

OFFICIAL NATURE NERD

July—August Outdoor Report 2025



JULY is
Minority Mental Health
Awareness Month

AUGUST is national wellness month

NEED TO TALK TO SOMEONE UNDERSTANDING? -

Send text to 988

Or call - 1 (800) 273 - 8255

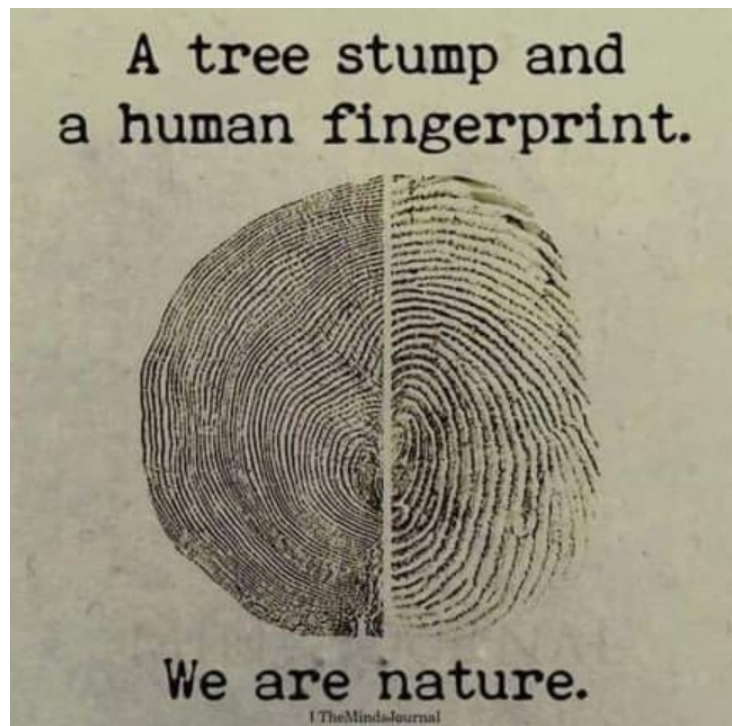
VETERANS CRISIS LINE 1 (800) 273-8255

Substance Abuse and Mental Health Services Administration

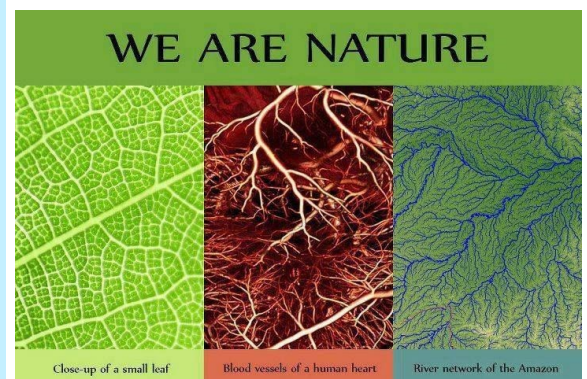
call SAMHSA @ 1 (800) 662 - 4357

Crisis hotline – text HOME to 741741

UNDERSTANDING THAT WE ARE ALL CONNECTED AND DESIGNED TO
WORK IN CONCERT WITH NATURE HELPS TO ACCPET THE POSSIBILTY OF
AND SOLIDIFY BELIEF IN A HIGHER POWER.

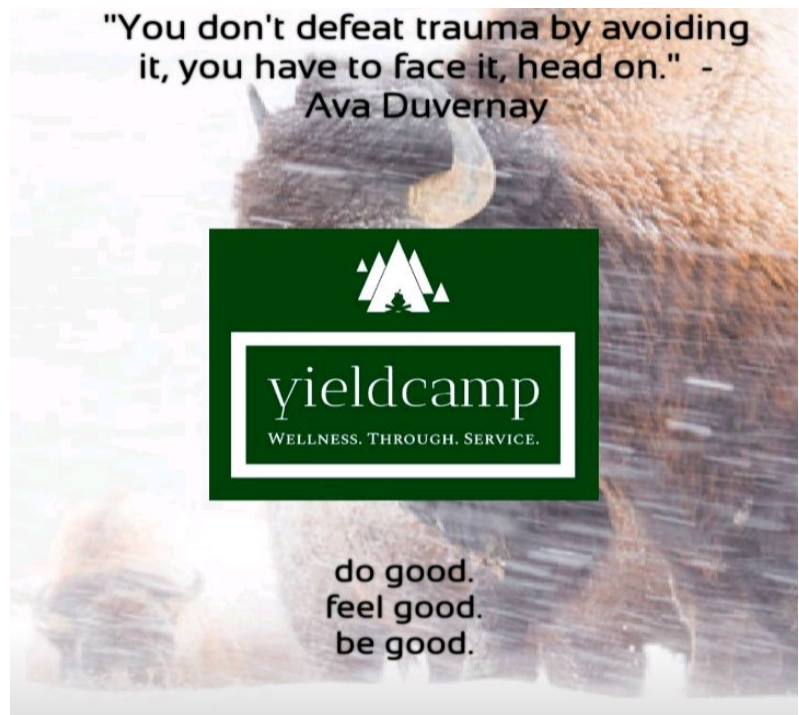


EnvironMental stewardship takes nature facts, science and conservation best practices to better learn how to care for, manage and sustain our entire self.



NATURE INTERPRETATION

Knowing information and facts about nature can create meaningful and true interpretation opportunities that will help foster connection.



Wellness Informed Environmental Conservation uses interpretation to extract life lessons and wisdom from the natural environment that can be applied to everyday situations or studied, developed and codified into sustainable health and wellness strategies and personal philosophies for holistic self care.



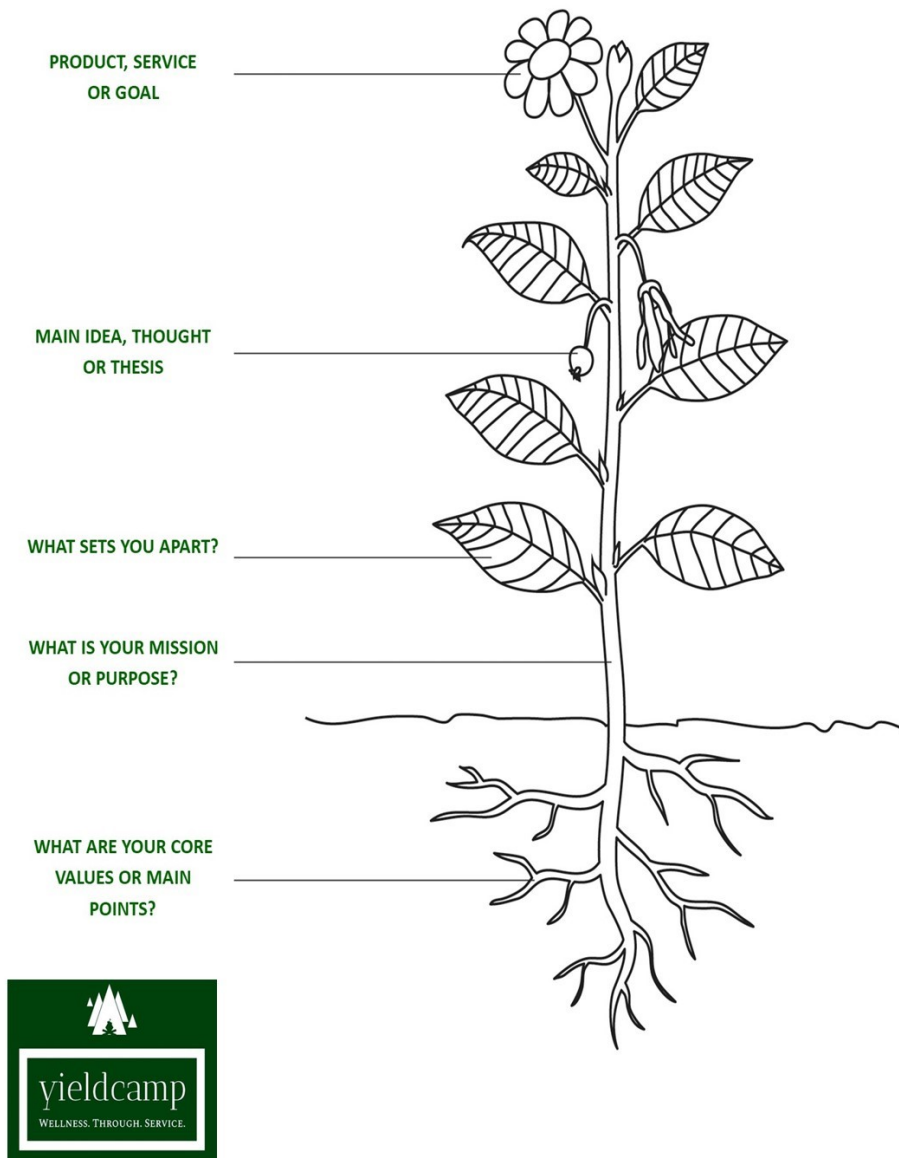
Similes and metaphors are great ways to build strong connections and interpretations.

Take control of what's growing around you

**USE THIS STRUCTURE OF A PLANT TO VISUALIZE AND BUILD YOUR
NEXT PROJECT, PAPER, BUSINESS, IDEA OR PLAN.**

AND DON'T FORGET TO WATER IT DAILY!!!

PLAN YOUR PLANT



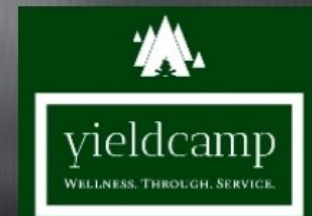
**SETTING NEW GOALS AND PURSUING NEW IDEAS ACTIVATES AN INTERNAL
EVALUATION OF SKILLS AND RESOURCES AND CREATES AN ATMOSPHERE OF
SELF-REFLECTION ALLOWING FOR CONSTANT INTROSPECTION AND CHANGE**

Every plant on the planet is either a tree, bush/shrub, vine or herb and a healthy forest contains all 4.
#message

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

identifying these roles in your team, family or friend group is essential.

knowing which one you are helps clarify your role.






What is EnvironMental Stewardship?

Hands-on interaction with nature through stewardship and conservation using industry best practices and outdoor recreation to create wellness strategies.

If it works in and for our natural environment it will work in and for us too.

In addition to receiving all of the benefits that come from immersing in and directly interacting with nature, we are also able to extract life lessons, strategies and understandings that lead to holistic health and wellness tools.

ACCEPTING EXTRACTED LIFE LESSONS HELPS TO REVEAL OUR MORAL BASE.

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

	gifts and vocations
 Trees Provision Authority	Leadership Teaching CEO/Principle Manager/Supervisor Therapist/Counselor Coach/Mentor
 Bushes/Shrubs Protection Safety	Helper Server First Responder Attorney/Mediator Life Guard/Security I.T./Tech support
 Vines Restriction Correction	Prophecy Mercy Judge/Chaperone Code Inspector Quality Control Human Resources
 Herbs Nourishment Nurturing	Empath Encourage Social worker Minister/Priest Nurse/Doctor Teacher/Parent Romans 12:6-8



Nature Walks



Nature Stewardship as wellness for increased connectivity

OUR INTERACTIONS WITH NATURE TEACH US HOW TO YIELD TO AND WORK WITH OUR SURROUNDINGS, HELPING TO RELINQUISH LEVELS OF CONTROL



EnvironMental conservation



Archery as meditation



**Community Partnerships
for enhanced experiences**



**Overnight wellness retreats and
nature based enrichment workshops**

STEWARDSHIP IS THE SECRET

"Stewardship buy's favor that money can't afford" - yieldcamp



Benefits of Nature:

Reduce stress and anxiety. Improve mood.
Creates sense of belonging. Exercise



Benefits of Volunteering:

Reduce stress and anxiety. Improve mood
Creates sense of belonging. Exercise

do good.
feel good.
be good.



**PICKING UP TRASH FROM OTHERS HELPS US REALIZE HOW OTHERS HAVE
HAD TO PICK UP OUR TRASH AND HELPS US TO ADMIT OUR WRONGS.**



yieldcamp

WELLNESS. THROUGH. SERVICE.

Nature fosters:

Stress Reduction | Improved Mood | Lower
Blood Pressure | Sense of Belonging

Acts of Service Create:

Stress Reduction | Improved Mood | Lower
Blood Pressure | Sense of Belonging

do good.
feel good.
be good.

photo by yieldcamp



Wineberry (Rubus phoenicolasius) - non-native invasive species from East Asia

Wineberry (Ranger Snacks)

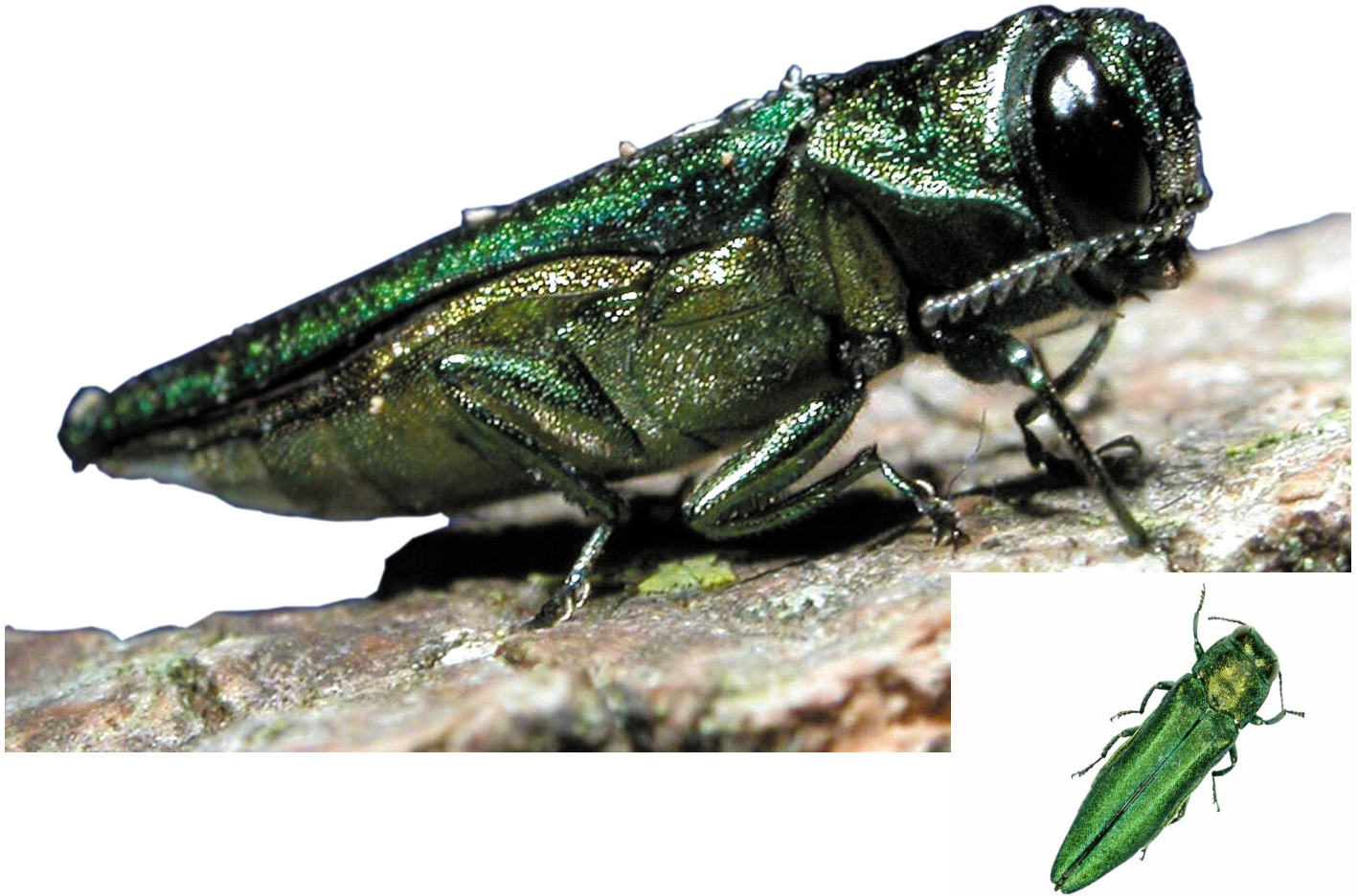
Brought to America in 1890.

Originally introduced as an ornamental plant.

Used for its potential in breeding hybrid raspberries.

Commonly referred to as “ranger snacks” because they are often eaten right off of the vine along trails within parks and forests by staff and volunteers.

Emerald Ash Borer



**** Tree killer ****

Introduced to MD in 2003

Leaves a distinctive pattern on the inner bark.

Depending on the size of the infestation they can take anywhere from 2 - 5 years to kill a tree. On rare occasions its been spotted on trees other than ash throughout the region.

EAB

(Emerald Ash Borer)

Identification and Management

- EAB, Gypsy moths, Asian longhorn beetles and chestnut blight are just a few of the invasive species that can hide in firewood.
- Do Not bring wood into the forest. Buy or collect wood at your location.

Making Treatment Decisions

Emerald ash borer will kill all ash trees that are not protected with insecticide. Dead and dying ash trees can be dangerous when they fall on people and property—especially in urban areas. Simply ignoring the ash trees will pose great safety risks. Use the [EAB decision making guide \(pdf\)](#) to guide you through the decision making process.

Save or remove?

Before you decide, consider:

- ✓ **Tree health.** Trees that have lost more than 30% of their canopy should not be saved with insecticides because too much of the tree is already dead.



Photo credit: Cliff Sadoff

- ✓ **Tree location.** Remove trees that are likely to encounter obstacles as it grows (power lines, buildings, etc.). Save trees planted where they are likely to thrive and provide a service to the community.

Biological Control

Three species of small, stingless wasps are being used to control EAB throughout Indiana and the US. These wasps kill large percentages of EAB in their native range in Asia. All wasps have been thoroughly tested to ensure that they will not attack native insects. It is unlikely that these wasps alone will eradicate EAB, but they help protect ash trees growing from seedlings in the forest. Although more wasps are reared every year, they are only given to professionals for release to ensure that they have the best chance for success.

Don't Move Firewood

Develop a local disposal plan when removing dead and dying ash tree. On its own, EAB can only move about half-a-mile per year but can spread across the country in a matter of days with human help.

EAB isn't the only pest that hides in firewood: both native and invasive pests can hitch a ride inside loads of wood and some were spread even before they were identified as problems. Gypsy moths, Asian longhorned beetles, and chestnut blight are just a few of the invasive species that can hide inside firewood.

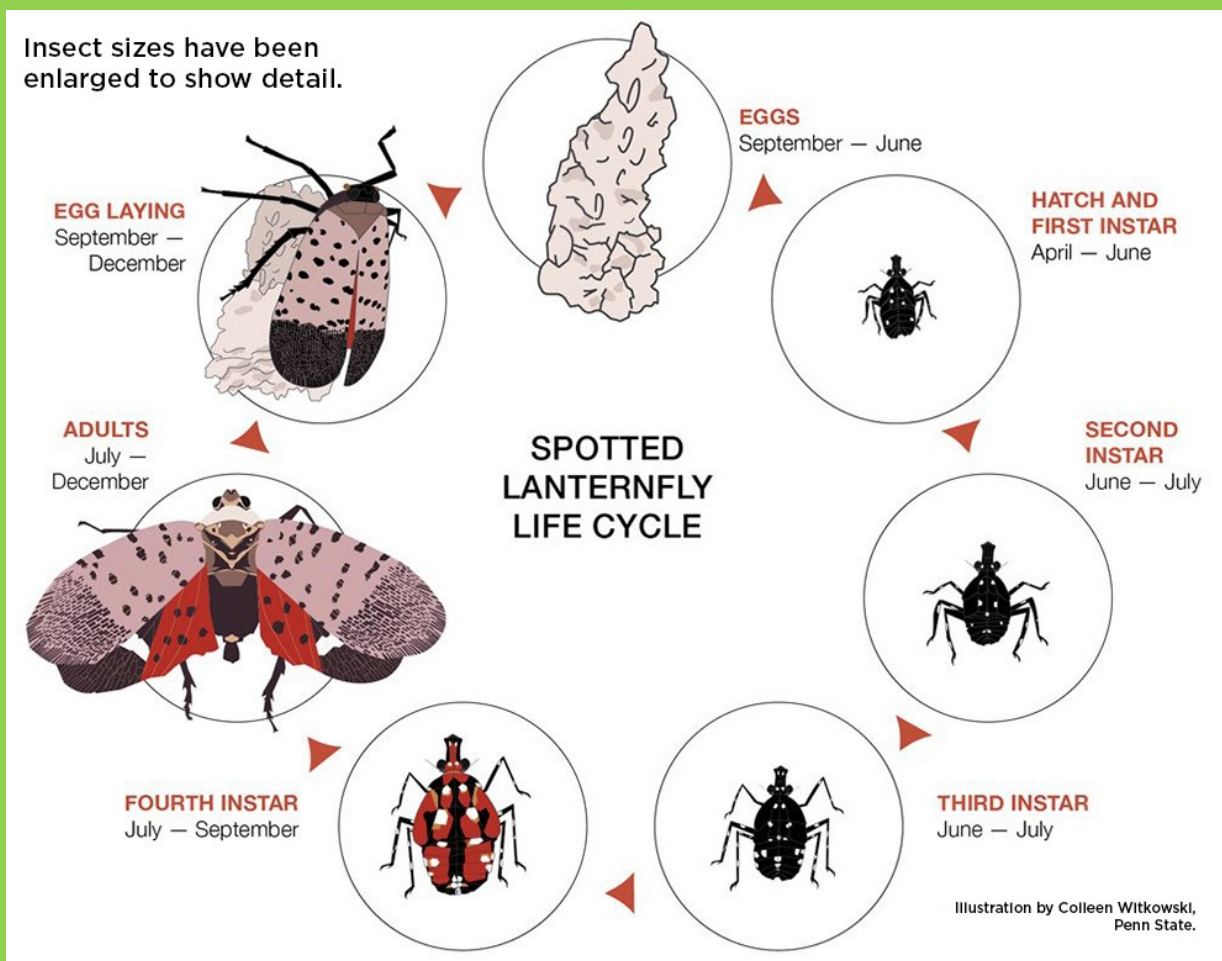


Spotted lanternfly

Harmless to humans but detrimental to the environment

MD-DNR and Environmental experts say to

KILL ON SIGHT!!!



Outdoor Exploration and Adventure BEST PRACTICES

NATURE NEWBIE CHECKLIST



1. Never step ON anything that you can step OVER.
2. When looking under logs, roll them towards you, not away.
3. Add water, bug spray and a whistle to your first aid kit.
4. Make sure your cell phone is fully charged.
5. Make sure someone knows where you are and for how long.
6. Remove ear buds and be aware of your surroundings.
7. Where possible, use maps when hiking in a new area.

EASY WAYS TO GET INTO NATURE

- *Take a walk* in your neighborhood. Believe it or not, when you step outside you are in nature.
- *Have a picnic in the park* with family and friends. A quick and easy way to get nature immersion.
- *Fly a kite*. Exercise while in nature multiplies nature's impact. And it takes work to fly a kite.
- *Pick up trash*. If running around to get a kite in the air is too much, try this, it'll pick up your mood too.
- *Go fish*. No really, go fishing. Now you're adding meditation and the impact of water with immersion.
- *Build and hang a bird house*. You will engage creativity as well as foster feelings of belonging and joy.
- *Take pictures* of trees, flowers and nature. Studies show that simply viewing nature photos is healing.

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





Nature Therapy

NATURE & STRESS

Science has proven that:

- Just looking at pictures of the forest , the ocean, rivers or trees can help reduce stress on a chemical level within the body.
- Many, if not all, birds sing at 432hz which has been proven to be the frequency that increases a person's mental clarity and perception as well as unlock intuition, reduce blood pressure, slow down heart rates and reduce anxiety.
- Scratching the dirt with a stick before you sit will stir up microbes in the soil that boost serotonin production and norepinephrine when inhaled.
- Trees release Phytoncides which increase the activity of tumor killing cells called NK cells.



HIKING FOR HEALTH

We all know that:

- Hiking releases endorphins that improve mood.
 - Hiking helps lose weight
- Hiking builds all muscles including the heart.

But did you know that:

- Hiking boosts bone density?
- Hiking lowers diabetes and blood pressure?
- Hiking can help boost self esteem
 - Hiking is FREE!!!



Trash & debris pickup IS not only good for nature:

It's good for exercise.

It's good for immersion.

It boosts self esteem.



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.

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.

5 SENSES MEDITATION. (see below)
GROUP ACTIVITIES.
SITUATIONAL AWARENESS. OBSERVATION.
ENVIRONMENTAL STEWARDSHIP.
TRAIL CREATION.
ARCHERY. MEDITATION. BOX BREATHING.
CAMPING. HIKING. EMERGENCY PREP.



5 SENSES MEDITATION

5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

1 thing you can taste



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