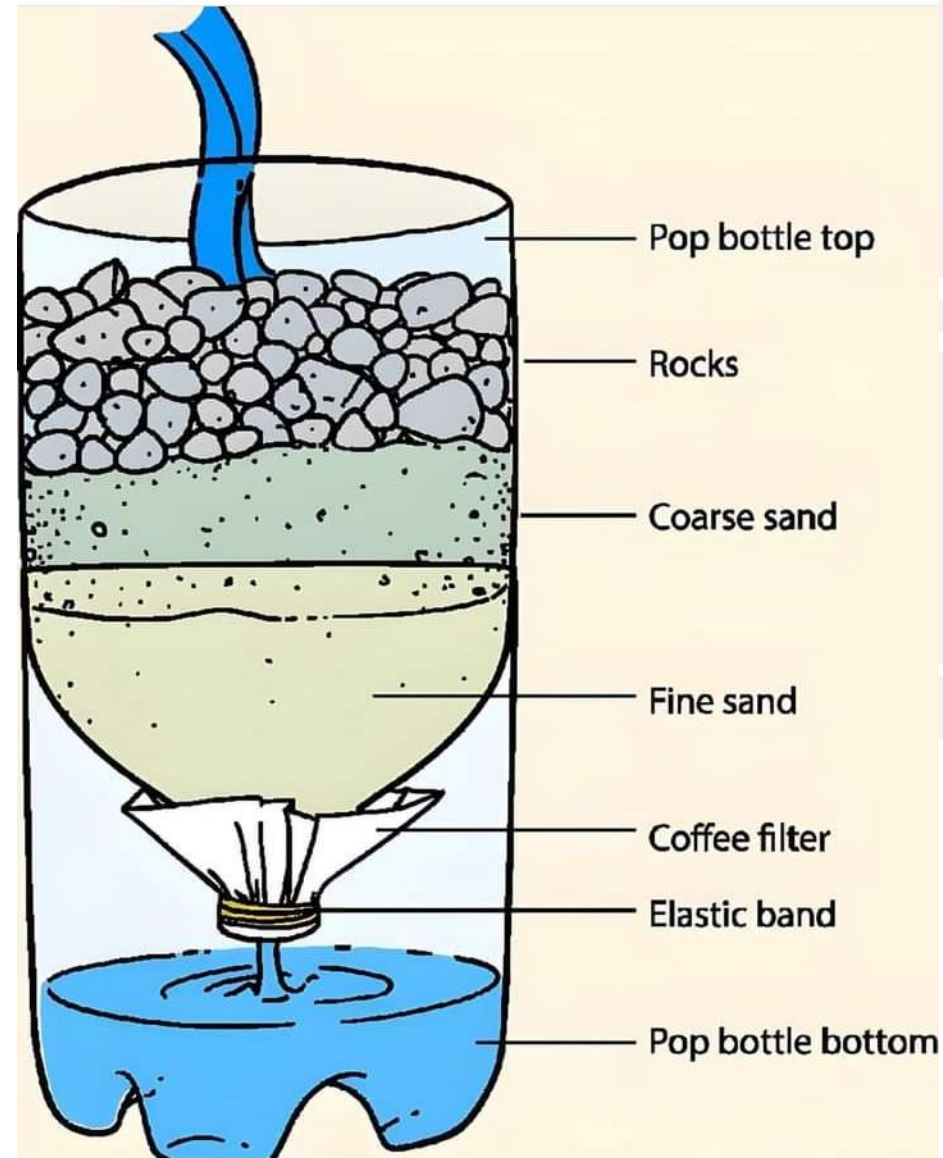
Alto cumulus

Alto cumulus is a middle-altitude cloud genus that belongs mainly to the stratocumuliform physical category characterized by globular masses or rolls in layers or patches, the individual elements being larger and darker than those of cirrocumulus and smaller than those of stratocumulus.



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WATER FILTRATION BASICS

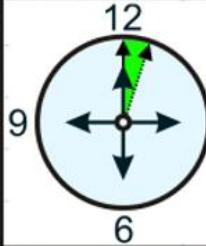


Outdoor Basics Handbook

EMERGENCY RADIO BASICS

PREPPER & SURVIVALIST SHTF FREQUENCIES 2-WAY RADIO COMMUNICATIONS

RADIO SERVICE	CHANNEL NAME	FREQUENCY MHZ	MODE	DESCRIPTION
FRS UHF	FRS 3	462.6125	FM	PREPPER
GMRS UHF	GMRS17	462.6000	FM	SURVIVALIST
GMRS UHF	GMRS20	462.675+	FM	PL141.3RPTR+5MHz
PMR UHF	PMR 3	446.03125	FM	PREPPER
MURS VHF	MURS 3	151.940	FM	PREPPER
CB AM	CB 3AM	26.985	AM	PREPPER
CB AM	CB 9AM	27.065	AM	HIGHWAY SAFETY
CB SSB	CB 36U	27.365	USB	SURVIVALIST
CB SSB	CB 37U	27.375	USB	PREPPER
CB FREEBAND	FB368U	27.368	USB	SURVIVALIST
CB FREEBAND	FB378U	27.378	USB	PREPPER
CB FREEBAND	FB425U	27.425	USB	SURVIVALIST
LOWBAND VHF	LOW334	33.400	FM	SURVIVALIST
HAM UHF	HAM U3	446.030	FM	PREPPER
HAM VHF	HAM 42	146.420	FM	PREPPER
HAM VHF	HAM 52	146.520	FM	HAM CALLING
HAM VHF	HAM 55	146.550	FM	SURVIVALIST
HAM HF	HAM10M	28.305	USB	PREPPER
HAM HF	HAM20M	14.242	USB	PREPPER
HAM HF	HAM40M	7.242	LSB	PREPPER NETS
HAM HF	HAM60M	5.357	USB	SURVIVALIST NVIS
HAM HF	HAM80M	3.818	LSB	PREPPER NETS
LAND SAR VHF	SAREMT	155.160	FM	SEARCH&RESCUE
MARINE VHF	MAR 16	156.800	FM	SAFETY CALLING
MARINE VHF	MAR 72	156.625	FM	BOAT PREPPER



3-3-3 RADIO PLAN
CHANNEL 3
EVERY 3 HOURS
FOR 3 MINUTES

2013 Public Domain
Source:
RADIO MASTER
REPORTS

More frequencies at: RADIOFREEQ.WORDPRESS.COM

VERSION: SHTF FREQ LIST 2013E



3-3-3 RADIO PLAN - The Survivalist Radio Schedule

This is the "When, Where, and How" to make radio contact with each other for SHTF. The 333 Radio Plan was designed for SHTF communications, when normal methods of communication fail. Versions of the 3-3-3 are used by survivalist, prepper, and emergency communications groups worldwide. It is based on the easy-to-remember "Survival Rule of Threes". It is often called an emergency radio schedule or *sked*.

ABOUT THE 3-3-3 RADIO PLAN

Here's how the 3-3-3 Radio Plan works:
Turn on your radio. Every 3 hours. For 3 minutes. Channel 3.

WHEN: EVERY 3 HOURS

Always use your Local Time for local area communications with the 3-3-3 Radio Plan. At the "top of the hour", each 3 hours: Noon, 3pm, 6pm, 9pm. Midnight, 3am, 6am, 9am.

HOW LONG: FOR 3 MINUTES

At the top of every 3rd hour, turn on your radio. Even if you don't need to make a call yourself, always turn on your radio and listen for calls for at least 3 minutes. This is because you never know if someone may be trying to reach you, or may need help. If you need to check in, make a short transmission at this time. Say "This is me, just checking in." If you have sufficient battery power, or if you have not connected in for a while, then you should listen for 15 minutes.

ACCURATE TIME KEEPING

Synchronize your watch with others whenever possible. If you doubt your watch accuracy, compensate by keeping your radio on for a longer duration, before and after every 3rd hour. If you don't have a watch, try listening to an AM broadcast radio station, they always identify their call letters at the top of each hour.

WHERE: CHANNEL 3

Channel 3 usually applies to CB, FRS, or MURS. These are the most common types of radios used. If your group has a different designated SHTF channel or Prepper SHTF HAM frequency, you should use it instead of Channel 3. For example, the ham 2 meter simplex calling channel 146.520 MHz. The rest of the 3-3-3 Radio Plan remains the same. Keep it simple.

PREPPER & SURVIVALIST SHTF FREQUENCIES 2-WAY RADIO COMMUNICATIONS

RADIO SERVICE	CHANNEL NAME	FREQUENCY MHZ	MODE	DESCRIPTION
FRS UHF	FRS 3	462.6125	FM	PREPPER
GMRS UHF	GMRS17	462.600	FM	SURVIVALIST
GMRS UHF	GMRS20	462.675+	FM	PL141.3RPTR+5MHz
PMR UHF	PMR 3	446.03125	FM	PREPPER
MURS VHF	MURS 3	151.940	FM	PREPPER
CB AM	CB 3AM	26.985	AM	PREPPER
CB AM	CB 9AM	27.065	AM	HIGHWAY SAFETY
CB SSB	CB 36U	27.365	USB	SURVIVALIST
CB SSB	CB 37U	27.375	USB	PREPPER
CB FREEBAND	FB368U	27.368	USB	SURVIVALIST
CB FREEBAND	FB378U	27.378	USB	PREPPER
CB FREEBAND	FB425U	27.425	USB	SURVIVALIST
LOWBAND VHF	LOW 334	33.400	FM	SURVIVALIST
HAM UHF	HAM U3	446.030	FM	PREPPER
HAM VHF	HAM 52	146.420	FM	PREPPER
HAM VHF	HAM 52	146.520	FM	HAM CALLING
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HAM HF	HAM10M	28.305	USB	PREPPER
HAM HF	HAM20M	14.242	USB	PREPPER
HAM HF	HAM40M	7.242	LSB	PREPPER NETS
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MARINE VHF	MAR 16	156.800	FM	SAFETY CALLING
MARINE VHF	MAR 72	156.625	FM	BOAT PREPPER

This chart of active survivalist and prepper frequencies was released into the public domain in 2013 by RadioMaster Reports. Visit the RadioMaster Reports website at radiofreeq.wordpress.com.

HOW IT WORKS: FEATURES OF THE 3-3-3 RADIO PLAN

1. Easy for everyone to remember the "Rule of Three".
2. Conserves precious battery life for walkie talkies.
3. Gets everyone on the air at the same time.
4. Sets a schedule of 8 times per day to call each other.
5. Avoids impractical hourly schedules.
6. Enables the use of short transmissions for optimum success and security.
7. Three hours is enough time to rest in a survival situation.
8. A person can walk 8 miles in 3 hours, the practical distance limit of handheld radios over average terrain.

Prepper Two Way Radio Kits
AVAILABLE NOW!
www.buytwowayradios.com

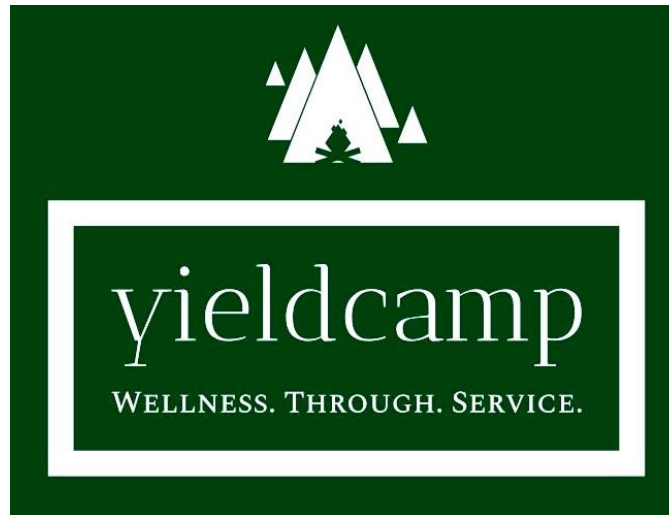


Project S.E.E.D

SUSTAINING ENVIRONMENTAL EXCELLENCE with DIVERSITY

Maintaining our internal and external surroundings by utilizing proven best practices through the continued embrace of alternative perspectives.

Yieldcamp's guide to navigating park and environmental entrepreneurship



DO GOOD.
FEEL GOOD.
BE GOOD.

© 2025 Yieldcamp, LTD



Project S.E.E.D

SUSTAINING ENVIRONMENTAL EXCELLENCE with DIVERSITY

AS A CHRISTIAN ORGANIZATION YIELCCAMP OPERATES UNDER A “STEWARDSHIP AS WELLNESS” MODEL.

YIELDCAMP BELIEVES THAT STEWARDSHIP IS A PART, AND CHIEF ELEMENT OF, GOD’S FINANCIAL SYSTEM. “HIS WAYS ARE NOT OUR WAYS.”

YIELDCAMP BELIEVES THAT “STEWARDSHIP BUYS FAVOR THAT MONEY CAN’T AFFORD”.

YIELDCAMP BELIEVES THAT STEWARDSHIP SATISFIES THE OBJECT OF U.S. INTELLIGENCE “Know, Like, Trust” TRAINING.

YIELDCAMP BELIEVES THAT STEWARDSHIP IS A COMPONENT OF UNCONDITIONAL LOVE AND, THEREFORE, CAN NOT FAIL.

HOW TO BEGIN OR CONTINUE YOUR WORK IN THE OUTDOORS.

- FORM A SEED POD how to build a team of at least 5 outdoor professionals
- GROWING YOUR ROOTS how to build your infrastructure and develop partnerships
- BREAKING THROUGH THE SOIL how to structure your protocols and develop programs
- HARVESTING YOUR FRUIT how to generate funding and sustainable revenue

In short: Partner with other aspiring or displaced colleagues to form an environmental conservation stewardship team. You have the skills, credentials, references and experience needed to do the work. This guide is a look at how to form, structure and support your team’s mission, needs and maximize sustainability.

Project S.E.E.D

I. Forming a S.E.E.D. Pod (5 person team)

a. Roles of each team member

1. **Naturalist / Environmental Professional** (certified arborist, florist, landscape professional, nature tour guide, etc.)
2. **Educator** (teacher, survivalist, storyteller, etc.)
3. **Mental Health Practitioner** (Certified Nature Informed Therapist (CNIT), psychologist, therapist, counselor, etc.)
4. **Adventurist** (camper, hiker, rock/mountain climbing, kayak, etc.)
5. **Hunter/Photographer** (fishing, bow hunter, rifleman, bird watcher, animal tracker, animal photographer, etc.)

b. Elements of learning represented

1. Self-management
2. Self-awareness
3. Social Awareness
4. Relationship Skills
5. Reasonable Decision Making



c. Standards of industry expected

1. Self - actualization
2. Self - esteem
3. Love and Belonging
4. Safety and Security
5. Physiological Needs



d. Teamwork philosophy:

“For the strength of the pack is the wolf, and the strength of the wolf is the pack.”

Project S.E.E.D

THE STEP BY STEP GUIDE TO CONTINUING IN THE PARK, ENVIRONMENTAL, CONSERVATION AND OUTDOOR SPACES IN THE FACE OF ADVERISTY

II. Growing Roots

a. Register

1. Register you company (if applicable).
2. Register as a volunteer organization with your county.
3. Register as a volunteer organization with your local parks and rec.
4. Register with National Park Service as a volunteer organization.

b. Outreach

1. Reach out to your former team/staff or place of work to help with upcoming understaffed programming,
2. Reach out to local retail businesses to establish in-kind gift partnerships.
3. Reach out to local parks to let them know your team is available to assist in a variety of ways.
4. Reach out to environmental nonprofits and potential partners to form larger coalitions.

c. Organize your partnerships

1. Programming partnerships
2. Financial partnerships
3. Administrative partnerships
4. Informational partnerships

d. Tethering your resources

1. Identifying resources
2. Securing resources
3. Maintaining resources
4. Replenishing resources

Project S.E.E.D

III. Breaking Through the Soil

a. Healing Component -

**nature provides the healing, we provide the opportunity*

1. Mental
2. Physical
3. Emotional
4. Psychological
5. Spiritual

b. Ethics in Nature

1. Leave No Trace
2. Waivers
3. Factual Information
4. Leading from the rear
5. Active vs. Passive guiding

c. Logistics

1. Procurement
2. Storage
3. Inventory
4. Transportation
5. Records

d. Program Development

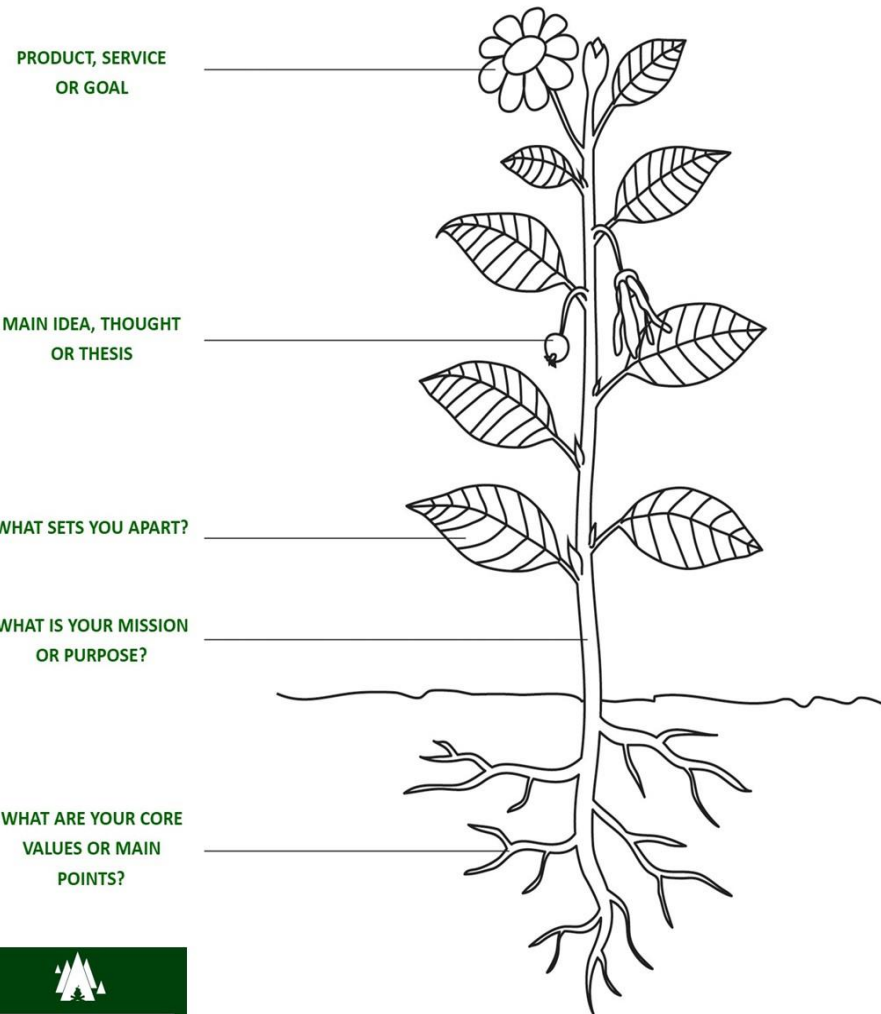
1. Is it sound
2. Is it safe
3. Is it relevant
4. Are there contingencies
4. Are there opportunities for stewardship

Project S.E.E.D

- IV. Harvesting Your Fruit
 - a. Home schools/field trips
 - b. Events
 - c. Mental Health Services
 - d. Programs and activities



PLAN YOUR PLANT



Project S.E.E.D



The Yield Particle

EVERYTHING in our existence contains Wellness (an inmate desire, instinct, mandate or program to carryout processes in a manner that produces positive growth), stewardship (a built in component of helping, assisting our providing a Service) and survival (the ability and resources to withstand turmoil and go Through tough times). Everything.

You. Your company. Your finances. Your relationships. Arguments. Public speeches. Recipes. Inventions. Plants. Animals. Ideas. Tools. T.V. shows. Social movements. Our government. Evil. Good. Video games. Everything. And, if done well, the "thing" will thrive. This is why Yieldcamp's motto is: "Wellness. Through. Service."

Arguments are usually based on perceived good points that are structured in a cohesive way (wellness) designed to strengthen and accentuate the speakers claims (stewardship) and influence the listeners position while surviving the conversation with the speaker's opinions intact. (survival)

A towel is designed to absorb large amounts of water fast and then quickly release the moisture to prevent mold and maintain its effectiveness. (wellness) It's obviously designed to provide a service to the user. (stewardship) And it's manufactured in such a way that it can remain effective after hundreds of uses and wash cycles with harsh chemicals and high heat. (survival)

Plants, animals and all living things have bodies designed to grow, develop and consume resources for fuel (wellness) while working in concert with their surroundings to naturally provide necessary resources to their environment (stewardship), and they contain defense mechanisms and instinctual tactics to withstand a myriad of threats as well as problem solving skills allowing them to overcome obstacles or adapt to challenges (survival).

Understanding this truth, and intentionally focusing on maximizing these elements, and applying it in every endeavor is the key to success in all things.



Yieldcamp. Ltd. 2024

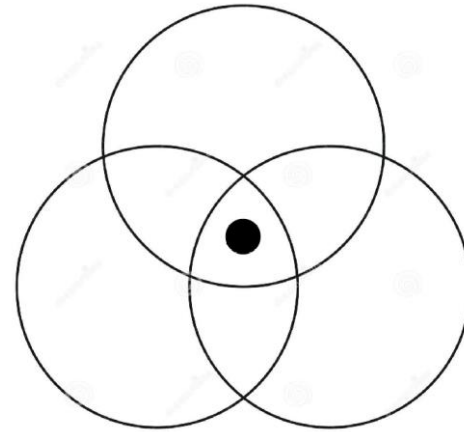
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The Yield Particle:

Everything in nature grows, provides and endures based on its purpose.

Yieldcamp infuses its programs, activities and strategies with wellness (best practices), stewardship (service) and survival (contingencies) to ensure effectiveness, efficacy, efficiency and balance.



The YIELD Particle

YIELD : to produce, to provide, to give-way.

Yieldcamp's research shows that all of nature is preprogrammed to grow (wellness), provide (stewardship), and endure (survival).

Yieldcamp's research shows that preprogramming requires a programmer to input specific parameters, a specific purpose and the appropriate power (energy) needed to execute the intent and desire of the Designer .

Yieldcamp accepts mainstream science's assertion that molecules are made up of atoms which are made up of quarks.

Yieldcamp accepts mainstream science's lack of information concerning the origin and development of quarks.

Yieldcamp accepts mainstream science's assertion that thoughts produce energy and that words can affect matter..

Yieldcamp's research shows that nature's preprogramming is The Yield Particle – the energy produced by the Original Thought, and materially charged by the intent of its Original Thinker, programmed to grow, provide and endure in its intended purpose.



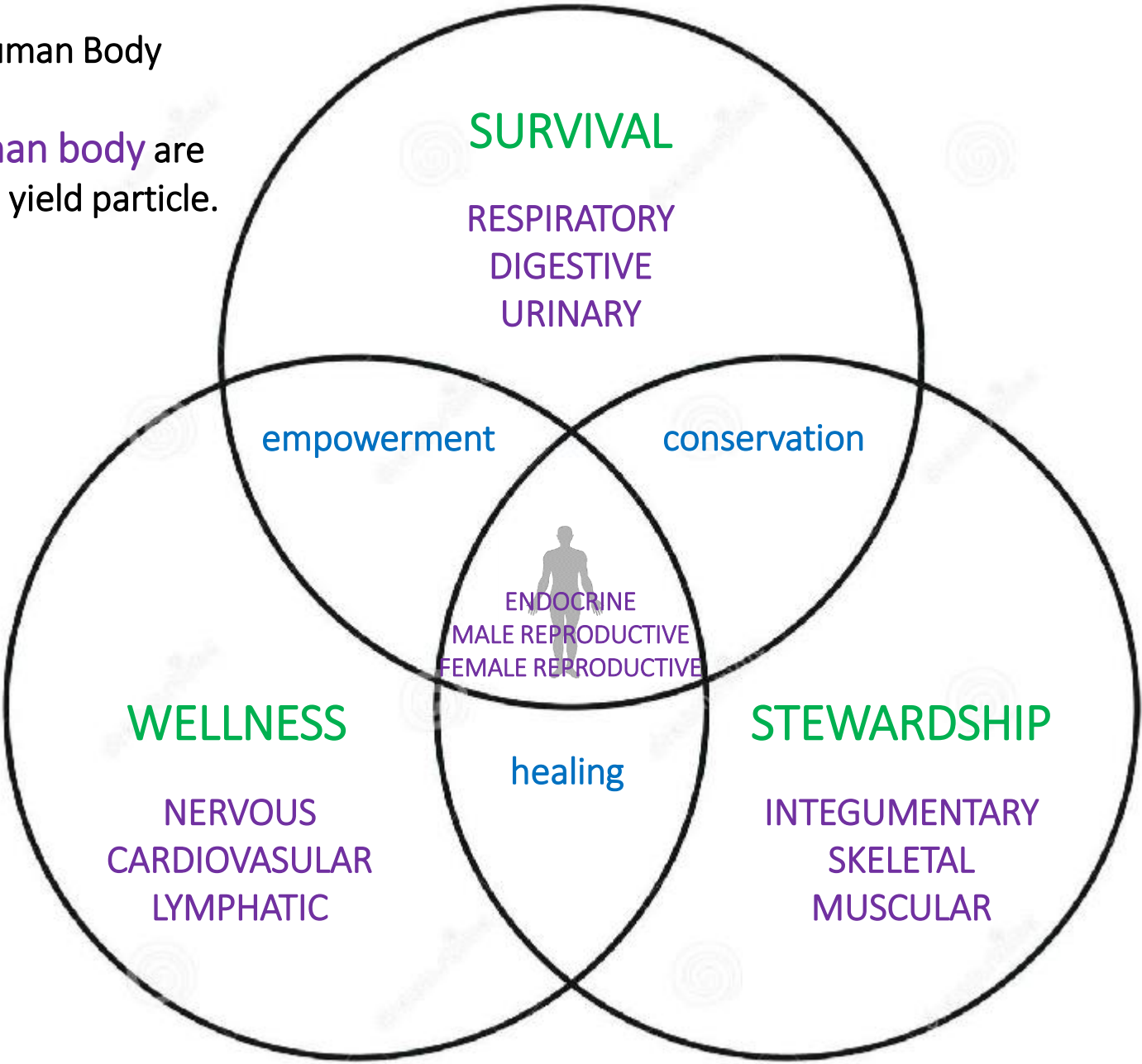
The YIELD Particle and the Human Body

The 12 systems of the human body are broken down equally into the yield particle.



CREATES LIFE

STRENGTHENS THE BODY

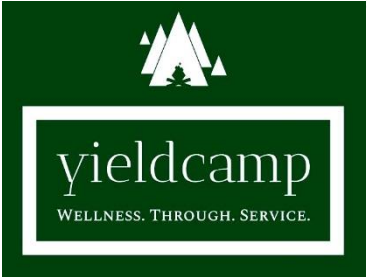
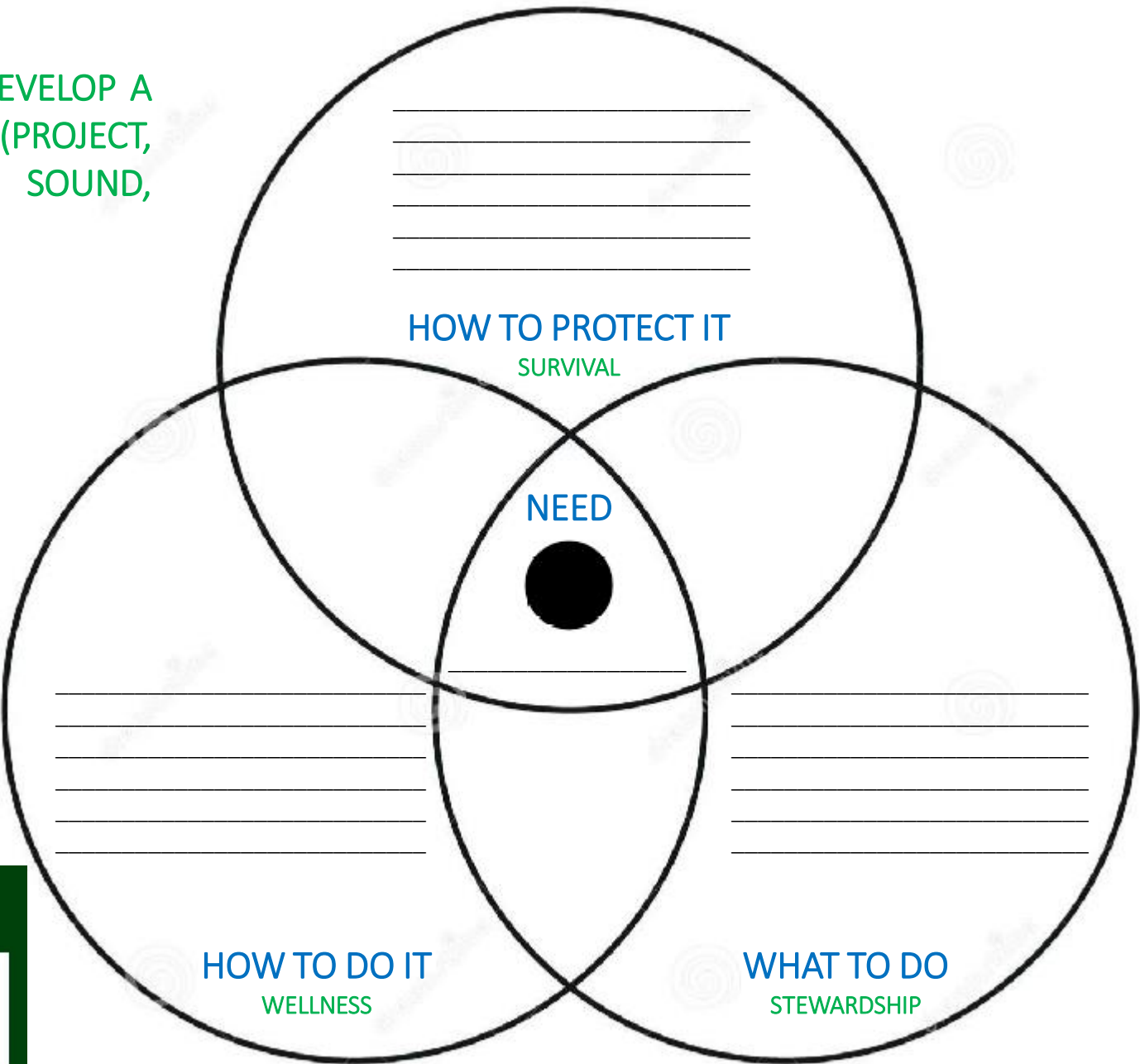
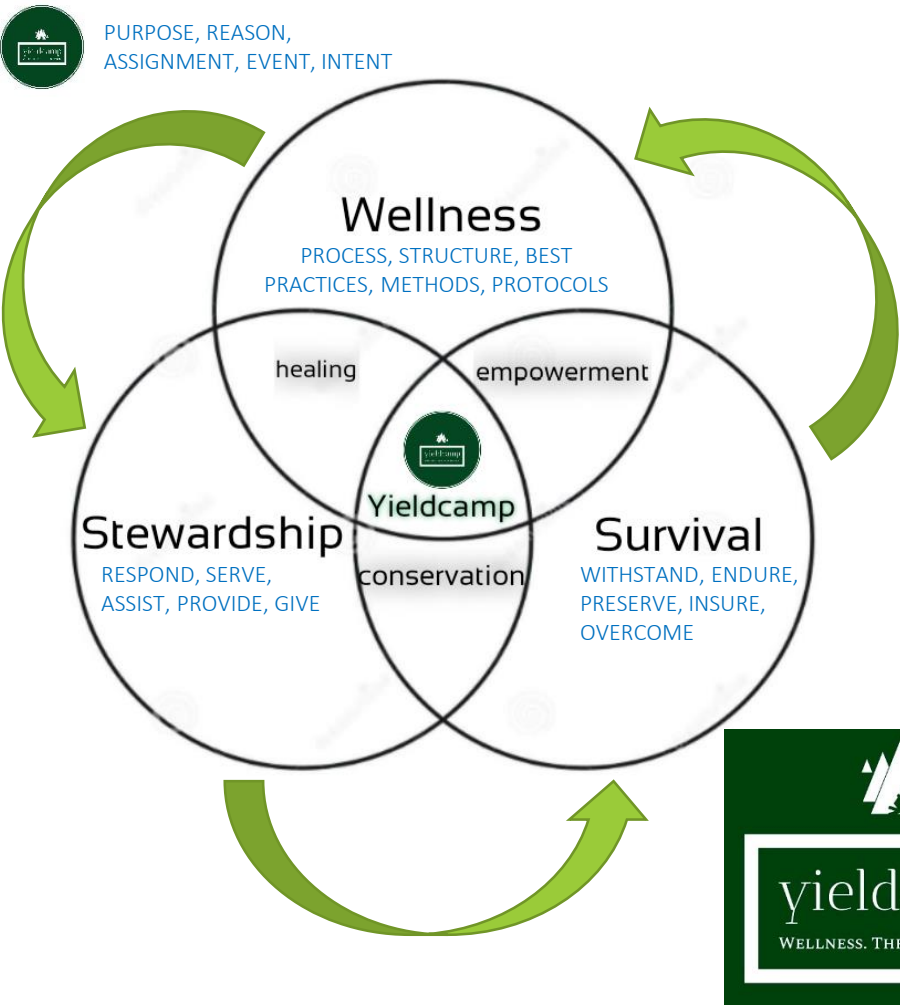


SUSTAINS THE BODY

SUPPORTS THE BODY

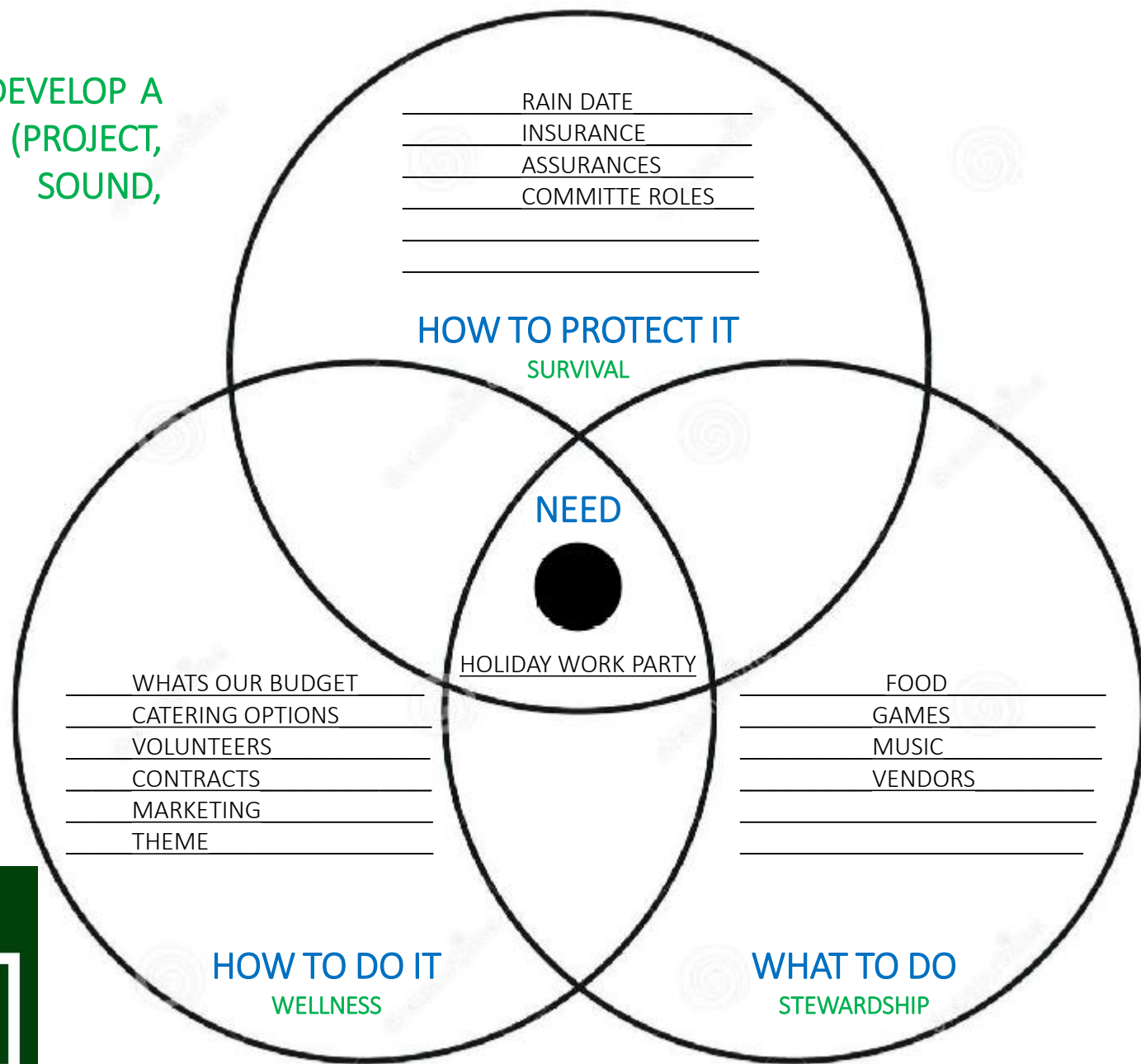
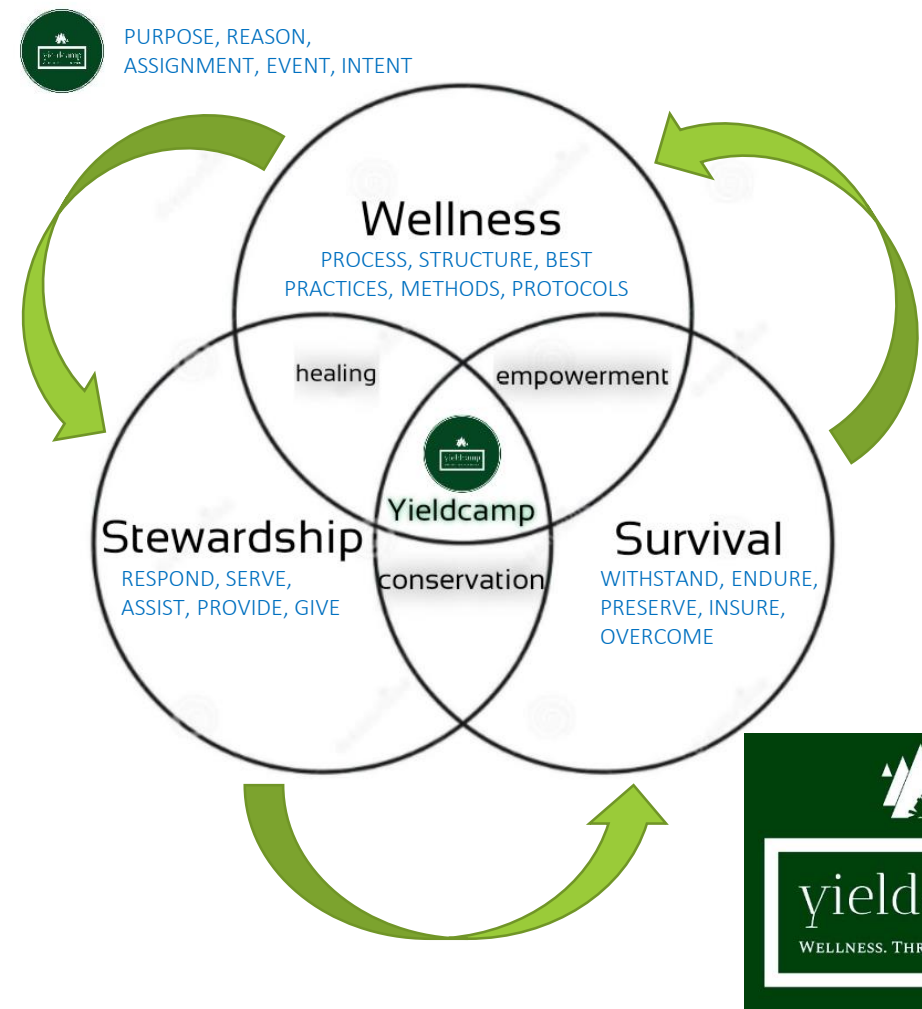
NATURE IS DESIGNED (wellness) TO WORK IN CONCERT WITH ITS ENVIRONMENT (stewardship) AND ENDURE TO THE BEST OF ITS ABILITY (survival).

USE THIS ORGANIZATION CHART TO DEVELOP A PLAN THAT ADDRESSES YOUR NEEDS (PROJECT, BUSINESS, PLAN OR IDEA) IN A SOUND, EFFECTIVE AND SUSTAINABLE WAY.



NATURE IS DESIGNED (wellness) TO WORK IN CONCERT WITH ITS ENVIRONMENT (stewardship) AND ENDURE TO THE BEST OF ITS ABILITY (survival).

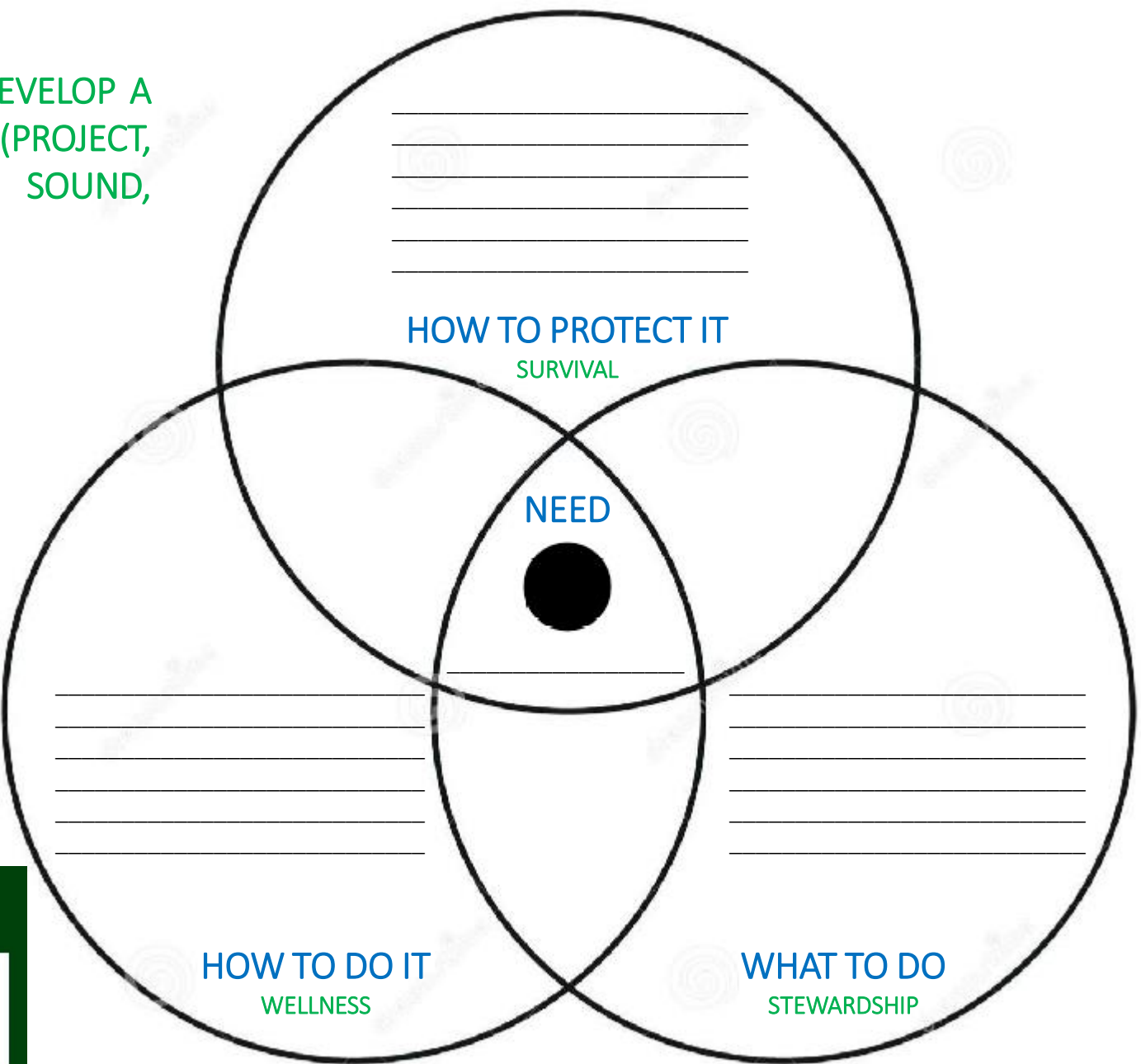
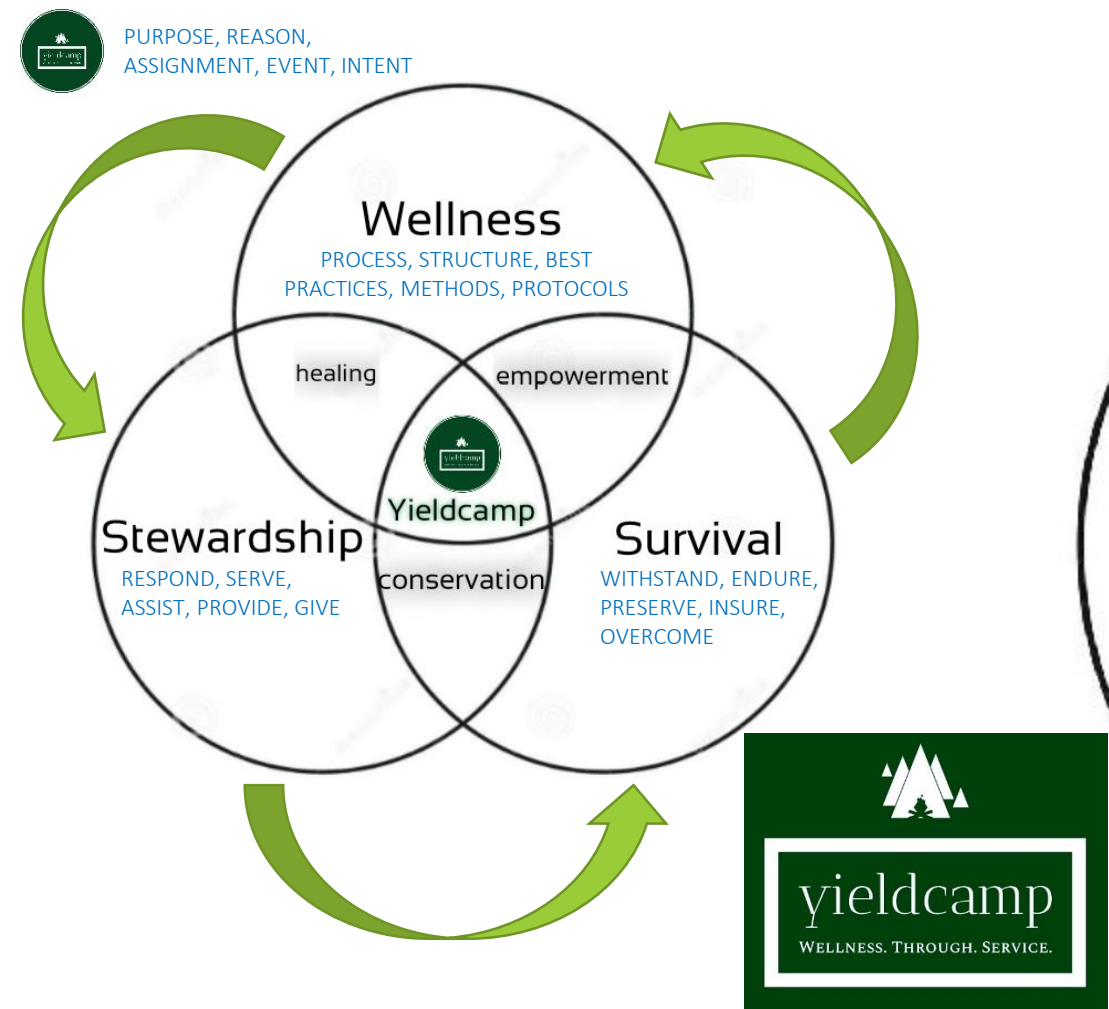
USE THIS ORGANIZATION CHART TO DEVELOP A PLAN THAT ADDRESSES YOUR NEEDS (PROJECT, BUSINESS, PLAN OR IDEA) IN A SOUND, EFFECTIVE AND SUSTAINABLE WAY.



Example of planning matrix

NATURE IS DESIGNED (**wellness**) TO WORK IN CONCERT WITH ITS ENVIRONMENT (**stewardship**) AND ENDURE TO THE BEST OF ITS ABILITY (**survival**).

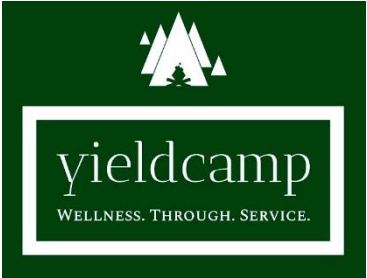
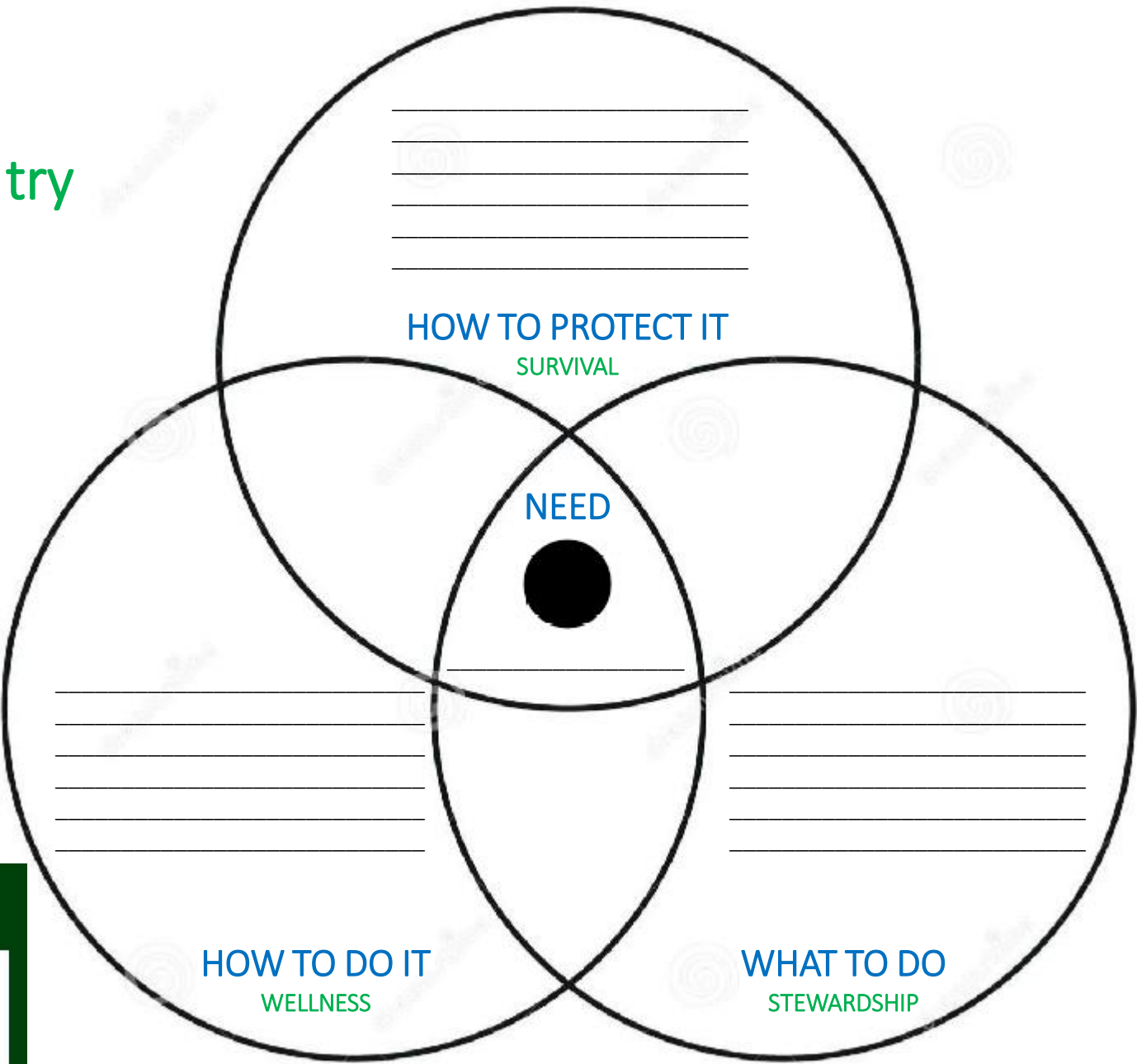
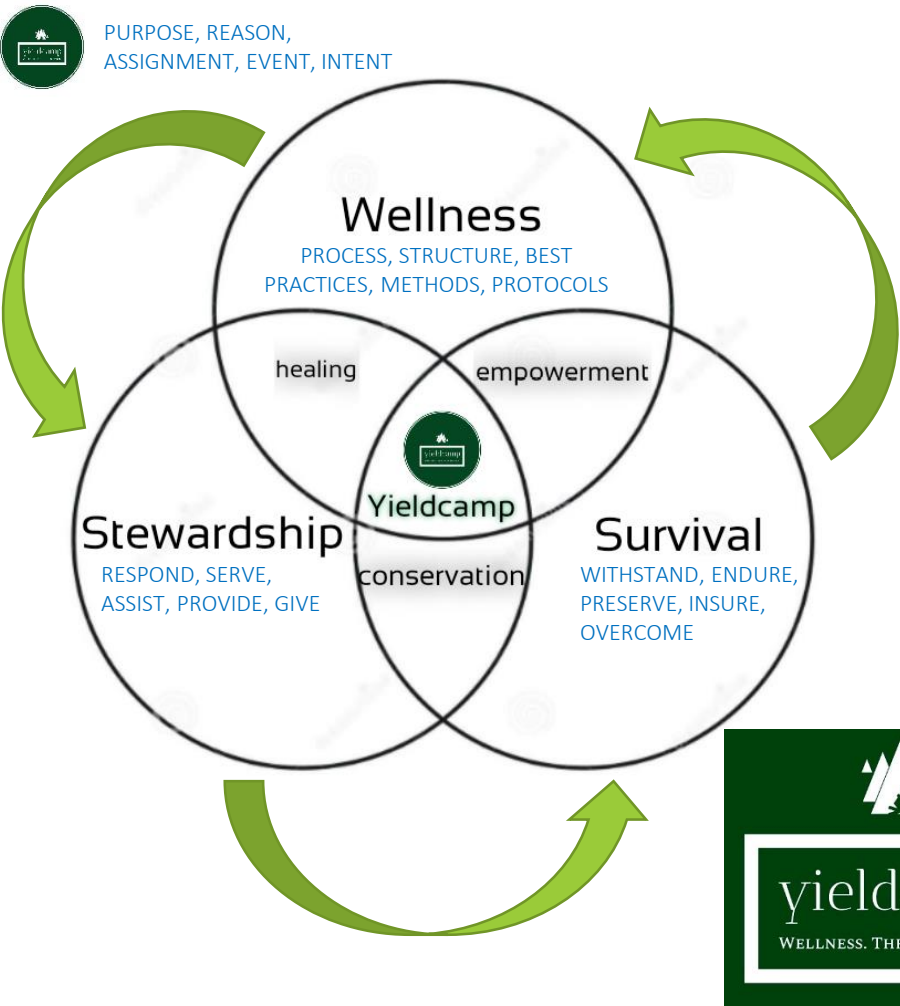
USE THIS ORGANIZATION CHART TO DEVELOP A PLAN THAT ADDRESSES YOUR NEEDS (PROJECT, BUSINESS, PLAN OR IDEA) IN A SOUND, EFFECTIVE AND SUSTAINABLE WAY.



Example 2 of planning matrix

NATURE IS DESIGNED (wellness) TO WORK IN CONCERT WITH ITS ENVIRONMENT (stewardship) AND ENDURE TO THE BEST OF ITS ABILITY (survival).

Now you try



$(KA + KR) \times AT = IO$

[Knowledge of Audience plus Knowledge of Resources
multiplied by Appropriate Technique
Equals Interpretive Opportunity

Creating Interpretive Opportunities



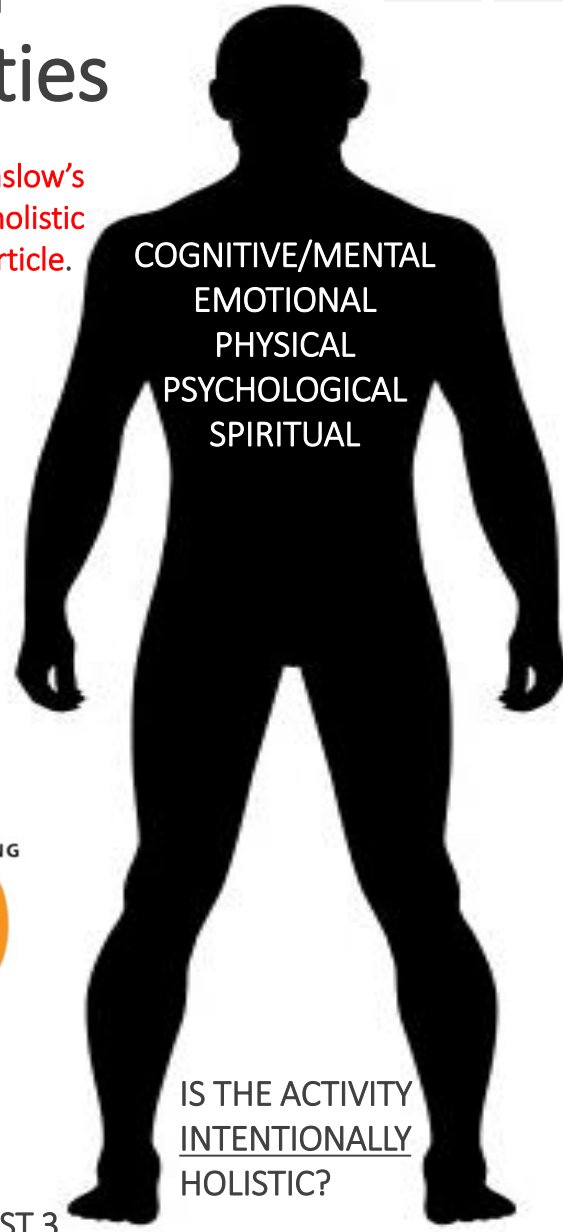
Yieldcamp filters Social & Emotional Learning through Maslow's Hierarchy of Needs by utilizing sensory perception to facilitate holistic programming objectives structured and governed by The Yield Particle.

DOES THE ACTIVITY INCLUDE AT LEAST TWO ELEMENTS OF SOCIAL AND EMOTIONAL LEARNING?

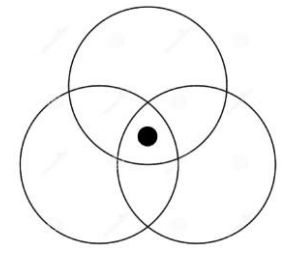
DOES THE ACTIVITY ADDRESS AT LEAST ONE OF MASLOW'S NEEDS?



DOES THE ACTIVITY ENGAGE AT LEAST 3 OF THE 5 SENSES?



IS IT SOUND? WHO, WHAT, WHERE, WHEN, WHY
ARE THERE CONTINGENCIES?
DO PARTICIPANTS HAVE THE CHANCE TO
ASSITST AND HELP ONE ANOTHER?



The YIELD particle

Creating Interpretive Opportunities

DEVELOPING PROGRAMS & ACTIVITIES



DOES THE ACTIVITY INCLUDE AT LEAST TWO ELEMENTS OF SOCIAL AND EMOTIONAL LEARNING?



DOES THE ACTIVITY ADDRESS AT LEAST ONE OF MASLOW'S NEEDS?



DOES THE ACTIVITY ENGAGE AT LEAST 3 OF THE 5 SENSES?



IS THE ACTIVITY INTENTIONALLY HOLISTIC?

IS IT SOUND? WHO, WHAT, WHERE, WHEN, WHY
ARE THERE CONTINGENCIES?
DO PARTICIPANTS HAVE THE CHANCE TO
ASSIST AND HELP ONE ANOTHER?

Program Outline

Your Name: _____

Your Title (fill this in last): _____

Mission: _____

Theme: _____

Audience: _____

Goal(s) Why are you doing the program? _____

Objective(s): What do you want the audience to think/feel/do? _____

What is the Objective? _____ How will you measure it? _____

Resources/materials needed: _____

Introduction: _____

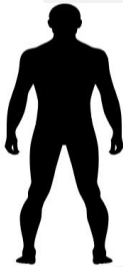
Body (subtheme, written as complete sentence): _____

Conclusion: _____

Creating Interpretive Opportunities



DEVELOPING PROGRAMS & ACTIVITIES



Program Outline

Your Name: _____

Your Title (fill this in last): _____

Mission: _____

Theme: _____

Audience: _____

Goal(s) Why are you doing the program? _____

Objective(s): What do you want the audience to think/feel/do? _____

What is the Objective? _____ How will you measure it? _____

Resources/materials needed: _____

Introduction: _____

Body (subtheme, written as complete sentence): _____

Conclusion: _____

Program Outline

Your Name: Yieldcamp

Your Title (fill this in last): Nature With a Naturalist

Mission: to connect to nature through interpretation of MD parks and outdoor spaces. "Because of the Bay"

Theme: "Because of the Bay"

Audience: MD residents + visitors seeking guided interpretive hikes.

Goal(s) Why are you doing the program? To introduce best practices and foundational information that will equip and empower the participants to confidently continue nature exploration.

Objective(s): What do you want the audience to think/feel/do? _____

What is the Objective? _____ How will you measure it? _____

Resources/materials needed: art supplies, wrist bands, bingo cards, highlighters, 1st aid.

Introduction: 10-20 mins

- Greeting + Intro: Who we are + why.
- Local recognition + historical significance
- Word Search (one word to describe yourself)
- Pass Out Bingo Cards + appoint photographer + stewards.
- Repeat time, distance, bathrooms + emergencies

Body (subtheme, written as complete sentence): 60-75 mins

- Begin guided-interpretive hike
- Explain Word Search in detail
- Point out plant identification tips for Bingo
- Explain + demonstrate Leave No Trace Principles
- Appreciation Observation

Conclusion: 25-45 mins

- Begin return
- Recap + Debrief
- Art-therapy activity (time permitting)
- Thank You remarks
- Hand out survey bags → (Incentives, activity, newsletter, gift)
- Post Survey (optional)
- Volunteer Conservation Corp sign-up (optional)

photographer - designate 1 person to take photos.

stewards - designate 1 person to carry bag + grabber.

Use this template to describe your program. Use as much detail as possible. Be thorough—think to yourself "If I got the flu, could someone else run this program?" It is not necessary to script, but if you want to include the sort of guiding questions you would use, that is helpful.

Title: _____

Topic: _____

Theme: (Main idea expressed as a complete sentence, answering the So What? And connecting your tangible and intangible) _____

Grade/Age level: _____

Audience type: (family, adult, pre-school, etc.) _____

Learning Objective (s): (No more than three for guide programs, examples here meet basic criteria) Ideally one relates to Parks Mission, one to Nature Centers Vision, and one program specifically. These should be measurable within the context of your program.

Preserve & Interpret _____

_____ ≥ % of Audience will be able to identify _____ as shown by _____.

_____ ≥ % of Audience will demonstrate further interest by _____.

_____ ≥ % of Audience will show a behavior change of _____ as shown by _____.

Strategic Framing: A tool we are adopting from Climate Education- think of how you will present these to your audience and potentially incorporate them with your subthemes.

Why does it matter to society? _____

How does it work? _____

How do we improve the situation? _____

Program Length: _____

Location: _____

Number of staff and/or volunteers required: _____

Handouts/supporting materials: (If stored on computer, where? If downloaded, from where? If reproducible, filed where?) _____



Creating Interpretive Opportunities

DEVELOPING PROGRAMS & ACTIVITIES





with Creation Informed Care & Wellness Informed Environmental Conservation




the 4 flora archetypes

is your forest healthy? are there people in your forest who help to provide, protect, restrain and nourish?

a healthy forest has:

trees	bushes/shrubs	vines	herbs
			
provision	protection	restraint	nourishment



do good.
feel good.
be good.

	Trees Provision Authority	Who's a part of your healthy forest? _____
	Bushes/Shrubs Protection Safety	_____
	Vines Restriction Correction	_____
	Herbs Nourishment Nurturing	_____

Every plant on the planet is either a tree, bush/shrub, vine (creeper or crawler), or herb, and every healthy forest contains all 4.

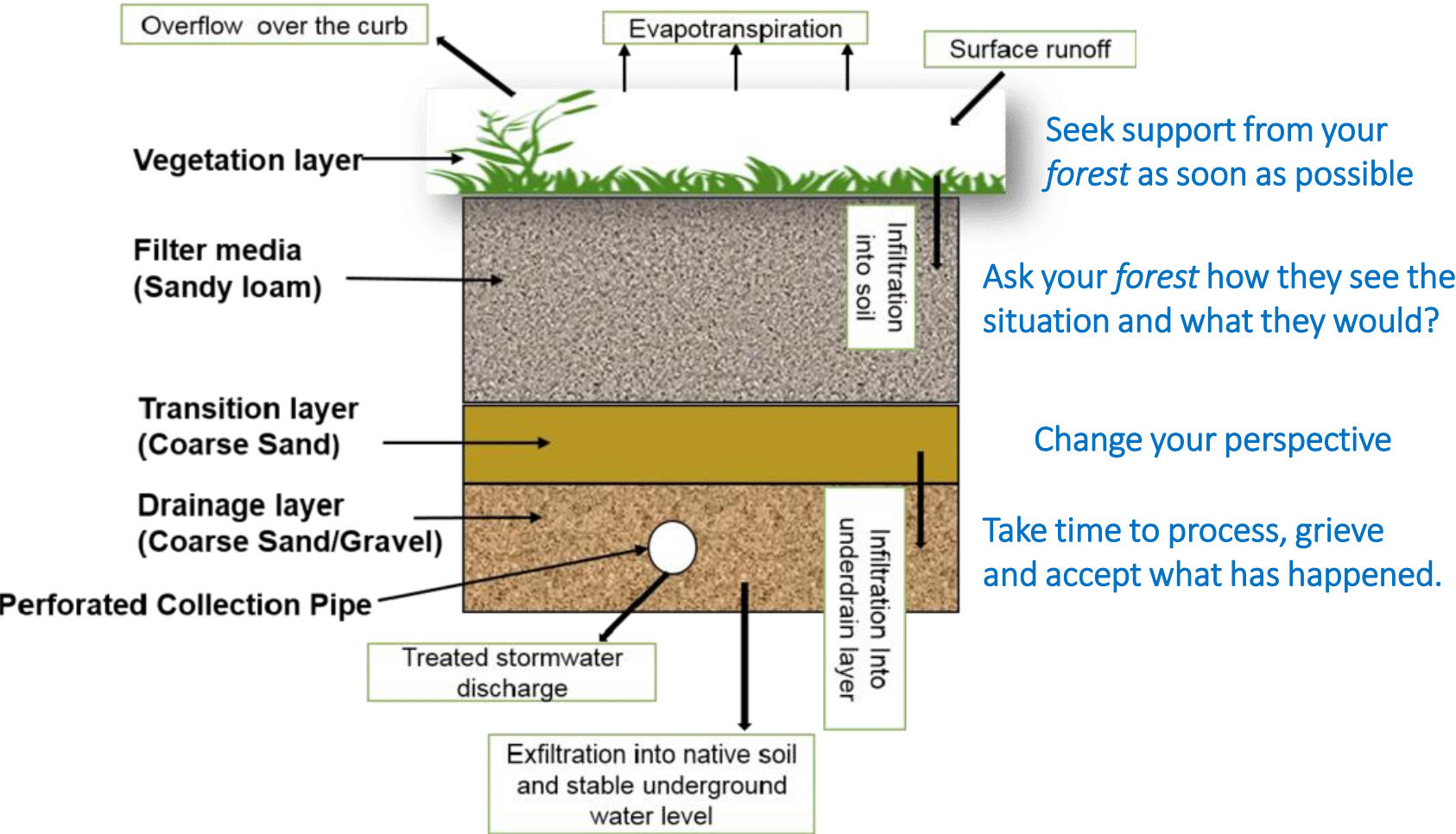
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Environmental Best Practices –

developing programs and activities with EnvironMental Stewardship

NEW CONSTRUCTION CREATES HARD SURFACES WHERE FORESTS AND GRASSES ONCE GREW REDUCING THE ABILITY OF THE ENVIRONMENT TO CONTAIN STORM WATER RUNOFF THAT CAN FLOOD COMMUNITIES AND TAINT WATER SUPPLYS. LIKEWISE, DEVELOPING, GROWING AND EXPANDING YOUR LIFE WITH FAMILY, CAREER GOALS AND PERSONAL ENDEAVORS CREATES NEW STRUCTURES THAT NEED TO BE MAINTAINED, PROTECTED AND PRESERVED WHEN STORMS ARISE. BMPs GIVE US A BLUEPRINT ON HOW TO CREATE AND UTILIZE METHODS TO HELP MANAGE THE FLOOD OF EMOTIONS THAT COME DURING TOUGH TIMES AND MINIMIZE THE DAMAGE TO, AND EROSION OF, OUR LIFE THAT TRAUMA AND STRESS CAN CAUSE, AS WELL AS SHOWING US HOW TO PROTECT AND MAINTAIN OUR BELIEF SYSTEMS (WATER SUPPLY) IN THE FACE OF ADVERSITY.



the 4 flora archetypes

is your forest healthy? are there people in your forest who help to provide, protect, restrain and nourish?

a healthy forest has:

trees	bushes/shrubs	vines	herbs
			
provision	protection	restraint	nourishment

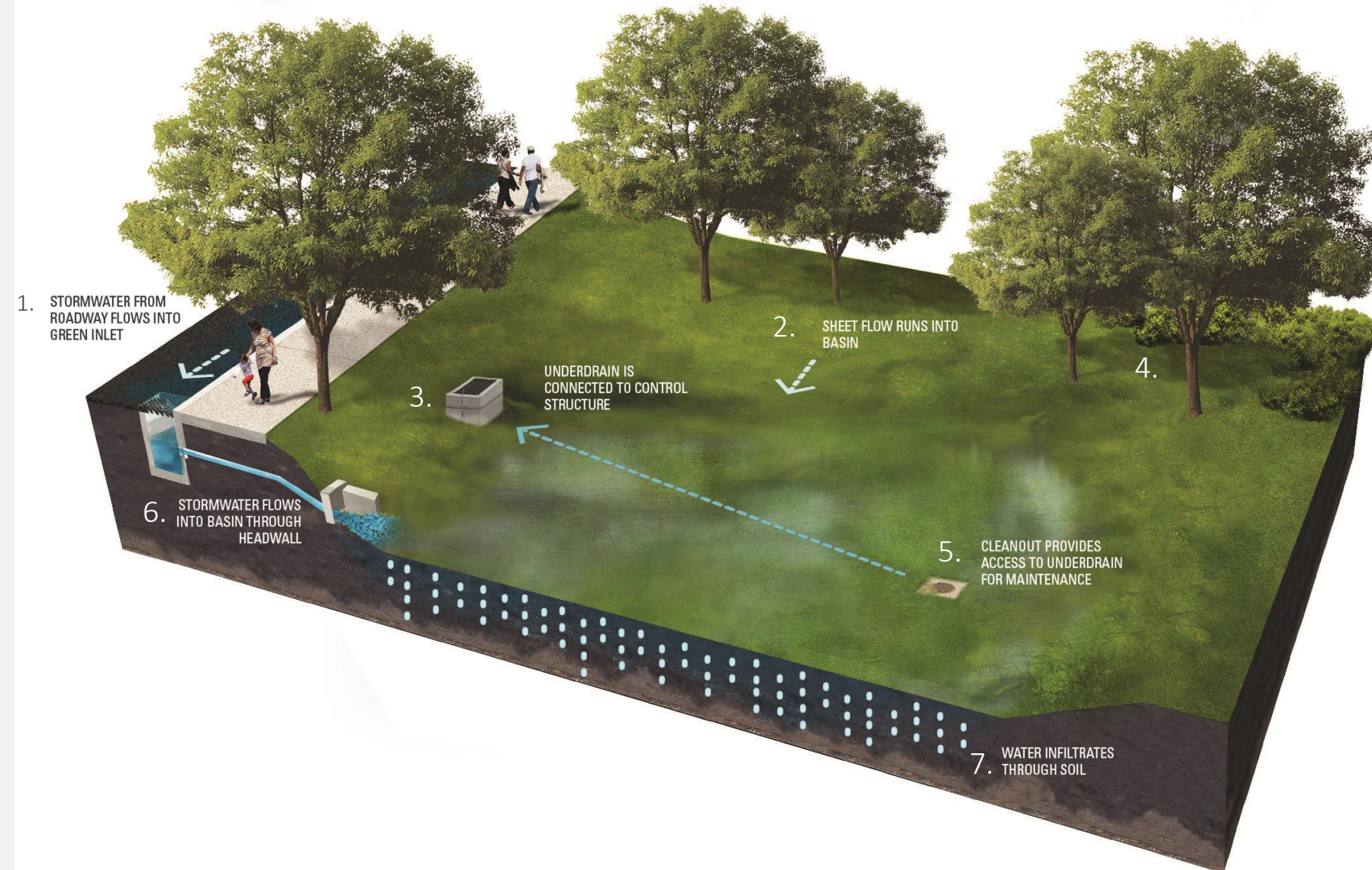


do good.
feel good.
be good.

Environmental Best Practices –

developing programs and activities with EnvironMental Stewardship

BMPs GIVE US A BLUEPRINT ON HOW TO CREATE AND UTILIZE METHODS TO HELP MANAGE THE FLOOD OF EMOTIONS THAT COME DURING TOUGH TIMES.



1. CHECK YOUR G.E.A.R.

2. CONTROL WHAT YOU CAN

3. MEDITATION/MINDFULNESS

4. PERSONAL SUPPORT SYSTEM

5. PROFESSIONAL SUPPORT SYSTEM

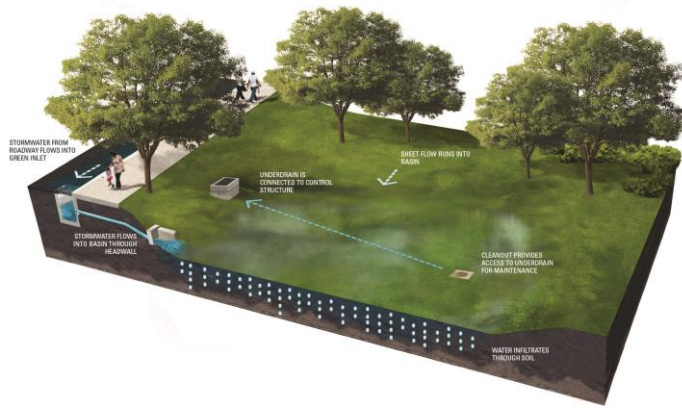
6. DO WHAT YOU HAVE TO DO

7. EISENHOWER TIME MATRIX

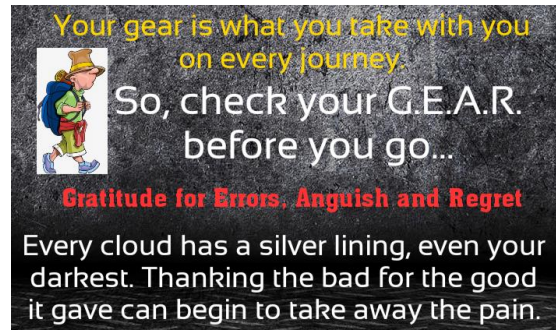
- BASIN = PERSONAL WELLNESS AND SELF CARE STRATEGIES

Environmental Best Practices

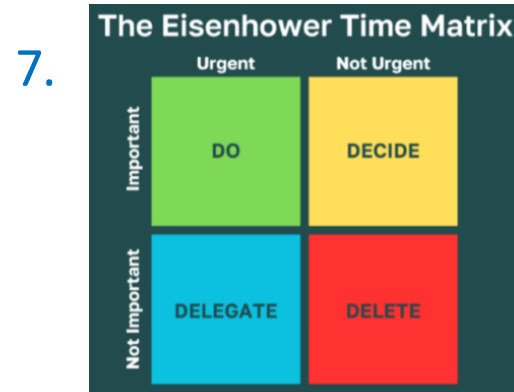
BMPs GIVE US A BLUEPRINT ON HOW TO CREATE AND UTILIZE METHODS TO HELP MANAGE THE FLOOD OF EMOTIONS THAT COME DURING TOUGH TIMES.



1. CHECK YOUR G.E.A.R.
 2. CONTROL WHAT YOU CAN
 3. MEDITATION/MINDFULNESS
 4. PERSONAL SUPPORT SYSTEM
 5. PROFESSIONAL SUPPORT SYSTEM
 6. DO WHAT YOU HAVE TO DO
 7. CLEAN UP & ORGANIZE THE ORGANISM
- BASIN = PERSONAL WELLNESS, SELF CARE AND MANAGEMENT STRATEGIES



2. CONTROL WHAT YOU CAN AND LET EVERYTHING ELSE RUNOFF INTO YOUR BASIN TO BE HANDLED LATER.
3. MEDITATION AND MINDFULNESS HELP US TO FOCUS AND RECALIBRATE WHEN FEELING OVERWHELMED.
4. YOUR *HEALTHY FOREST* CAN HELP TO ABSORB SOME OF THE IMPACT AND HELP FILTER OUT CONTAMINANTS.
5. ALLOW ACCESS FOR MINISTERS, COUNSELORS AND THERAPISTS TO EVALUATE BENEATH THE SURFACE.
6. CREATING A DAILY SCHEDULE CAN HELP KEEP US FROM NEGLECTING RESPONSIBILITIES WHILE COPING.



Environmental Best Practices –

developing programs and activities with Creation Informed Care and Wellness Informed Environmental Conservation



Your gear is what you take with you
on every journey.

So, check your G.E.A.R.
before you go...

Gratitude for Errors, Anguish and Regret

Every cloud has a silver lining, even your
darkest. Thanking the bad for the good
it gave can begin to take away the pain.

a good staff supports the mission every step of the way

a good board assists with planning, preparation and presentation



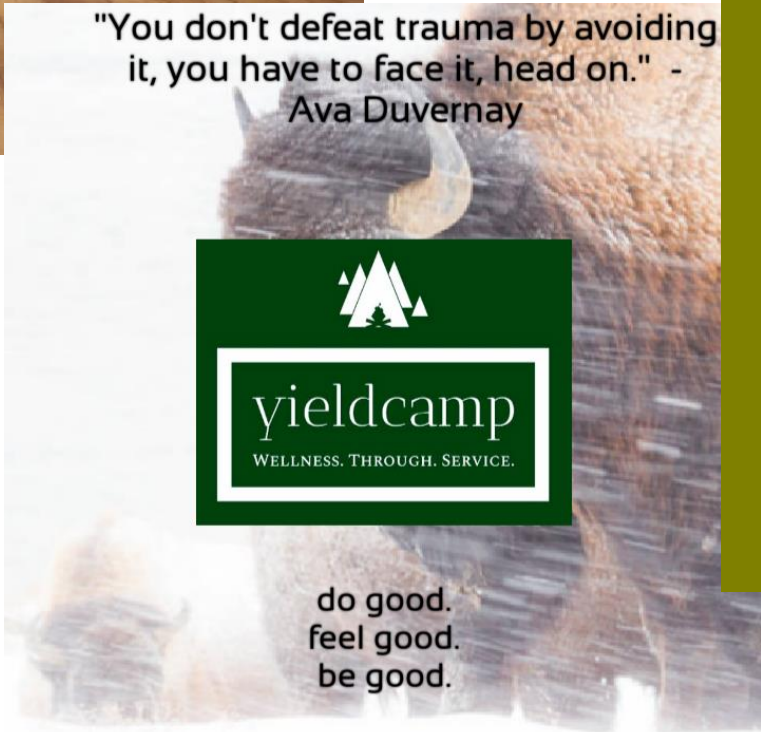


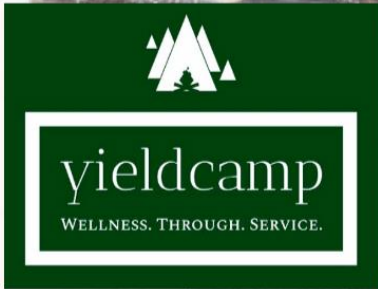
modeling your organization after nature wood be a good idea

do good.
feel good.
be good.

Interpretation can help to create deeper and more meaningful connections to nature.

"You don't defeat trauma by avoiding it, you have to face it, head on." - Ava Duvernay





do good.
feel good.
be good.



Leave No Trace & Relevant Life Lessons

PLAN AHEAD AND PREPARE
BE ORGANIZED

HIKE AND CAMP ON DURABLE SURFACES
BE IN ACCORDANCE

DISPOSE OF WASTE PROPERLY
BE A GOOD STEWARD

LEAVE WHAT YOU FIND
BE A PRODUCER NOT A CONSUMER

MINIMIZE CAMPFIRE IMPACTS
BE WISE

RESPECT WILDLIFE
BE COMPASSIONATE

BE CONSIDERATE OF OTHER VISITORS
BE RESPECTFUL

The Eisenhower Time Matrix

	Urgent	Not Urgent
Important	DO	DECIDE
Not Important	DELEGATE	DELETE

Important

Not Important

Urgent

Not Urgent



S.A.F.E.T.Y. FIRST PROTOCOLS

SECURITY AND PROTECTION WHILE GUIDING GROUPS AND FACILITATING PROGRAMS

Situational Awareness
Atttempt to Deescalate
Flight or Fight
Evaluation of the Situation
Tell Someone Something
Yield to the Environment

"When you don't know what to do, know what not to do." - Dr. John A. Cherry, I



S.A.F.E.T.Y. FIRST PROTOCOLS

SITUATIONAL AWARENESS

- Size of Group
- Group Dynamics
- Surroundings
- Weather/Climate
- Energy
- Moods
- Predators



S.A.F.E.T.Y. FIRST PROTOCOLS

ATTEMPT TO DEESCALATE (STEPPING DOWN)

get them to:

- Comply with directions
- Assist with group activities
- Separate from one another
- Partnership with one another
- Engage with others in the group
- Remove themselves from the group

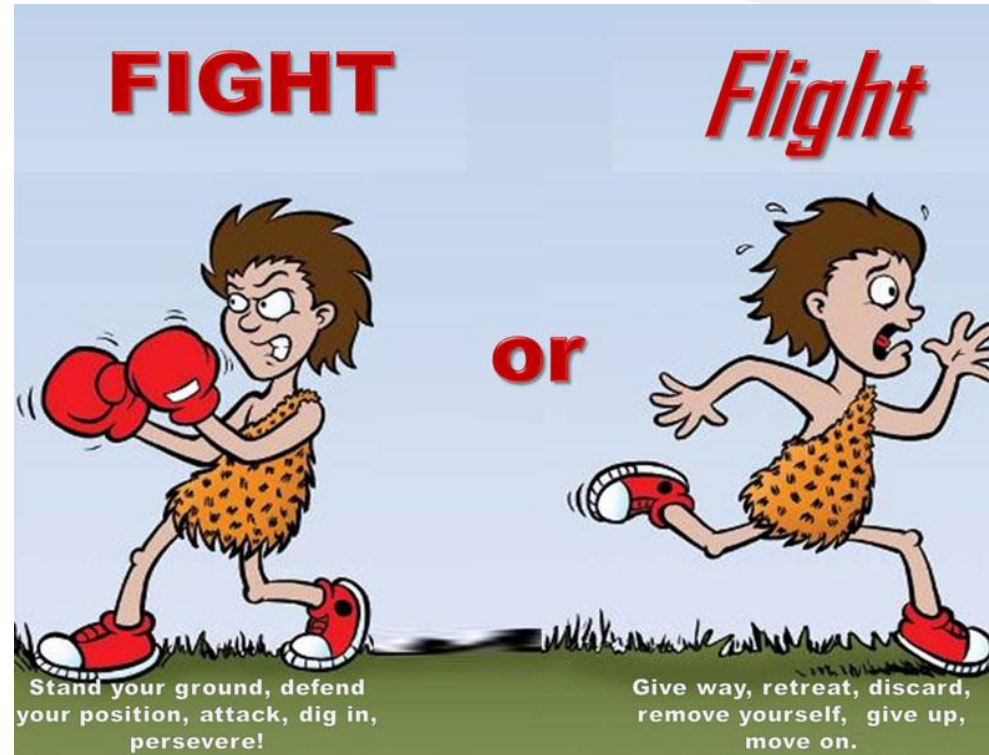


*CASPER the friendly ghost helps conflict disappear

S.A.F.E.T.Y. FIRST PROTOCOLS

FLIGHT OR FIGHT

FLIGHT Retreat
Escape
Seek Refuge
or
Defend
FIGHT Subdue
Restrain
all in order to
End the threat



S.A.F.E.T.Y. FIRST PROTOCOLS

EVALUATION OF THE SITUATION

Who?
What?
When?
Where?
Why?
How?
What now?



S.A.F.E.T.Y. FIRST PROTOCOLS

TELL SOMEONE SOMETHING

Record
Document
Preserve
at the Site
with the Office
with your Organization
Validate with authorized personnel



S.A.F.E.T.Y. FIRST PROTOCOLS

YIELD TO THE NEW ENVIRONMENT

Resist the urge to force continuation

Pivot if possible

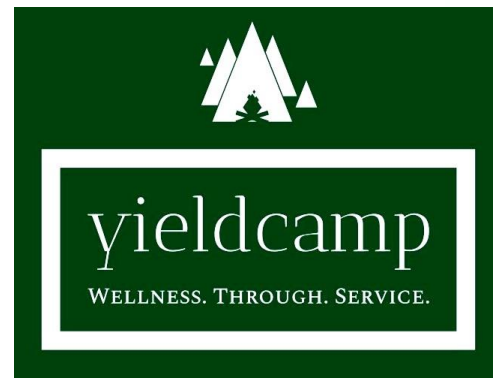
Group discussion if necessary

Listen

Comfort

Reassure

Empower



Neurodiversity in Nature

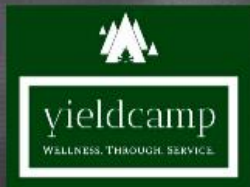
Neurodivergent
Assistance
To
Understanding
Real-world
Expectations

the N.A.T.U.R.E. of
nature



Proverbs 27:18

Whoever tends the fig tree shall eat it's fruit. He
who looks after his "master" shall be honored.



"stewardship buys favor
that money can't afford" -
Yieldcamp.org

do good. feel good. be good.

Neurodivergent
Assistance
To
Understanding
Real-world
Expectations

the N.A.T.U.R.E. of
nature



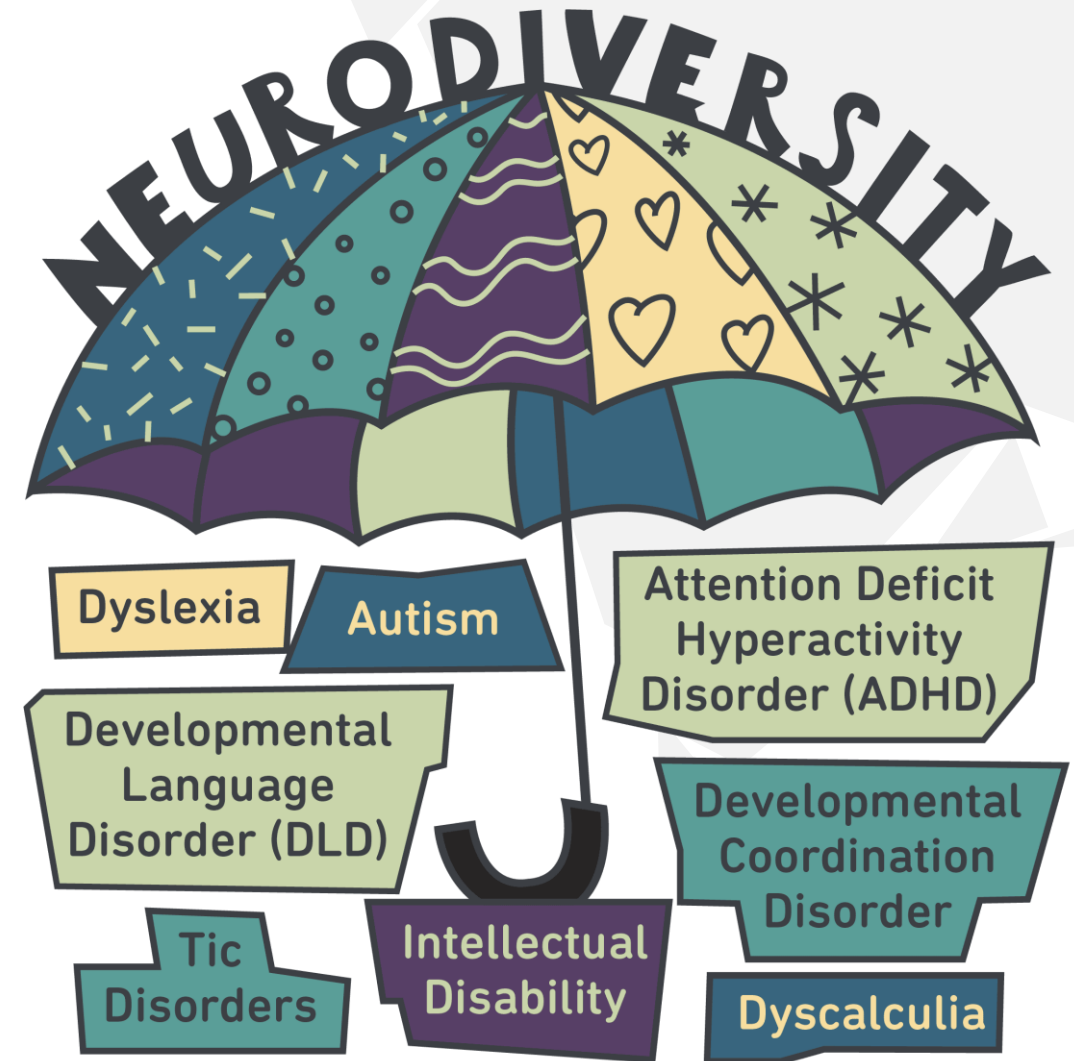
do good. feel good. be good.

Neurodiversity in Nature

Programming Best Practices

Neurodivergent accommodations

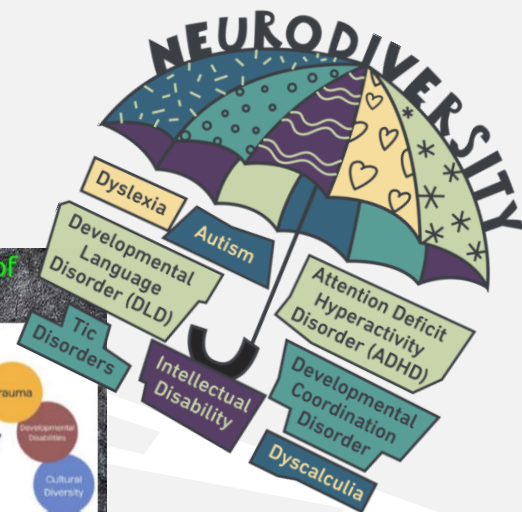
- Establish a clear routine
- Prepare for changes
- Practice social routines and communication strategies
- Provide quiet areas for time-outs
- Use visual schedules and graphic organizers
- Provide written and verbal instructions
- Strictly adhere to established/agreed upon rules



Neurodiversity in Nature

- Establish a clear routine
- Prepare for changes
- Practice social routines and communication strategies
- Provide quiet areas for time-outs
- Use visual schedules and graphic organizers
- Provide written and verbal instructions
- Strictly adhere to established/agreed upon rules

How N.A.T.U.R.E Works
Neurodivergent accommodations

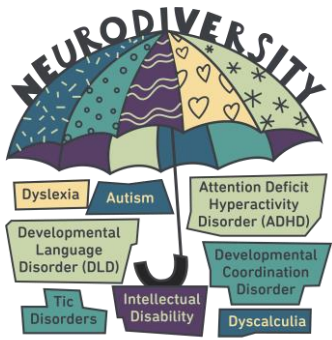


Neurodiversity Challenges

OBSESSIVE BEHAVIOR
SOCIAL COMMUNICATION
LACK OF GOAL DIRECTED BEHAVIOR
DIFFICULTIES W/ ATTENTION & CONCENTRATION
DYSLEXIA
AUTISM
ASPERGER'S SYNDROME

N.A.T.U.R.E.

OBSERVATION. SIT SPOT. 5 SENSES MEDITATION.
GROUP ACTIVITIES W/ FOCUSED INTERACTIONS.
SITUATIONAL AWARENESS. MODIFYING GOALS.
ENVIRONMENTAL STEWADSHIP.
TRAIL CREATION. ENVIRONMENTAL CONSERVATION.
ARCHERY. MEDITATION. BOX BREATHING.
CAMPING. HIKING. EMERGENCY PREP.



How N.A.T.U.R.E Works

Neurodivergent accommodations

Neurodivergent Assistance To Understanding Real-world Expectations



Neurodiversity Challenges

THOSE STRUGGLE WITH:

OBSESSIVE BEHAVIOR

may have intrusive and unwanted thoughts along with repetitive behaviors.

SOCIAL COMMUNICATION

may struggle with non-verbal cues, sarcasm and rigid black/white thinking

LACK OF GOAL DIRECTED BEHAVIOR

may struggle with procrastination, fear of failure and poor planning skills.

DIFFICULTIES W/ ATTENTION & CONCENTRATION

may struggle with hyperactivity, "nervous energy" and lack of attention.

DEPRESSION

may struggle with sadness, isolation, low self esteem and even guilt/shame.

DYSLEXIA

may struggle with concentration, reading, comprehension and organization.

AUTISM

may struggle with eye contact, isolation, social interactions and "awkwardness".

N.A.T.U.R.E.

MIGHT FIND RELIEF WITH:

OBSERVATION. SIT SPOT. 5 SENSES MEDITATION.

* attention based exercises and activities could help some to learn to focus better.

ANIMAL WATCHING AND TRACKING. NATURE PHOTOGRAPHY.

* observing animals and nature up-close could provide insight into nuanced behaviors.

NATURE PROGRAMMING. TRAIL CREATION. ENTREPRENEURSHIP.

* activities that require planning and yield immediate results can help foster motivation.

ENVIRONMENTAL STEWADSHIP. CAMPING. EMERGENCY PREP.

* camping requires a lot of small tasks that could help to manage attention/focus issues.

GARDENING. HIKING. FOREST BATHING. EARTHING. FISHING.

* soil disruption like gardening and conservation can increase serotonin and dopamine.

TRAIL CREATION. ENVIRONMENTAL CONSERVATION.

* reading the landscape could help to better "see" and comprehend written text.

ARCHERY. MEDITATION. NATURE VOLUNTEER EVENTS.

* prioritizing focus on macro and/or micro level can help strengthen confidence.

Biblical Evolution & scriptural science



2 Peter 3:8

Isaiah 55:8-9

1 Corinthians 14

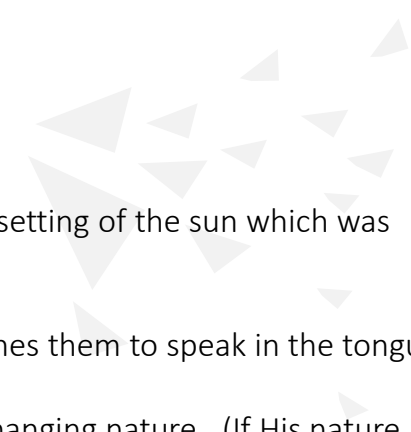
James 1:17

Hebrews 13:8

John 3:16

Biblical Evolution

& scriptural science



2 Peter 3:8 - "a day is like 1000 years". This verse references how we should calculate time before time. (We currently measure days by the rising and setting of the sun which was not functional until day 4 in genesis)

Isaiah 55:8-9 - "his ways and thoughts are higher" - 'higher' references His nature of exponential development and growth.

1 Corinthians 14 - Paul tells the church that speaking tongues doesn't benefit anyone but the speaker unless there's an interpretation and he admonishes them to speak in the tongue of the unbeliever. Evolutionary science the 'tongue' of the unbeliever.

James 1:17 - There is no variable nor shadow of turning with the Father of lights. This references God as the Father of the stars and speaks to His unchanging nature. (If His nature is unchanging, why do we say nature was made in one day when we know that growth takes time)

Hebrews 13:8 - "Jesus the same yesterday, today and forever" is an obvious reference to his unchanging '*nature*'. Environmental processes have not evolved even if species' did.

John 3:16 - this salvation verse is also a reference biblical evolution were God took man that was born into the world and made him a new creature (Adam) and then put him to sleep (like Jesus's death). And when Adam woke up (Jesus's resurrection) God presented him with a wife taken from him. (like the church is now the bride of Christ)

Malachi 3:6(a) - again states that the Lord will Not change. This verse is the most definitive declaration of this fact indicating that in day 7 he was finished making changes.

Introductory Slides: (what if we took the Bible literally?)

1) Quantum Entanglement: Jesus came to earth *as a man*. From the standpoint of the transfiguration, appearing in the upper room and saying that He and God are 1, quantum entanglement would explain how "*a man*" could do everything Jesus said he did and be who He said he was.

This slide serves to show that scientific data can actually confirm Jesus' claims.

2) Your body IS the temple of the holy spirit. Literally. The structure and function of the tabernacle of Moses mirrors the structure and function of the body. Moses was given the building plans from God at a time before anyone new about cells.

This slide serves to show that the Bible may actually be able to be interpreted literally.

3) The Hebrew word for "rib" has several meanings, just like most of our English words. One of its meanings is defined as chamber and/or beam. Science has proven that the Only bone that is different between the anatomy of men and women is the pelvic bone, where the woman's chamber is.

This slide serves to show that using alternate, yet official, definitions of certain biblical words is supported by scientific data.

***SIGHT – our vision is based on perception –** walking by faith and not by sight may be the only way to “see” clearly.

(FINAL SLIDE)

Your Logo or Name



Biblical Evolution

& scriptural science



Existential Crisis:

As the founder and executive director of a Christian non-profit organization utilizing and creating evidence-based environmental programming, how do I point to the science and evidence of nature's holistic healing power and then disagree with what science says about the evidence of nature's beginning, creation and formation?

Is not the same "science" used for both?

And if I don't believe it all, how do I profit off of any of it? (science or religion)

Conclusion:

The Bible is sworn written testimony.

Science is forensic evidence.

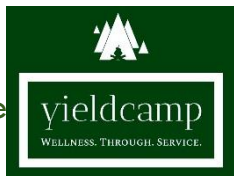
Both are needed in court to prove the case beyond a reasonable doubt.

This is my case to prove God to the unbeliever and my argument for making Jesus Christ the Lord and Savior of our lives.

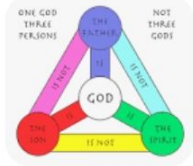


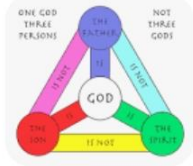
Jamil A. Mott, Sr., CBLP, MDMN
Founder/Executive Director

Your Logo or Name



SCRIPTURE

The Trinity, in Christian theology, refers to **the belief that God is one being existing in three co-equal persons: the Father, the Son (Jesus Christ), and the Holy Spirit**. It's a core doctrine, though the word itself isn't in the Bible, but the concept is developed from biblical passages. 




Here's a breakdown:


One God:

Christianity is monotheistic, meaning they believe in one God. 


Three Persons:

God manifests as three distinct persons: the Father, the Son (Jesus), and the Holy Spirit. 


Co-equal:

Each person of the Trinity is fully God, possessing the same divine nature and attributes. 

Distinct but Unified:

The Father, Son, and Holy Spirit are distinct from each other, but they are one indivisible God. 

Analogies and Explanations:

While the Trinity is ultimately a mystery, various analogies are used to help explain the concept, though they all have limitations: 

Jesus said that He and the Father **are one**.

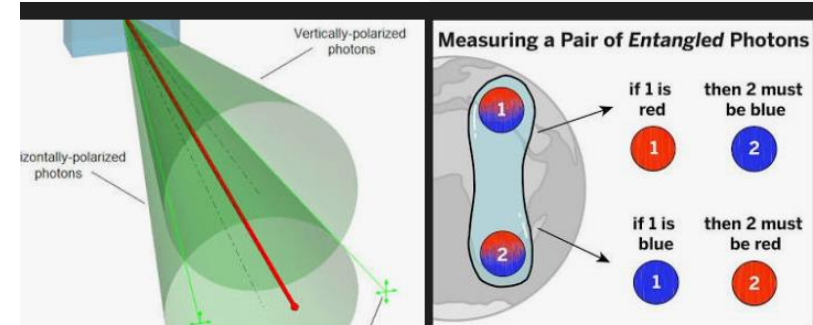
He only does what the father does and only says what the father says.

This would explain how, as well as the transfiguration and His “appearing” in the upper room.

This also explains how Jesus was *disconnected* from God on the cross.... The entanglement was cutoff for a moment?

I think so.

SCIENCE



Quantum entanglement is **a phenomenon where two or more quantum particles become linked, sharing a single quantum state such that the state of one particle is instantaneously correlated with the state of the others, regardless of the distance separating them**. This connection means that a measurement performed on one particle instantly provides information about its entangled partner, a concept Albert Einstein famously described as "spooky action at a distance". Though it appears to defy the speed of light, this instantaneous correlation doesn't allow for faster-than-light communication because the outcome of the measurement on the first particle is random and cannot be controlled.

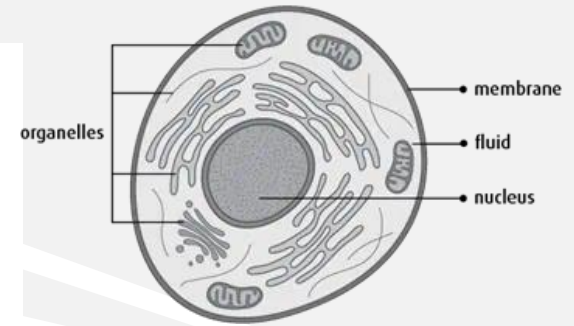
SCRIPTURE

1 Corinthians 6:19 - Know ye not that your body is the temple of the Holy Spirit?

Jesus instructs us to fast. Fasting is a sacrifice. Fasting burns fat in the body – just like the priest burned animal fat for their sacrificial offerings. The bible says that the burning of fat is a pleasing fragrance to God.

SCIENCE

The body and the tabernacle are both housed within a structure of skin held up by an interconnected rigid framework.



The Temple and the cell are both completely enclosed with limited access. Both also contain internal chambers with extremely limited access (holy of holies / nucleus) that hold the codes to life – dna/10 commandments.

Inside the tabernacle and body you first get blood (alter/plasma) and then water (laver/interstitial fluid)

INSIDE THE TEMPLE

(Cutaway view)

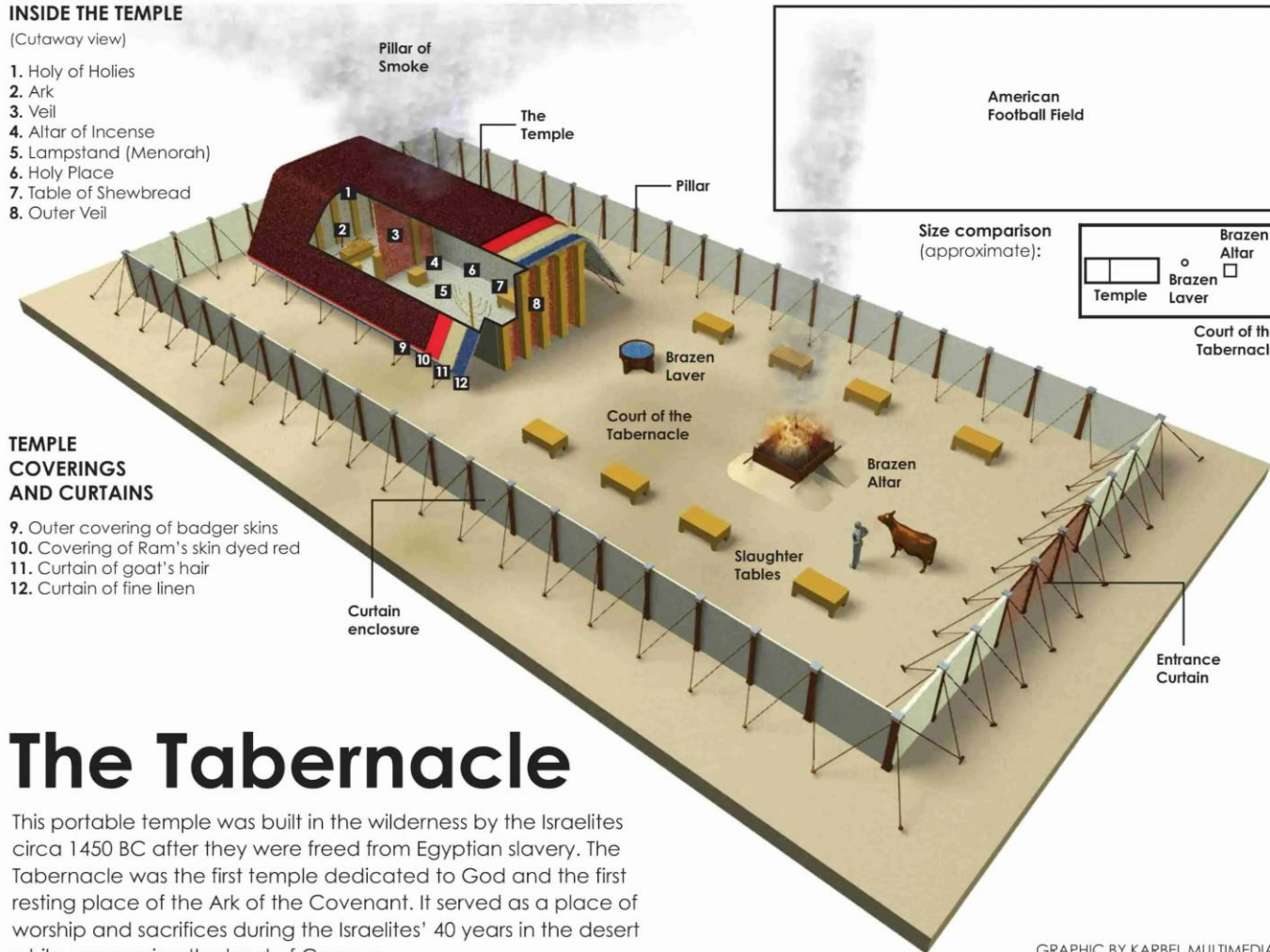
1. Holy of Holies
2. Ark
3. Veil
4. Altar of Incense
5. Lampstand (Menorah)
6. Holy Place
7. Table of Shewbread
8. Outer Veil

TEMPLE COVERINGS AND CURTAINS

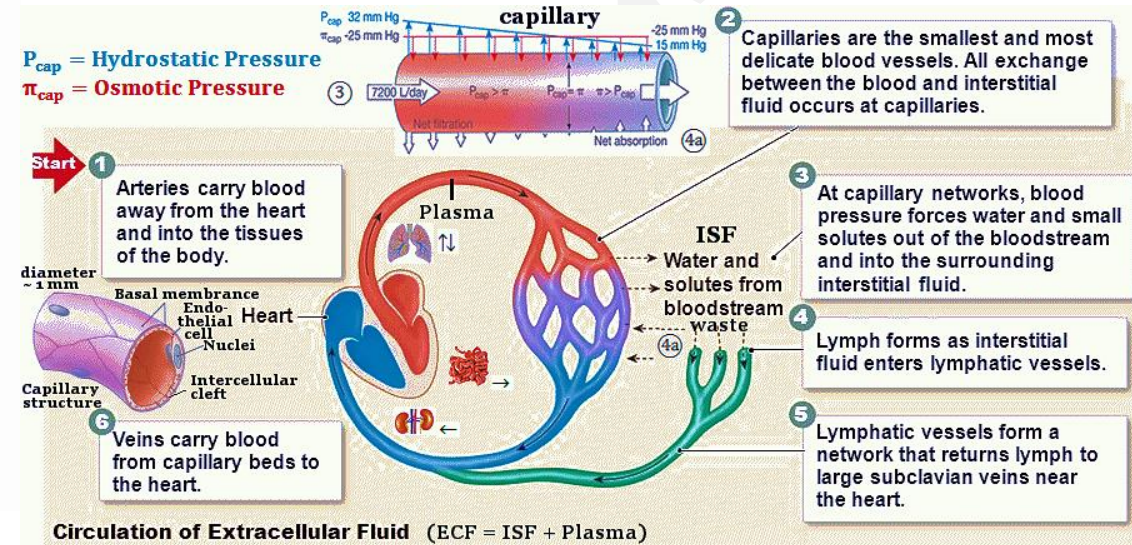
9. Outer covering of badger skins
10. Covering of Ram's skin dyed red
11. Curtain of goat's hair
12. Curtain of fine linen

The Tabernacle

This portable temple was built in the wilderness by the Israelites circa 1450 BC after they were freed from Egyptian slavery. The Tabernacle was the first temple dedicated to God and the first resting place of the Ark of the Covenant. It served as a place of worship and sacrifices during the Israelites' 40 years in the desert while conquering the land of Canaan.



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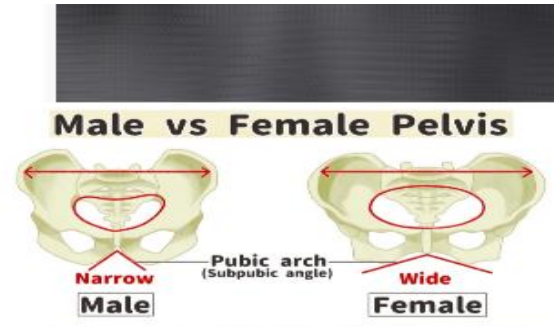


SCRIPTURE

21 And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;

22 And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man.

23 And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.



The Hebrew word for "rib" in Genesis is **tsela** (צלע). While it can mean a bone-like rib, most scholars and ancient translations suggest that in this context, tsela refers to Adam's side or "other half," emphasizing Eve's role as his equal counterpart rather than a literal rib.

Meanings of tsela

Rib/Side:

In Genesis 2:21-22, tsela is translated as "rib" to describe the part taken from Adam to create Eve. It can also refer to the side of a person or object, such as the side of the Ark of the Covenant.

Chamber/Room:

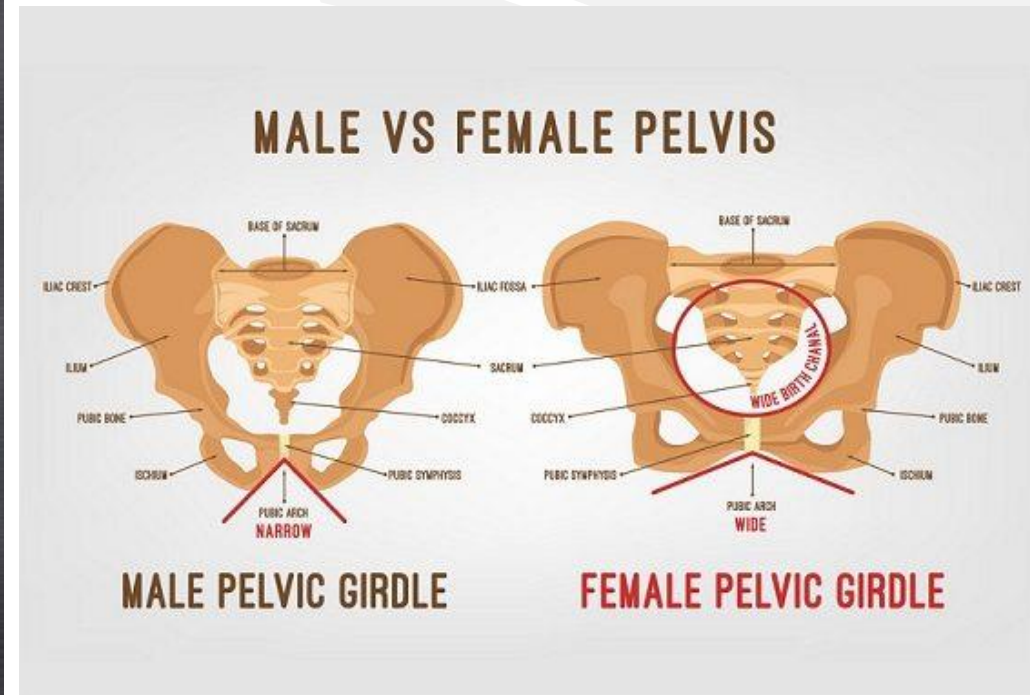
In architectural contexts, like the description of the Temple in Ezekiel, tsela refers to side chambers or rooms that surround the central space.

Beam/Plank/Board:

Tsela is also used to mean a beam, plank, or board used in construction, as seen in the description of the temple.

the Hebrew word for RIB also means Chamber or Beam. Indecently.... the pelvic bone is the only bone that's different in men and women.

SCIENCE



SCRIPTURE

If Biblical evolution is correct then:

Revelations 12 gives a better explanation for:

Satan's reason for rebellion as jealousy. (**The Red Dragon**)

The origin of water on the earth. →

The first abortion attempt and the origin of the idea.

The reason homosexuality is called an abomination.

Why bad things happen to good people

Ezekiel chapter 1

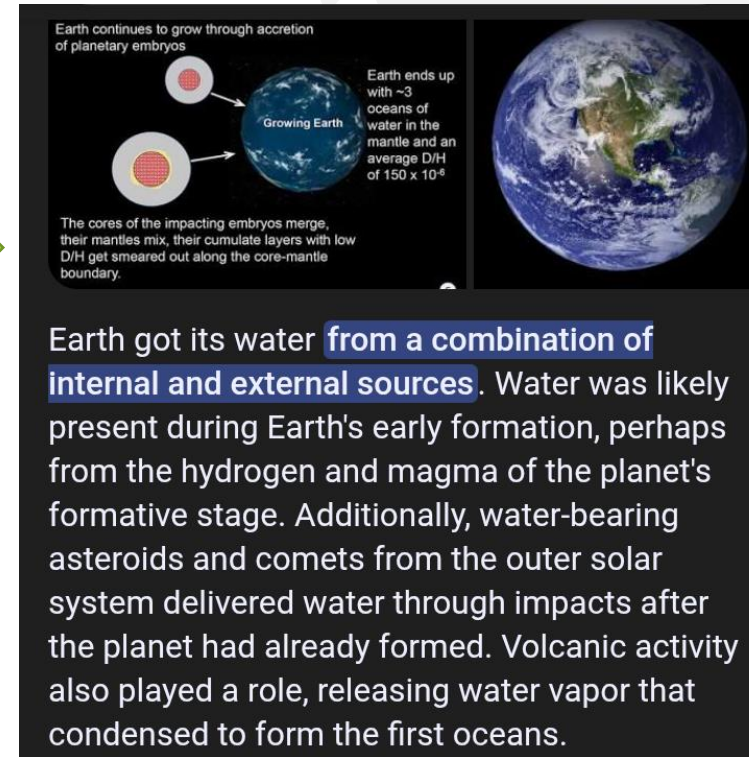
Revelations 13 explains:

The reason **Earth** and **Seas** are capitalized in Genesis
(as well as **Heaven**, **Day** and **Night**)

Psalms 82

- The gods

SCIENCE



Where and how water got onto our planet is still a mystery for the scientific community.

When viewed through the lens of Biblical Evolution **the story of the Red Dragon and the Woman in Revelations 12** tells the story about the inhabitants of heaven seeing our planet preparing to give birth and a dragon appearing with hatred for the woman.

The story details the dragon causing such a commotion that he was thrown out of heaven. Once expelled he went through space searching for the woman and, once he located her (the planet) he tried to drown her with water that the universe protected her.

The story speaks of the dragon's determination to wage war on the woman because of "the *remnant* of her seed". (current humans are the remnant of creation.)

If the story is accurate and true, based on biblical evolution, then it also gives birth context for why the serpent tricked Eve. (see Genesis 3)

(Note: ancient cultures present dragons as winged serpents, not winged lizards)

SCRIPTURE

John 1:1-6 ▾ King James Version ▾

1 In the beginning was the Word, and the Word was with God, and the Word was God.

2 The same was in the beginning with God.

3 All things were made by him; and without him was not any thing made that was made.

4 In him was life; and the life was the light of men.

5 And the light shineth in darkness; and the darkness comprehended it not.

The Big Bang theory says that the *singularity* was an infinitely hot, small and dense “point” **that contained the entire universe within it**, and that .0000000001 seconds after the big bang is when light appeared.

“**In Him** (inside of Jesus) **as ALL LIFE** (everything the universe) and that life was the light of men, and the light *shinned in darkness and the darkness comprehend it not.*”

Genesis 1:1-2 ▾ King James Version ▾

1 In the beginning God created the heaven and the earth.

2 And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

The earth was without form until the expansion caused enough cooling deep inside the universe for fundamental particles to join together and form our elements.

SCIENCE

The universe was formed **through the Big Bang**, an event approximately 13.8 billion years ago where the universe began as an incredibly hot, dense state and rapidly expanded and cooled. As the universe expanded, subatomic particles formed, eventually creating the first light elements, hydrogen and helium. Gravity then pulled these elements together to form the first stars and galaxies, leading to the diverse cosmos we observe today. [🔗](#)

The Big Bang and Early Universe

- **The Initial State:** The universe started from an unimaginably small, hot, and dense state. [🔗](#)
- **Rapid Expansion:** This state underwent a rapid expansion, a process that continues today, albeit at a slower rate. [🔗](#)
- **Cooling and Particle Formation:** As the universe expanded, it cooled, allowing subatomic particles to form and then to combine into the first atoms. [🔗](#)

SCRIPTURE

Genesis 1:3-13 ▾ King James Version ▾

³ And God said, Let there be light: and there was light.


⁴ And God saw the light, that it was good: and God divided the light from the darkness.


⁵ And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

Day and Night are capitalized because they are proper nouns. – more on that later.

The light being divided from darkness is the moment when the universe became transparent *to light*.

SCIENCE

In the very early universe, after the Big Bang, the universe was filled with a hot, dense plasma of particles (protons, electrons, and photons). In this state, the free electrons and protons constantly scattered the photons, preventing light from traveling freely and making the universe opaque, according to NASA Science (.gov). This was similar to a dense fog where light cannot penetrate very far, [according to EarthSky](#). 

However, as the universe continued to expand, it also cooled down. This cooling allowed the electrons and protons to combine and form neutral atoms of hydrogen and helium. This process is known as **recombination** (though it might be more intuitively called "combination" since it was the first time these particles combined), according to NASA Science (.gov). This occurred approximately 380,000 years after the Big Bang. 

Once the electrons were bound to the nuclei in neutral atoms, they were no longer free to scatter photons. With the reduction of free electrons, the photons could travel unimpeded through the universe, allowing light to travel freely for the first time. This event marked the moment the universe became transparent,

SCRIPTURE

⁵ And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day. 2 Peter 3:8 – a day is like a thousand years and a thousand years is like a day.

What is the Hebrew word for evening?

According to one tradition, the origins of the Hebrew word for 'evening' – 'Erev' {ערב} – come from the old Hebrew verb 'Le-Arev' {לערב} which means 'to mix' or 'to intermingle' and refers to the special time of the day in which the sunset and light and darkness are ALL present and appear as a 'mix.'

evening and morning represent a period of *mixing and intermingling/entangling* until there is a *breakthrough*.

What is the Hebrew word for morning?

AI Overview

The Hebrew word for morning is (boker) בוקר. It can also be used to form the greeting "Good morning," which is בוקר טוב (boker tov).

The word "boker" is derived from the root ב-ק-ר (b-k-r), which means "to break through" or "to penetrate," referring to the light breaking through the darkness of the night, [according to Hebrewversity](#), and [Deeper Christian](#).

SCIENCE

Science describes plant and animal growth as cells (sperm and egg) *mixing and intermingling* until the embryo or fetus finishes developing and it *breaks through* the birth canal or *breaks through* the egg.

Science describes the early stages of the universe as gases and elements mixing and intertwining (combining) until light is able to breakthrough.

Science describes evolution as a continual process of mixing and intertwining until a breakthrough occurs.

The bible says that each day consisted of **evening** and **morning**, except the 7th day. There is no evening and morning on day 7 – indicating that day 7 has not ended and that there is *no more mixing and intertwining*.
- Evolution has stopped -

day 7 was sanctified (set apart to be *different* than the others) by God.

SCRIPTURE

¹⁰ And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good.

¹¹ And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.

¹² And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

¹³ And the evening and the morning were the third day.

Let the earth bring forth????

Notice the order of the plants that the earth is *free and empowered (Let)* by God to bring forth. It's basically the same order that plants move into regions of new earth/land today.

Volcanic eruptions (once the lava cools) cause dry land to appear and then the land brings forth life.

This does not happen in 24 hours.

3. **Grasses and Herbaceous Plants:** With a more established soil layer, small, hardy plants like grasses and ferns begin to grow. These plants continue to enrich the soil as they decompose and further stabilize the substrate.

4. **Shrubs:** As the soil continues to improve in depth and nutrient content, shrubs can become established.

5. **Trees:** Finally, with a more developed and nutrient-rich soil, trees can take root and grow, leading to the development of a mature ecosystem, or climax community.

It's important to note that this is a simplified representation, and the specific species involved and the timeline for each stage can vary depending on the specific environmental conditions, such as climate, location, and the type of rock or substrate present. However, lichens and mosses are universally recognized as crucial pioneer species that initiate the process of soil formation and pave the way for more complex plant life in primary succession.

SCIENCE

When considering primary succession – the process of ecological change on bare, lifeless land (like newly formed volcanic rock or land exposed by retreating glaciers) – the general order in which pioneer plants appear is as follows:

1. **Lichens:** These symbiotic organisms (a combination of fungi and algae) are the first to colonize bare rock. They can withstand harsh conditions and begin to break down the rock surface, creating small cracks and contributing to the initial formation of soil by adding organic matter as they die.

2. **Mosses:** As lichens continue to break down the rock and create a thin layer of soil, mosses can take root. Mosses further contribute to soil development by adding organic matter, retaining moisture, and harboring nitrogen-fixing bacteria, which enrich the soil.

As moss and grass interact with the land they grow roots. Those roots *mix and intertwine* with the rock, breaking it down into soil, until new life can *breakthrough*.

**Hebrews 13:8 – Jesus Christ the same yesterday, today and forever.*

**Malachi 3:6a – For I am the Lord, I change not.*

SCRIPTURE

²⁰ And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven.

²¹ And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good.

²² And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth.

²³ And the evening and the morning were the fifth day.

²⁴ And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so.

²⁵ And God made the beast of the earth after his kind, and cattle after their kind, and every thing that creepeth upon the earth after his kind: and God saw that it was good.

Genesis 1:20-21 sound like life on the planet started in the water.

“let the waters bring forth...”

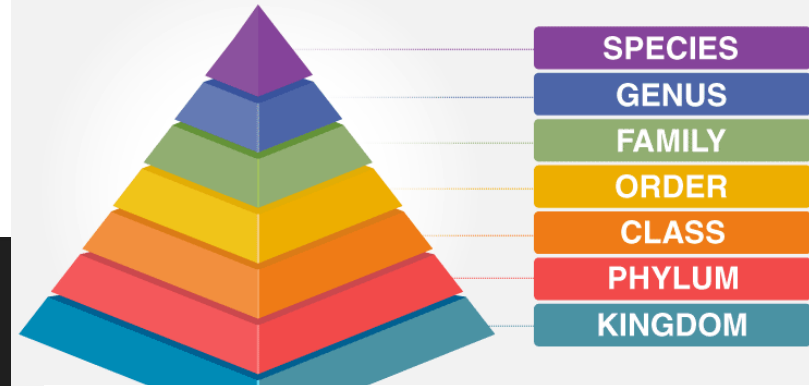
Yes, scientists overwhelmingly agree that life on Earth began in water. However, the exact location and specific chemical processes remain a subject of debate among researchers. While the early oceans are considered the most likely setting, two main hypotheses exist regarding the specific aquatic environment: deep-sea hydrothermal vents and shallow bodies of water. [\[link\]](#)

Genesis 1:24-25 sounds like the earth “brought forth” life on land.

Once the earth and water brought forth life God started to create new life after their kind... and He created all **Kinds** of animals....

SCIENCE

TAXONOMIC HIERARCHY



CHORDATES

PHYLUM: **CHORDATA**

Animals characterized by notochord, a dorsal nerve cord, an endostyle, pharyngeal slits, and a post-anal tail. There are around 80,000 species divided into three subphyla.

• VERTEBRATES •

~ 70,000 SPECIES



Lamprey and hagfish



Cartilaginous and Bony Fish

Animals with a **BONY** or **CARTILAGINOUS** VERTEBRAL COLUMN



Mammals



Amphibians



Reptiles and Birds



• TUNICATES •

~ 3,000 SPECIES



Sea Squirts



Salps



Larvaceans

Animals with **HARD** EXOSKELETON called **TUNIC**

• CEPHALOCHORDATES •

~ 30 SPECIES



Lancelets

FISH-LIKE animals lacking **DISTINCT** HEAD

SCRIPTURE

²⁴ And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so.

²⁵ And God made the beast of the earth after his kind, and cattle after their kind, and every thing that creepeth upon the earth after his kind: and God saw that it was good.

The earth brought forth Living Creatures after their kind, cattle, and creeping thing, and beasts after his kind.

Then God created things out of the things that the earth brought forth.... He created new cattle, creeping thing and beast.

what happened to the Living Creatures???? (see Ezekiel 1)

²⁶ And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

²⁷ So God created man in his own image, in the image of God created he him; male and female created he them.

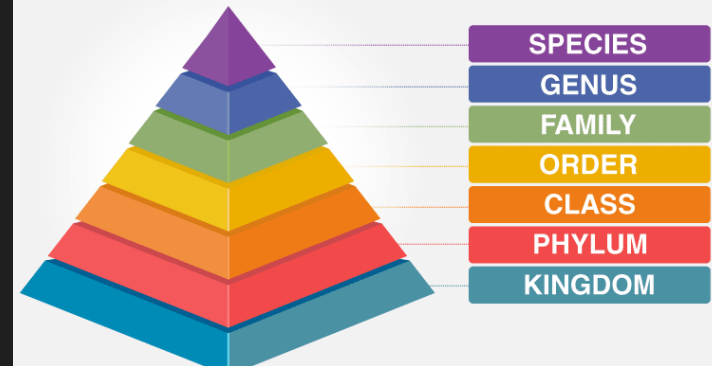
Genesis chapter 2

⁷ And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

SCIENCE

TAXONOMIC HIERARCHY

BYJU'S
The Learning App



Characteristics that make humans chordates

Like all chordates, humans possess the following features at some stage of their life:

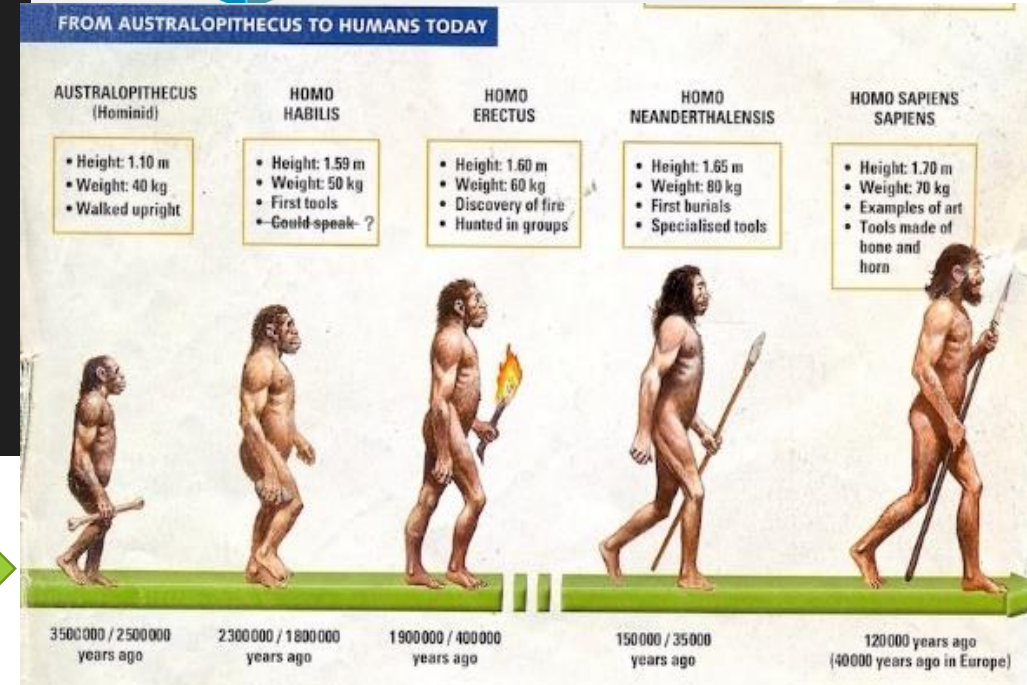
- **Dorsal hollow nerve cord:** A bundle of nerve fibers running down the back, connecting the brain to the rest of the body.
- **Notochord:** A flexible, cartilaginous rod located beneath the nerve cord that provides support.
- **Post-anal tail:** An extension of the body that extends beyond the anus.

Humans within the Chordate Phylum

The phylum Chordata is a broad group of animals that includes many familiar species, such as mammals, birds, reptiles, amphibians, and fish. Humans are classified within this phylum and share key evolutionary relationships with these other groups, highlighting our common ancestry and biological characteristics.

Are these the living creatures that the earth brought forth?

God chose mankind over the other kinds of animals to make in His image and likeness.



The theory of Biblical Evolution is the salvation story. God took man out of the world and made him a new creature. “if any man be in Christ, he is a new creature...” – 2 Corinthians 5:17

SCRIPTURE

TIME

SCIENCE

2 Peter 3:8

But, beloved, **be not ignorant of this one thing:**

*that one day is with the Lord as a thousand years
and a thousand years as one day.*

If the **Source** of the source code is binary then:

A day is as a thousand years.

("1000 years" expressed in binary code (base-2) is written as: 1111101000)

So then: 1,111,101,000 is as a day.

day 2, 3, 5, and 6 are the *days* that the planet was formed according to Genesis.

4 (days for the plant to form) X 1,111,101,000 is 4,444,404,000 (**4.44 billion**)

6 days of creating the universe times 1,111,101,000 = 6,666,606,000. (on day 7 He rested)
but, in the beginning was the Word and
*the Word **was God** (1) and the Word **was with God** (2)*

6,666,606,000 x 2 = 13,332,202,000 (**13.33 billion**)

Life begins with a spark
(hyperlink)

**the mathematical theory is sound but the correct equation has yet to be discovered.*

Professor Jim Gates, a world renowned physicist, has discovered "error correcting code" within the equations that govern the laws of our cosmos.

...source code...

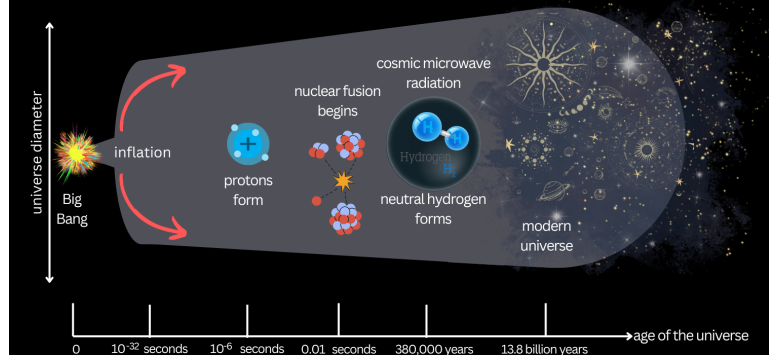
...strings of 1s and 0s. (click here to view his explanation)

4.543 billion years



How Old Is the Universe?

~13.8 Billion Years Old



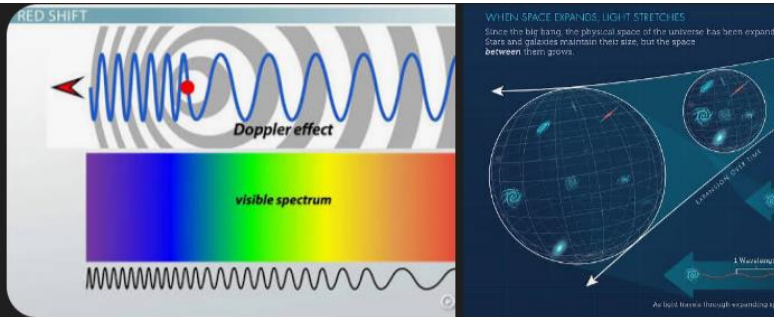
SCRIPTURE

LIGHT

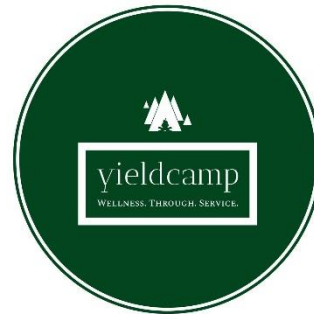
SCIENCE

John 1:4 in him as life and *the life was the **light** of men.*

John 8:12 I am the ***light** of the world:*



Redshift, in astronomy, is **the phenomenon where light from distant objects appears shifted towards the red end of the spectrum due to the expansion of the universe**. This stretching of light waves is similar to the Doppler effect with sound, where a moving object's sound waves are compressed or stretched depending on its direction of motion relative to the observer. In cosmology, redshift is a key tool for measuring the distance and speed of galaxies, as more distant galaxies exhibit greater redshift.



Wikipedia
<https://en.wikipedia.org>

Redshift

A redshift is an increase in the wavelength, or equivalently, a decrease in the frequency and photon energy, of electromagnetic radiation (such as light).

Light is an electromagnetic wave that travels at a speed of approximately 299,792 kilometers per second. It exhibits both wave-like and particle-like properties, which allows it to be described by its wavelength, frequency, and interactions with materials. The visible light spectrum is just a small part of a much larger electromagnetic spectrum that includes various types of radiation.

Redshift is used to determine **the distance to distant astronomical objects and their velocity away from us**. By measuring the stretching of light waves, which causes them to shift towards the red (longer wavelength) end of the spectrum, astronomers can quantify how fast an object is moving away and how far away it is. This relationship between redshift and distance, known as the Hubble relationship, provides key evidence for the **expanding universe**.



SCRIPTURE

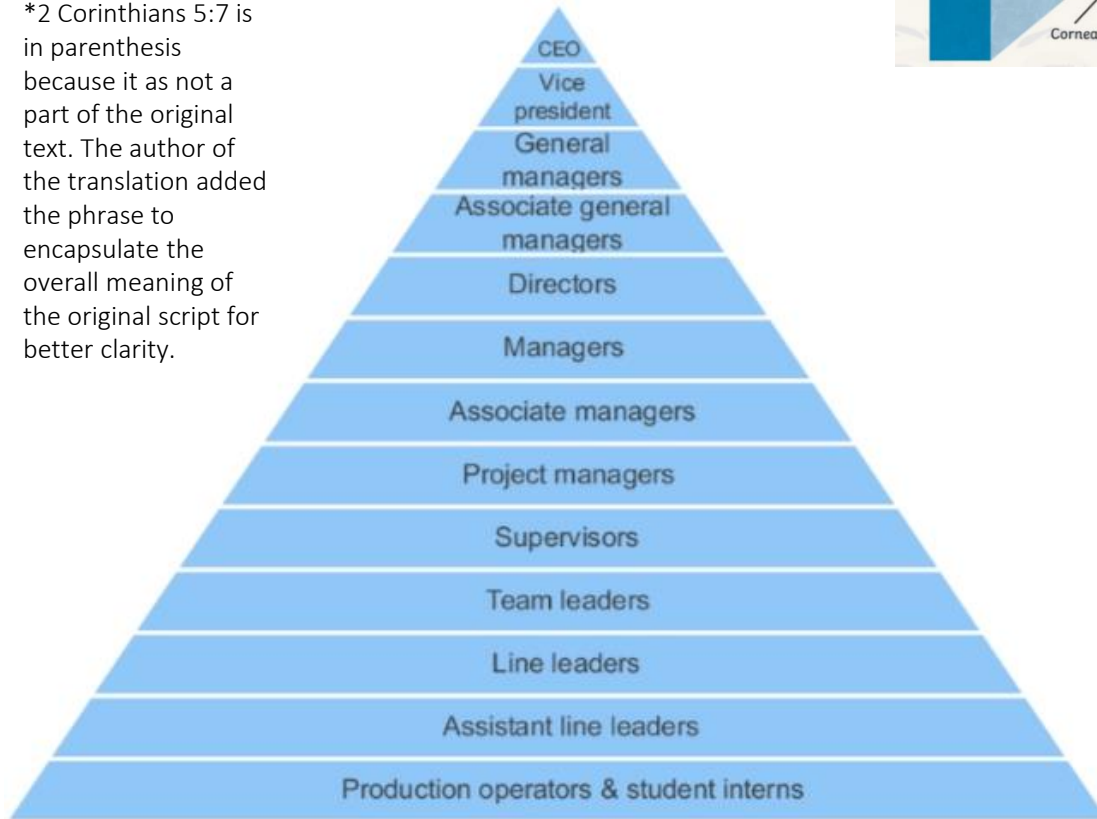
SIGHT

SCIENCE

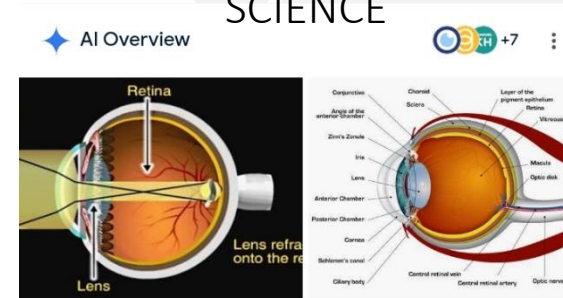
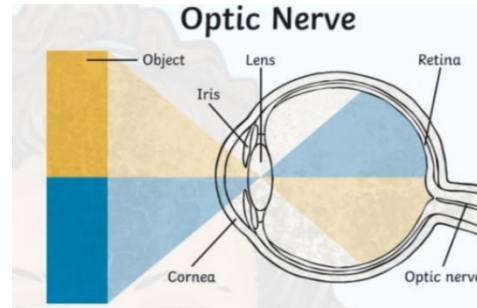
2 Corinthians 5:7 ✓ King James Version ✓

7 (For we walk by faith, not by sight:)

*2 Corinthians 5:7 is in parenthesis because it is not a part of the original text. The author of the translation added the phrase to encapsulate the overall meaning of the original script for better clarity.



How we see leadership



The human eye works by focusing light through the cornea and lens onto the retina, which converts the light into electrical signals. These signals are then sent through the optic nerve to the brain, which interprets them as a recognizable image. The brain processes the image, even flipping it right-side up, to form the visual experience we perceive.

Here's a step-by-step breakdown of the process:

1. Light Entry and Bending:

- Light reflected from an object enters the eye through the cornea, the transparent outer layer at the front of the eye.
- The cornea begins to bend, or refract, the light.

2. Pupil and Iris:

- The light then passes through the pupil, the black opening in the center of the eye.
- The iris, the colored part of the eye, controls the size of the pupil, allowing more or less light to enter. In bright light, the pupil constricts, while in dim light, it dilates.

3. Lens Focuses Light:

- Next, the light hits the lens, which further bends and focuses the light onto the retina.
- Ciliary muscles change the shape of the lens to focus on objects at different distances.

4. Retina and Signal Conversion:

- The focused light lands on the retina at the back of the eye.
- The retina contains light-sensitive cells called rods (for vision in low light) and cones (for color and detail).
- Rods and cones convert the light energy into electrical signals.

5. Transmission to the Brain:

- These electrical impulses are carried by the optic nerve, a bundle of nerves, from the retina to the brain.
- The brain's visual cortex receives these impulses and interprets them as a coherent, right-side-up image.

6. Perception:

- Through this entire complex process, the brain constructs the visual information into the image that we consciously see.

SCRIPTURE

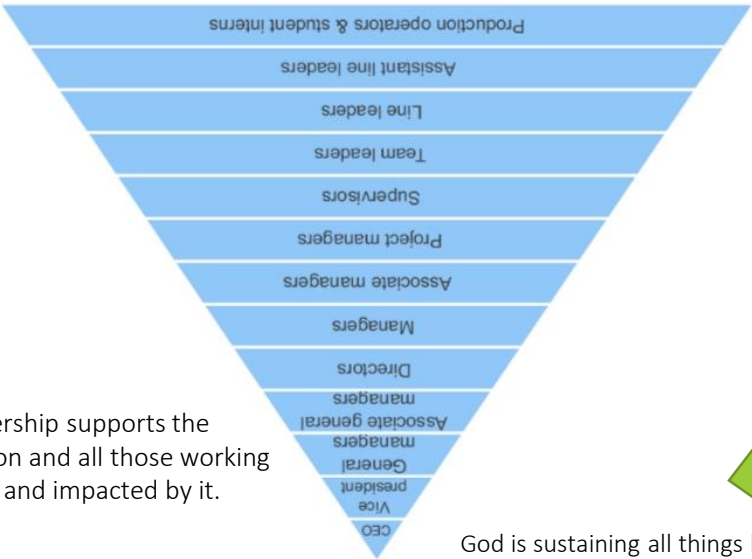
SIGHT

SCIENCE

God’s Final Word: His Son

1 In the past God spoke to our ancestors through the prophets at many times and in various ways,
2 but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom also he made the universe. **3** The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven. **4** So he became as much superior to the angels as the name he has inherited is superior to theirs.

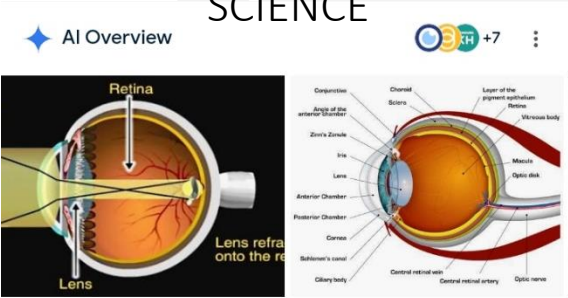
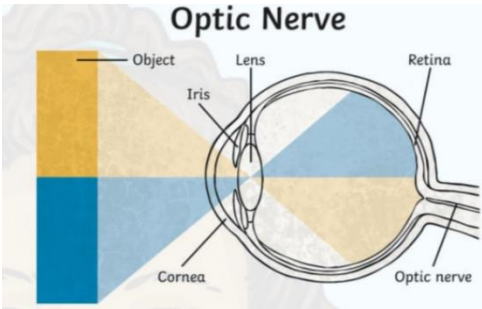
Hebrews 1:1-4



True leadership supports the entire vision and all those working towards it and impacted by it.

God is sustaining all things by His powerful word

How God sees leadership & Himself



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7 Root Self-Care Toolkit

Utilizing CIC Everyday

available on yieldcamp.org

Click [here](#) to download



7-Root Tool-Kit actualized (CIC and WIEC in action)

\$

1

Satchel & Lahoma, LLC
nature's calling

Satchel and Lahoma's Non-pharmacological Mental Health Treatment Model #1:

"the principles and procedures in this model are supported by, but not limited to:"

"Therapy Without a Therapist", <http://www.psychologytoday.com/us/blog/therapy-get-behind-2016/04/therapy-without-therapist>
"Journal Therapy", <https://www.addiction.com/addiction-therapy>
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"How to Safely Get Vitamin D from Sunlight", <https://www.healthline.com/health/vitamin-d-from-sun>

2019 June 01
Satchel & Lahoma, LLC

60-minute* Non-pharmacological Stress and Depression Reduction Treatment Model

* (30-minute/180-minute | min/max time)

this model incorporates:

Dialectical Behavioral Therapy	Art Therapy	Serotonin increase
Cognitive Behavioral Therapy	Bio-reintegration	Exercise/Endorphin release
Psychodynamic Therapy	Spiritual Growth	Vitamin D increase

Strategy:

Prep - Shower/Bath/Wash/Hygiene
Charge phone, device or camera
Download Apps – "iNaturalist" | "Dminder"
(species recognition | sun/vitamin D monitor)

(optional – Fill Out Pre-Action Questionnaire)

Supplies -

Trash bag/Plastic bag
Notebook/Pad/Journal and pen
Bottle of water (if you have it)
SILENCE DEVICES

Actions -

Walk 20 minutes into or towards forest, park or woodland areas.
- sit under/near tree for 30 minutes if no woodland area available.
Breathe slow (4 second inhale/exhale intervals).
Focus on sights, smells, sounds and sensations.
Take pictures of nature, flowers, picturesque trees, water and animals.
Sit for 20 minutes under/near tree while journaling or "stream-of-consciousness" writing.
Walk 20 minutes back towards starting point
Forage for flowers, pine needles, edible plants/mushrooms and rocks (use iNaturalist app)

Debrief -

(optional – Fill Out Post-Action Questionnaire)
Review, type and save above Action-journal entries
Review, edit and store photos.
- repeat this step after each action for long-term photo project
Update journal entries – write last word/conclusion.

satchelandlahoma@gmail.com

\$

2

Satchel and Lahoma's Non-pharmacological Mental Health Treatment Model #1: For PTSD, Depression and Bipolar Disorder

"the principles and procedures in this model are supported by, but not limited to:"

"Therapy Without a Therapist", <http://www.psychologytoday.com/us/blog/therapy-get-behind-2016/04/therapy-without-therapist>
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Psychodynamic Therapy	Spiritual Growth	Vitamin D increase

Method:

Shower/Bath/Wash/Hygiene - Good hygiene improves mood and decreases disease and depression | www.thedailymeditation.com/hygiene
Charge phone, device or camera - Fully charge for photos, videos, gps and emergencies only.
Apps – "iNaturalist" | "Dminder" - Species recognition | sun/vitamin D monitor
Get Dressed/Change Clothes - Clean clothes improve mood and decrease the spread of bacteria and depression.
(optional – Pre-Action Questionnaire) – complete, photo/scan and anonymously return attached questionnaire via email for research.

Trash/Plastic bag - "Good deed/volunteer" trash pickup as you walk. | www.greentherapy.com/good-deeds-and-good-mental-health/
Notebook/Pad/Journal and pen - Record sights, sounds, smells, feelings, thoughts, and/or write creatively.
Bottle of water (if you have it) - Hydration
SILENCE ALL DEVICES - Maintain a sense of meditation and awareness throughout the Action.

Walk 20 minutes into/towards woodland areas - Walking burns calories, increases heart health and releases endorphins.
(sit under/near tree if no woodland area available.)

Breathe slow (4 second intervals) - Slow breaths increase oxygen in the blood and activate the parasympathetic nervous system.
Focus on sights, smells, sounds and sensations - Establish memories that can be later triggered and recalled to mitigate stress.
Take pictures of nature and animals - Finding and capturing pictures helps to distract the mind and fosters a peaceful state.

Sit for 20 minutes under/near tree while journaling - "Forest Bathing" | www.stress.org.uk/forest-bathing.html
Walk 20 minutes back towards starting point - Walking burns calories, increases heart health and releases endorphins.
Forage for flowers - Legally collect flowers for DIY essential oil and aroma therapy projects

(optional – Post-Action Questionnaire) - complete, photo/scan and anonymously return attached questionnaire via email for research.
Review, type and save above Action-journal entries - Helps to strengthen the memory and experience of the Action.
Review, edit and store photos - Build a "Memory Library" as a stress-reduction tool.
Update journal entries - Add any last minute epiphanies or experiences to strengthen the memory and experience of the Action.

satchelandlahoma@gmail.com

\$

3

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Pre/Post Action Questionnaire:

The Emotional Stress Reaction Questionnaire (ESRQ):
Measurement of Stress Reaction Level in Field Conditions in 60 Seconds

APPENDIX A: The Emotional Stress Reaction Questionnaire

Name: _____
Weather: _____

INSTRUCTION

Below is a list of words describing different emotions. Based on each word and how you feel, please indicate the stress level you are experiencing.

Respond as follows:

- 1 The word does not correspond to how you feel right now.
- 2 The word partly corresponds to how you feel right now.
- 3 The word fully corresponds to how you feel right now.
- 4 The word completely corresponds to how you feel right now.

Respond with the alternative that best matches your mood:

1. Sadness	1 2 3 4	5. Worry	1 2 3 4
2. Fear	1 2 3 4	6. Confusion	1 2 3 4
3. Frustration	1 2 3 4	7. Irritation	1 2 3 4
4. Guilt	1 2 3 4	8. Disappointment	1 2 3 4
9. Alert	1 2 3 4	10. Nausea	1 2 3 4
6. Fear	1 2 3 4	11. Heat	1 2 3 4
7. Confusion	1 2 3 4	12. Sleep	1 2 3 4

Revised by Satchel & Lahoma, LLC by
Yield Camp, Sustainable Living & Learning

satchelandlahoma@gmail.com

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Target:

PTSD Bipolar Disorder Depression

Caution:

DO NOT attempt to change how you are feeling.
Acknowledge the presence of an emotion.
Acknowledge any physiological symptoms.
Journal what you are thinking, not what you are feeling.

Follow-up

Share this model and your journal entries with your licensed therapist.
No steps in this model should be modified without your licensed therapist.

Resources:

National Suicide Prevention Lifeline: 1 (800) 273 – 8255
PTSD Crisis Line: 1 (844) 549 – 4266
Depression Crisis TEXT Hotline: text CONNECT to 741741
Substance Abuse and Mental Health Services Administration (SAMHSA): 1 (800) 622 - 4357

Available handout





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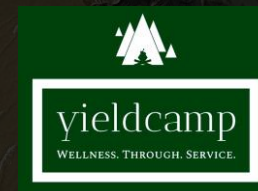


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Thank You



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