

Our Sense of Place Introduction

In August 2009 we began a new, year long program learning about our place in respect to the Arkansas River bioregion. This program is designed to explore the natural world of the Upper Arkansas River Valley through seminars, outdoor adventures and activities to acquaint and promote a 'rootedness' in the place we call home. Understanding the local bioregion enables participants to experience the inter-connectedness of our Valley while developing a sense of community through shared journeys and exploration.

Program Structure

On a monthly basis there is an evening program and a fieldtrip. The evening program is an enriching seminar addressing a specific topic of our rich and diverse environment. Most of the evening programs are open to the public. For registered participants, the monthly seminars will be enhanced with an exploratory fieldtrip to examine first-hand the natural wonders of our area. The Sense of Place program is designed to cover an entire year focusing on the many different segments that make up the whole of our ecosystem from the River to Alpine and Subalpine Flowers, from Geology to Astronomy, from Indigenous Peoples to the History and Future of Agriculture in our Valley. For scheduling reasons, we have divided the program into seasonal sessions. We truly hope that you will be able to join us for this local exploration.

Season Three Cost

Cost for three-month study program includes all evening lectures and fieldtrips.

\$45 GARNA members
\$55 non-members

Pre-registration required by June 18, 2010

Maximum 25 participants

For fieldtrips, please bring a notebook and something to write with for journaling and dress appropriately. We will discuss items such as food, ridesharing, etc. for the fieldtrips prior to each event.

Season Three Topics and Dates

June

Medicinal Plants and their Uses

Sunday, June 27, 2010

Presenter: Lindsay Lund, CCA

Open *only* to SOP participants

Lindsay Lund, Certified Clinical Herbalist and owner of Vital Living in Salida, will take Sense of Place participants on a medicinal herb walk where she will discuss the medicinal and traditional uses for the plants found in the area. She will explain proper ethical wildcrafting technique and the class will harvest some herbs of their own.

Time and Location: details to be announced

Cost: Part of Sense of Place Season 3 registration

How to Make Plant Medicines

Monday, June 28, 2010

In the second part of the Medicinal Plants and their Uses seminar, Lindsay Lund will instruct the Sense of Place participants in making plant medicines from the plants harvested on the Sunday medicinal herb hike.

Time and Location: details to be announced

Cost: Part of Sense of Place Season 3 registration

July

What's up there? The Subalpine Ecosystem

Monday, July 19, 2010

Presenter: Mike Wrigley, Biologist, USFS

The subalpine ecosystem, dominated by Engelmann spruce and subalpine fir forests, is characterized by long, cold winters, brief, cool summers and high annual precipitation. US Forest Service biologist Mike Wrigley will talk about the common and rare plants and animals found in this challenging high-altitude environment and discuss some of the past, present, and future management issues and threats to this fragile ecosystem.

Time: 7:00 PM

Location: Salida Community Center

Cost: *Free* to GARNA members and paid Sense of Place Season 3 participants, \$5 for non-members

Hike to Lost Lake

Saturday or Sunday, July 24 or 25, 2010

On a leisurely hike to Lost Lake, led by Marilyn Moore and Sara Ward, Sense of Place participants will look at the plants of the subalpine forests, meadows, rock falls, and riparian areas and learn about their adaptations to these unique environments. Half of the participants will hike on Saturday, the other half on Sunday.

Time: details to be announced

Cost: Part of Sense of Place Season 3 registration

August

Indigenous Peoples: Ceremonial Areas of South Park and the San Luis Valley

Monday, August 9, 2010

Presenter: Becky Donlan

Becky Donlan will present information on "Ceremonial Areas of South Park and the San Luis Valley" including the various tribes who have inhabited the area and the stone structures being documented and researched. The program is presented by Native American Research and Preservation, Inc., a Colorado-based non-profit. Their mission is to preserve, interpret, and document Native American prehistoric and historic sites.

Time: 7:00 PM

Location: Salida Community Center

Cost: *Free* to GARNA members and paid Sense of Place Season 3 participants, \$5 for non-members

Monarch Game Drive Hike

Sunday, August 15, 2010

Becky Donlan will lead a high-altitude hike for SOP registrants to the Monarch Game Drive location. This area was originally documented as a high-altitude hunting site. Further research is being done to explore other possible uses as well, such as archaeoastronomy and ceremonies.

Time: 9:00 am – 1:00 pm

Cost: Part of Sense of Place Season 3 registration



**Sense of Place
Season THREE
Registration Form**

Name

Address

City State Zip

Tel

Email

Course	Cost	# Attending	Total
Our Sense of Place – Season Three	\$45 GARNA members; \$55 non members		\$

Registration deadline is June 18, 2010.

Many programs are quite popular and have a limited capacity. Therefore, a place for you can only be secured upon receipt of payment.

Mail to:
GARNA
PO Box 1522
Salida, CO 81201

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www.garna.org

Presenter Bios

Lindsay Lund, C.C.H.

Lindsay Lund is a Certified Clinical Herbalist and has been studying herbal and nutritional therapies for twelve years, eight of which as a practicing Clinical Herbalist. Lindsay owns and operates Vital Living Herbs and Nutrition with her husband Mac in downtown Salida. *Elemente'* is a successful line of face and body care products created and formulated by Lindsay. She enjoys wildcrafting herbs in the Colorado mountains to make medicine for herself and her family and also enjoys working with dogs and cats using natural therapies. Lindsay lives in Salida with her husband, two dogs, and three cats.

Mike Wrigley

Mike Wrigley has been a professional Wildlife Biologist for over 25 years. Over the course of his career, Mike has had extensive experience in working with numerous birds, herptiles, mammals, and many other species in various ecosystems throughout the west. He has dedicated his career to the conservation of wildlife and their habitats and ecologically responsible land resource management principles. Eight years ago he accepted a position as the San Isabel Wildlife Biologist for the US Forest Service in Salida, where he currently is working. He recently was recognized by his peers in the USFS as the "Wildlife Biologist who most exemplifies excellence and dedication in wildlife conservation."

Becky Donlan

Becky Donlan is the president of the Native American Research and Preservation, Inc. They work with tribal elders, historic preservation offices, Smithsonian archaeologists, the state Archeology office, the State Land Board, USDA Forest Service and other preservation groups to preserve, document, and protect the Native American sites in Colorado. They also work to educate the public about what these places meant to the Native Americans so hopefully people will be respectful when finding them.

**Greater Arkansas River
Nature Association**

**“Our Sense of Place”
Season *THREE*
A Seasonal & Year
Long Study Program**



It's easy to register!

Simply fill out the registration form or go online, print and mail to:

GARNA
PO Box 1522
Salida, CO 81201
info@garna.org
www.garna.org
719.539.5106