

1995 Project Abstract
For the Period Ending December 31, 1997
This project was supported by MN Future Resources Fund

Title: Together Outdoors MN, N1
Project Manager: Greg Lais, Executive Director
Organization: Wilderness Inquiry
Address: 1313 Fifth St. SE, Box 84, Mpls., MN 55414
Web Site Address: www.wildernessinquiry.org
Legal Citation: ML95, Chp. 220, Sec. 19, Subd. 6(l) .
Appropriation Amount: \$575,000

Statement of Objectives

Primary outcome goals: 1) Establish Minnesota as a model state for inclusion of diverse populations in natural resource programs; 2) Increase quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor resources; 3) Improve quality of outdoor program service delivery for all Minnesota citizens.

Overall Project Results

- Completion of Outdoor Diversity Training by 53 participants.
- Training of 717 outdoor recreation service providers about working with diverse populations, adapting facilities or programs, facilitating inclusion and increasing participation by diverse users.
- Outreach activities including presentations and consultations which served 2379 people.
- Development of an accessibility resource manual that is available to outdoor recreation service providers.
- Creation and dissemination of four Together Outdoors Minnesota newsletters.
- Conducted public awareness events throughout the state, serving 8780 individuals.
- Creation of an accessible facility guidebook highlighting state, county, and municipal parks throughout the state of Minnesota.

Project Results Use and Dissemination

Together Outdoors Minnesota has furthered the implementation of *A Green Print* for Minnesota and enhanced the quality of life for people of different abilities and cultures by providing accessible outdoor recreation opportunities and training about inclusion of diverse populations in natural resource programs. Members of diverse cultural and disability groups were involved in the planning and delivery of educational programs and opportunities. Professional trainings were conducted on ways to recognize the needs and contributions of cultural groups in Minnesota, including the cultural heritage, traditions and values of Asian-Pacific Minnesotans, American Indians, African American Minnesotans and Mexican-Chicano-Latino Minnesotans, and Minnesotans with disabilities. Outreach activities including presentations, consultations and public awareness events were conducted to help develop a positive regard for all people, regardless of race ethnicity, social class or ability level.

Together Outdoors Minnesota

...furthering the implementation of *A Green Print for Minnesota*



PROJECT GOALS

- To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.
- To improve the quality of life for people of all abilities and cultures through improved access to Minnesota's outdoor resources.
- To improve the quality of outdoor program service delivery for all Minnesota citizens.

Together Outdoors Minnesota is a collaborative effort of **Wilderness Inquiry**, **Vinland Center**, and the **Minnesota Department of Natural Resources** to train people with disabilities and/or members of minority communities on outdoor accessibility issues.



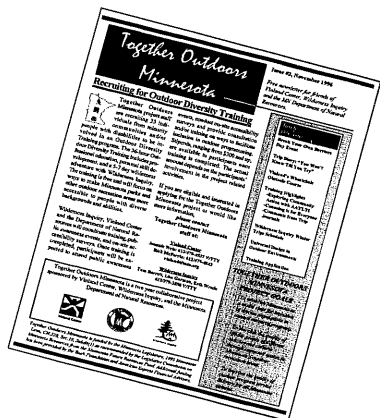
Project Related Activities:

Providing Opportunities For People of All Backgrounds and Abilities

- ✓ **Outdoor Diversity Training**
- ✓ **Professional Training / Consultation**
- ✓ **Public Awareness Events**
- ✓ **On-Site Accessibility Surveys**
- ✓ **Outreach to Diverse Populations**
- ✓ **Resource Manual**

General guidelines for achieving project goals:

- Involve members of cultural groups in the planning and delivery of educational programs and opportunities.
- Provide extensive race relations, learning styles, cross-cultural communications and sensitivity training.
- Recognize the needs and contributions of cultural groups in Minnesota, including the cultural heritage, traditions and values of Asian-Pacific Minnesotans, American Indians, African American Minnesotans and Mexican-Chicano-Latino Minnesotans.
- Develop a positive regard for all people, regardless of race ethnicity, social class or ability level.



Together Outdoors Minnesota is funded by the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund. Additional funding has been provided by the Bush Foundation and American Express Financial Advisors.

For more information, contact Together Outdoors Minnesota at: 612/479-3555 V/TTY or vinland@mtn.org

Outdoor Diversity Training

Through an extensive recruiting process, 53 individuals with diverse backgrounds were selected to be involved with the Together Outdoors Minnesota project. These individuals went through an Outdoor Diversity Training program to prepare them to assist natural resource service delivery personnel in making their services, programs and facilities universally accessible. The training content included: 1) personal skills development including leadership and group dynamics; 2) diversity skills development including cultural sensitivity, disability awareness, and compliance with the ADA; and 3) outdoor education skills, such as stewardship and environmentally responsible attitudes, which are part of the environmental education goals outlined in the 1993 *Green Print for Minnesota*.

Representation from the following communities:

| | | | |
|---------------|----|------------------|---|
| Disability* | 31 | Native American | 3 |
| Asian-Pacific | 7 | African American | 5 |
| Latino | 1 | Indian | 3 |
| Gay/Lesbian | 3 | Veteran CD/PTSD | 4 |

*Some individuals may represent more than one community

Professional Training / Consultation

To make Minnesota's outdoor education, recreation programs and facilities universally accessible, individuals who went through the Outdoor Diversity Training program have conducted professional training/consultation at various places throughout the state. In our experience, most outdoor recreation personnel do not lack the desire or commitment to make programs and facilities accessible, they simply lack the necessary skills and techniques. *A few of the training sites:*

| | |
|--|----------------------------------|
| Hennepin Parks | W. Harry Davis Youth Leadership |
| YouthCARE | US Forest Service |
| MN Rec. and Park Assoc. | Minnesota Naturalist Association |
| Wolf Ridge Environmental Learning Center | Forest Resource Learning Center |

"Thank you so very much for coming and spending the afternoon with us. All of us really enjoyed [the training] and learned so much. I hope you realize the good you are doing around the state."

...Maggie Keenan, Forest Resource Learning Center

Public Awareness Events

A series of events and community activities have been offered to raise public awareness about opportunities available for people of all backgrounds and abilities and to showcase Minnesota's inclusiveness in outdoor recreation. Events have included: canoe events with Wilderness Inquiry, community outdoor skills workshops and disability awareness workshops using Vinland's wheelchair obstacle course. *A listing of some of the events:*

| | |
|---|--------------------------------------|
| Minneapolis Aquatennial | Interstate Park Celebration |
| Rochester Festival | Leisure Discovery Days |
| Break Your Own Barriers | DNR Park Open House at Fort Snelling |
| One World One Heart Festival sponsored by Ben & Jerry's | |

On-Site Accessibility Surveys

Outdoor Diversity Trainers from **Together Outdoors Minnesota** have completed accessibility surveys at 18 state parks, 2 state forests, 11 county parks and 19 municipal parks. Survey reports are included in a consumer guide at www.wildernessinquiry.org. Information on playgrounds, parking lots, fishing stations, campgrounds, picnic areas, restrooms and the access routes to these elements are included in the guide. The guide is designed to help park users make informed choices about which parks best fit their accessibility needs.

Outreach to Diverse Populations

A key to the success of this project is to link Outdoor Diversity Trainers with natural resource service delivery personnel. Presentations, newsletters, and listings on SEEK have been used to promote the mission of Together Outdoors Minnesota.

Resource Manual

An Accessibility Resource Manual has been developed for outdoor recreation services providers. *Information includes:*

- Disability awareness / Americans with Disabilities Act (A.D.A.)
- Marketing tips on outreach to minority populations
- Resources available for working with diverse groups

For more information, contact Together Outdoors Minnesota at: 612/479-3555 V/TTY or vinland@mtn.org

I. Project Title & Project Number: Together Outdoors MN, N1

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A. Legal Citation: ML95, Chp. 220, Sec.19, Subd. 6(l) .

Total biennial LCMR appropriation: \$575,000

Balance: \$0

Appropriation Language: This appropriation is from the future resources fund to the commissioner of natural resources for an agreement with Wilderness Inquiry for diversity specialist training, training of outdoor service professionals to provide inclusive programming, and diversity networking, including the development of a directory of recreation facility accessibility. This appropriation must be matched by at least \$80,000 of nonstate money.

This project must be completed and final products delivered by December 31, 1997, and the appropriation is available until that date.

B. Status of Match Requirement:

Match Required: \$ 80,000

Amount Committed to Date: \$ 80,000

Match Spent to Date: \$ 80,000

II. Project Summary: Together Outdoors Minnesota is a three-phase partnership with Vinland Center and the Department of Natural Resources. The first phase includes training a minimum of 50 people with disabilities, people of color, and other minorities to be Diversity Specialists. In the second phase, the Diversity Specialists will train 300 outdoor service professionals to provide inclusive programming. The third phase of the project is a Diversity Specialist network, which includes the development of an accessibility directory of outdoor resources in the state.

Primary outcome goals are to: 1) Establish Minnesota as a model state for inclusion of diverse populations in natural resource programs; 2) Increase quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor resources; 3) Improve quality of outdoor program service delivery for all Minnesota citizens.

III. Six Month Work Program Summary: As of December 31, 1997, Together Outdoors Minnesota has completed all phases of the project. Primary activities for the two year period include:

- Presentation and evaluation of Outdoor Diversity Training curriculum.
- Completion of Outdoor Diversity Training by 53 participants.
- Training of 717 outdoor recreation service providers about working with diverse populations, adapting facilities or programs, facilitating inclusion and increasing participation by diverse users.
- Outreach activities including presentations and consultations which served 2379 people.
- Development of a resource manual that will be available to outdoor recreation service providers.
- Creation and dissemination of four Together Outdoors Minnesota newsletters.
- Public awareness events throughout the state, serving 8780 individuals.

- Creation of an accessible facility guidebook highlighting state, county, and municipal parks throughout the state of Minnesota.

IV. Statement of Objectives

Objective A: Diversity Specialist Training

Recruit and train a minimum of 50 people with disabilities and people of color to be experts in the design of inclusive outdoor programs. Training includes: 1) Personal skills development including self-confidence and leadership; 2) Diversity skills development including cultural sensitivity, disability awareness, and compliance with the ADA; and 3) Outdoor education skills, such as stewardship and environmentally responsible attitudes, which are part of the Environmental Education Goals outlined in the 1993 Green Print for Minnesota.

Objective B: Training of Natural Resource Service Delivery Personnel

The Diversity Specialists will train 300 natural resource service delivery and environmental education personnel in public and private sectors (e.g. Minnesota DNR, County and Municipal Parks, E.E. magnet schools, and E.E. learning centers). This training follows the inclusion guidelines set forth in the Green Print for Minnesota and helps agencies to: work with diverse populations, adapt facilities and programs, facilitate inclusion and increase participation by diverse users.

Objective C: Diversity Outreach Network

The ultimate goal of this project is to link the Diversity Specialists with outdoor recreation service providers throughout the state. Through training, public awareness events, site assessments and a newsletter, the Diversity Specialists will assist outdoor recreation service providers in making their programs more accessible to people with disabilities and people of color. We will also develop and maintain a list of resources available to service providers to increase diversity of people served.

TIMELINE for Completion of Objectives: 7/95 1/96 6/96 1/97 6/97 12/97

Objective A.

| | | | | | | |
|-------------------------------|--|--|--|--|--|---|
| Diversity Specialist Training | | | | | | X |
|-------------------------------|--|--|--|--|--|---|

Objective B.

| | | | | | | |
|---|--|--|--|--|--|---|
| Training of Natural Resource Service Delivery Personnel | | | | | | X |
|---|--|--|--|--|--|---|

Objective C.

| | | | | | | |
|----------------------------|--|--|--|--|---|--|
| Diversity Outreach Network | | | | | X | |
|----------------------------|--|--|--|--|---|--|

V. Objective/Outcome

A. Title of Objective/Outcome: Diversity Specialist Training

A.1. Activity: Recruitment/Assessment of Diversity Specialists

A.1.a. Context within the project: A key element of this project is the involvement of people with disabilities and people of color in teaching universal program design to outdoor service delivery and environmental education personnel. Aggressive recruitment and thorough assessment processes are essential to ensure that appropriate candidates are enrolled in the project in a timely fashion.

A.1.b. Methods:

1. Develop database for promotional mailings to recruit Diversity Specialist candidates using existing lists from Wilderness Inquiry, Vinland, DNR, minority specific organizations and other sources.
2. Develop recruitment flyers, poster, and other promotional materials.
3. Develop project application form and assessment tools.
4. Promote the project to individuals and agencies throughout the state through a variety of media (mailings, presentations, press releases, etc.).

5. Conduct interviews and assessments of candidates for Diversity Specialist positions and make final selections. Diversity Specialist trainees will sign agreements which outline, in detail, their role and responsibilities in this project.

A.1.c. Materials: General office supplies and postage.

A.1.d. Budget:

Total Biennial LCMR Budget: \$ 44,457

LCMR Balance: \$ 0

Match: \$ 5,000

Match Balance: 0

A.1.e. Timeline: 7/95 1/96 6/96 1/97 6/97 12/97

1. Development,
production &
distribution of
promotional materials

X

2. 25 Diversity
Specialists recruited
w/signed contracts

X

3. 2nd group of 25
Diversity Specialists
recruited w/signed
contracts

X

A.1.f. Workprogram Update:

146 individuals representing diverse populations applied and were interviewed to be involved with the Together Outdoors Minnesota project over the course of two years. A total of 53 individuals were selected to participate in the Outdoor Diversity training program. The following diverse populations were represented:

| Population | Number |
|--------------------------|--------|
| <u>Cultural Minority</u> | |
| African American | 5 |
| Native American | 3 |
| Asian / Pacific | 7 |
| Indian | 3 |
| Gay/Lesbian | 3 |
| Veteran CD/PTSD | 4 |
| <u>Disability</u> | |
| Physical | 12 |
| EBD/Dyslexia | 4 |
| Cognitive | 8 |
| Diabetic | 1 |
| Visually Impaired | 4 |
| Hearing Impaired | 2 |

Individuals who were selected to participate in the Outdoor Diversity training program signed a contract defining project related trainings, expectations and stipends.

A.2. Activity: Plan Development for Training of Diversity Specialists

A.2.a. Context within the project: A comprehensive training plan will be developed to ensure that the Diversity Specialist trainees receive consistent and comprehensive training. This training will prepare them to train other outdoor service providers in the concepts of universal design.

A.2.b. Methods:

1. Evaluate existing training materials to determine what needs to be revised or added.
2. Expand existing training materials to include diversity skills development, cultural sensitivity and other relevant competencies.
3. Prepare project staff trainers to use the training materials.
4. Finalize and duplicate training materials.

A.2.c. Materials: General office supplies and postage.

A.2.d. Budget:

Total Biennial LCMR Budget: \$ 36,485

LCMR Balance: \$ 0

Match: \$ 5,000

Match Balance: \$ 0

A.2.e. Timeline:

| | 7/95 | 1/96 | 6/96 | 1/97 | 6/97 | 12/97 |
|---|------|------|------|------|------|-------|
| 1. First working draft of training materials | X | | | | | |
| 2. Second working draft of training materials | | | | X | | |
| 3. Final draft of training materials (by project end) | | | | | | X |

A.2.f. Workprogram Update: Training modules for the Outdoor Diversity training were developed and finalized with input from project participants and staff. The outdoor diversity training program curriculum areas included: leadership and group dynamics, cultural sensitivity/disability awareness, universal programming, program and facility accessibility, outdoor skills and an integrated wilderness adventure (training materials attached).

A.3. Activity: Training of Diversity Specialists

A.3.a. Context within the Project: The Diversity Specialists require training to prepare them to assist natural resource service delivery personnel in making their services, programs and facilities universally accessible. Since each Diversity Specialist trainee will be different in terms of the experience, knowledge, and expertise they bring to the project, parts of the training will be individualized. The training content will include: 1) Personal skills development including self-confidence and leadership; 2) Diversity skills development including cultural sensitivity, disability awareness, and compliance with the ADA; and 3) Outdoor education skills, such as stewardship and environmentally responsible attitudes, which are part of the Environmental Education Goals outlined in the 1993 Green Print for Minnesota.

A.3.b. Methods:

1. The methodologies used to train Diversity Specialists will be individualized, drawing on techniques designed to meet the needs of the trainees' diverse learning styles and experience. Training methodology might include, but is not limited to: classroom sessions, outdoor skills workshops, one-on-one or small group instruction, simulations, site reviews for accessibility, and practice presentations/role playing.
2. Develop outcome measures to determine the effectiveness of and participant satisfaction with the training. Diversity Specialist trainees will be considered Diversity Specialists after completing a minimum of 24 hours of training at which time they will receive a certificate of completion.
3. Provide training and apply outcome measures.
4. Practice skills on extended integrated adventure trips.

A.3.c. Materials: General office supplies and postage.

A.3.d. Budget

Total Biennial LCMR Budget: \$ 159,875

LCMR Balance: \$ 0

Match: \$ 30,000

Match Balance: \$ 0

A.3.e. Timeline:

| | 7/95 | 1/96 | 6/96 | 1/97 | 6/97 | 12/97 |
|---|------|------|------|------|------|-------|
| 1. Provision of 250 hours of Diversity Specialist training | | | X | | | |
| 2. Provision of additional 250 hours of Diversity Specialist training (by 7/96) | | | X | | | |
| 3. Provision of additional 250 hours of Diversity Specialist training (by 1/97) | | | | X | | |
| 4. Provision of additional 250 hours of Diversity Specialist training (by 6/97) | | | | | X | |
| 5. Provision of 175 trip service days (by 10/96) | | | X | | | |
| 6. Provision of 175 trip service days (by 10/97). Group 2 | | | | | | X |

A.3.f. Workprogram Update: As of December 31, 1997 a total of 53 participants successfully completed the Outdoor Diversity training portion of the project (as compared to 50 as written in the proposal). The total number of training hours offered per participant was 36-42.5 hours (as compared to a minimum of 24 hours written in the proposal). 41 Outdoor Diversity Trainers have completed their integrated outdoor adventure trip for a total of 313 service days as of December 31, 1997.

Outdoor Diversity Trainings were held at the following locations: University of St. Thomas, French Regional Park, Fort Snelling State Park, Baker Regional Park and Vinland Center.

Outside speakers were brought in to co-facilitate the Outdoor Diversity training for both years of the project. Those speakers included: Blanche Brown - Insight/Out Consulting, St. Paul; Paul Carrizales - Family Services, Inc. and CLUES, St. Paul; Gene Chelberg - Project LEEDS/ENGAGE, Disability Services, University of Minnesota; Jamie Cyson - Indian Affairs Representative, Division of Rehabilitation Services, Minneapolis; Nehrwr Abdul-Wahid, Tina dela Cruz, Linda Wolford - Diversity Institute, University of Minnesota; Brother Kamau Sababu Kambui - St. Paul Youth Coordinating Committee; Wayne Iseri - Baker Park Reserve; Craig Luedemann - YouthCARE, Minneapolis; Beth Lindenbaum - Therapeutic Recreation Department, University of Minnesota; Paul Kurvers - Fort Snelling State Park; Judy McDowell - Suburban Hennepin Regional Park District; Kathy McGillivray - Disability Services, University of Minnesota; Raymond Romero - Hispanic Outreach Program, Minnesota Department of Natural Resources; Carey Scheerer - Therapeutic Recreation Department, University of Missouri, Columbia; José Trejo - MEXIM International, White Bear Lake; Corey Schlosser-Hall - Dept. of Speech Communication, U of MN; Greg Lais - Wilderness Inquiry, Minneapolis, MN; Patty Longmuir - Beneficial Designs Inc., Santa Cruz, CA; Tong Vang - Southeast Asian Outreach Program; Minnesota Department of Natural Resources; Felicia Wesaw - Wilder Forest; Curt Wiehle - Accessibility Specialist/Building Code Division, State of Minnesota; Maggie Wille - Educator/Accessibility Specialist, Plymouth; Dr. Leo McAvoy - U of M Division of Recreation, Park, and Leisure; JoAnne Stately; Ed McGaa; Ric Jost.

Outdoor Diversity Specialist Training Evaluation

To evaluate the effectiveness of Together Outdoors Minnesota, project staff distributed pre and post training self assessment surveys to Outdoor Diversity Specialist training participants. 24 out of 53 participants (roughly 40%) turned in both the pre and post training surveys. The following evaluation summary is compiled from these self assessment surveys.

The surveys contained a quantitative and qualitative component. In the quantitative component the surveys asked participants to rate their self-perceived competence on a 5 point likert scale (where 1=not familiar/comfortable and 5= very familiar/comfortable) in the following areas:

- Professional Education
- Personal Development

The surveys also asked participants to rate their perceived self confidence on a 5 point likert scale (where 1=strongly agree and 5=strongly disagree) in performing many of the activities covered in the training. This section of the survey was labeled "Opportunities".

A fourth section of the surveys asked participants to answer four yes or no questions regarding the experience they had on the wilderness trip. Experiencing an integrated outdoor adventure was an integral component of the training program.

Finally, each question offered an opportunity for participants to add comments or further qualify their likert scale or yes/no responses. Please see the attached summary of the quantitative data analysis and a copy of the pre and post training self assessment surveys.

Overall Project Effectiveness

Overall training participants perceived themselves to grow in competence and confidence by participating in Together Outdoors Minnesota program. The average change in self evaluation on all measures was .57 points on the 5 point likert scale. This means that in general participants felt they increased in competence and confidence in all areas by .57 points on the likert scale.

The greatest increase in competence and confidence was reflected in the area of "Professional Education." This measure asked participants to rate their competence in understanding the principals of Universal Design for

accessibility, the Americans with Disabilities Act, and the affects of a functional impairment on recreation activities. In this area participants increased their self evaluation by an average of 1 full point on the 5 point likert scale.

The second greatest increase in competence and confidence was found in the arena of "Personal Development." This measure asked participants to rate their confidence in: participating in group/panel discussions, teaching skills they have learned, working with people with diverse cultural backgrounds, and working with people with disabilities. In the area of "Personal Development" participants increased their self evaluation by an average of .42 points on the 5 point likert scale.

The least improved arena of education was in participants self assessment of their confidence performing many of the activities covered during the training such as: leading groups, public speaking, working in outdoor settings, performing facility surveys, outdoor camping skills, and overnight camping. In this area participants increased their self evaluation by an average of .13 points overall on the five point likert scale.

Finally, the wilderness trip was evaluated as an excellent way to learn about issues of situational leadership and universal programming through experiential immersion. The first two questions in the "wilderness adventure trip" part of the survey asked participants whether they were able to observe situational leadership and universal programming during their trip. In response to the question regarding situational leadership, all respondents answered "yes" and none of the respondents answered "no". Regarding the question about universal programming, 22 participants responded "yes" and 2 responded "no". In addition, their comments reinforced the "yes" responses by addressing certain instances during the wilderness adventure trip when situational leadership and universal programming became especially apparent.

The other questions in the "wilderness adventure trip" component of the survey were also positive, but not as emphatically so. One question asked, were you "able to use the information received through the cultural and disability awareness training and apply it on the trip?" In response, 15 participants said "yes" and 8 said "no". Of the 8 that said "no", 4 remarked that they went on their trip before they participated in the training and therefore were unable to apply the training to the trip except in reflection. Another question asked, were you "able to apply the Recreation Opportunity Spectrum to the various settings . . . visited on the trip?" In response, 16 said "yes" and 5 said "no".

Responses to these two questions and the first and second questions above suggest that the wilderness adventure trip was an excellent way to teach about these issues. However, it was most useful for teaching about situational leadership and universal programming and less useful in teaching about diversity and the Recreation Opportunity Spectrum. In addition, it's best to use the trip after the more formal training component so that the participants' consciousness is more aware of the issues to attend to during the trip.

Evaluation by Year in the Program

Participants rated their own learning highly during both years of the program. However, some differences between the first and second years ought to be noted. There were reasonably significant differences (a disparity of 1 point or more) between the average change in participants' self assessment in response to the following questions:

Professional Development

Question 3: Are you familiar with the affects of a functional impairment on an activity?

While the mean and mode scores for this question in the post test did not differ significantly between 1996 and 1997, the 1997 training participants improved their understanding of functional impairments by an average of 1.86 likert scale points whereas the 1996 participants improved their understanding by an average of .69 likert scale points. The difference in these measures suggests that the 1997 training program was more effective in teaching about functional impairments.

Opportunities

Question 2: I am confident in my public speaking abilities.

Once again, the mean and mode scores did not differ significantly between 1996 and 1997. However, the average change in evaluation between pre and post training assessments was 0 for 1996 and 2.11 likert scale points for 1997. The disparity suggests that the 1997 training participants gained a better understanding and were offered the opportunity to practice their public speaking skills.

Question 3: I am comfortable working in outdoor settings.

The 1997 data marked an increase of .58 likert scale points over the mean likert scale assessment of 1996 on this measure. The mode, or most frequently answered score also increased from 2 to 1 from 1996 to 1997. Moreover, the average change in participants' self assessment of their comfort level was 0 in 1996 and 1 in 1997. All these signs suggest that the training performed during 1997 was more effective in the area of teaching participants to work in outdoor settings than the training in 1996.

Question 6: I am comfortable on an overnight camping trip

The 1997 data marked an increase of .69 likert scale points over the mean likert scale assessment of 1996 on this measure. The mode, or most frequently answered score also increased from 2 to 1 from 1996 to 1997. Moreover, the average change in participants' self assessment of their comfort level was 0 in 1996 and 1.06 in 1997. All these signs suggest that the training performed during 1997 was more effective in the area of teaching outdoor camping skills than the training in 1996.

Evaluation by Individual Measure

According to the results of the quantitative analysis there were two areas of "professional development" and two areas of "personal development" that showed particularly effective results. The greatest average change between pre and post test self assessment scores were identified in the area of "professional development".

In response to the question, "Are you familiar with the Universal Design for Accessibility?" the average change in likert scale points between the pre and post training scores for both years was 1.45. In response to the question, "Are you familiar with the affects of a functional impairment on an activity?" the average change in likert scale points between the pre and post training scores for both years was 1.26. These two measures represent the largest average change in self assessment when analyzed over both years of the program. This result suggests that the general area of "professional development" was the area where the most significant learning took place. More specifically, the most significant learning seemed to take place in regard to understanding the concept of Universal Design and the effects of functional impairments on recreation activities.

The highest mean and mode scoring occurred in the area of "personal development". In response to the question, "I feel comfortable working with individuals with diverse cultural backgrounds" the mean likert scale score for the entire project was 4.45 and the mode or most frequent score was 5. In response to the question, "I feel comfortable participating in a group/panel discussion" the mean likert scale score for the entire project was 4.34 and the mode or most frequent score was 5. In response to the question, "I feel comfortable working with individuals with varying ability levels" the mean likert scale score for the entire project was 4.33 and the mode or most frequent score was 5.

These scores suggest that overall, training participants perceived themselves to be most confident and competent in the areas of working in small team-oriented groups, working with people of diverse cultural backgrounds, and working with people with disabilities. In addition, because this area of the training did not reflect the highest rate of change from pre to post training assessments, this finding suggests that people drawn to participate in this training already had a strong level of competence and confidence that was simply enhanced and empowered by the training.

The two measures that were scored lowest overall in terms of mean and mode were located in the area of "Opportunities". On a likert scale of 1 to 5 where 1=strongly agree, 3= Unsure, and 5=strongly disagree, participants registered a mean score of 2.65 and mode score of 2 for the entire project in response to the question, "I am confident leading surveys at different facilities". A mean score of 2.52 and a mode score of 2 for the entire

project were registered in response to the question, "I have knowledge in outdoor camping skills". These scores suggest that the weakest portion of the training was in reference to teaching accessibility survey skills and outdoor camping skills to training participants.

Comments

At the end of each survey participants were invited to make additional comments. This section revealed a great deal of appreciation for the program, the sense that this training was crucial to people's lives, the desire to continue the project beyond the grant period, and some helpful suggestions for future training.

Appreciation for the program was expressed in the following ways:

- "I am very glad I got this opportunity because I believe it changed my life."
- "I am very grateful for the opportunity to be a part of this group. I have learned a great deal from staff and other participants."
- "Enjoyed training--very educational. Would like to be able to tell others about it."
- "The trainings were informative and the awareness was welcoming."
- "Glad I did it!"
- "It's not everyday a person is privileged enough to find project such as this to be a part of, and I'm very fortunate to have worked with such a group filled with all kinds of cultures and abilities."

The sense that this training was crucial to their life was expressed in the following ways:

- "I learned a lot of practical things that I have been able to apply to my life."
- "I am very glad I got this opportunity because I believe it changed my life. Without it I would've truly missed out!"

The desire to continue the project beyond the grant period was expressed in the following ways:

- "Some how, some way we need to keep this going. We've only just begun."
- "I think the best thing is that we who have been trained will be able to go out to the parks and do the surveys and make a difference."

Some helpful suggestions for future training were also made and noted:

- "I would have enjoyed more discussion vs. being taught. i.e. a balance of the two."
- "In further trainings you might want to include more time to dialogue among participants."
- "The overall goal of Project T.O.M. was a bit vague."

The comments section helped our project staff recognize what was important about this training to individuals above and beyond the specific areas of educational advancement. As the comments above reflect, this training was very important to the lives of the individuals who participated. In addition, there is a great deal of energy from participants in both years to continue the program in some way. Wilderness Inquiry and Vinland Center are also committed to doing just that.

Summary and Conclusion

The results from the pre and post training evaluations support the conclusion that Together Outdoors Minnesota was a highly effective program. The greatest learning seemed to occur around the subjects of leadership and universal programming. Additionally, participants expressed the greatest confidence and competence around the subjects of cultural diversity and working with people with disabilities. The wilderness adventure trip was acknowledged as a particularly good medium for thoroughly understanding the concepts stressed during the training as long as the trip occurred after rather than before the training.

Wilderness Inquiry and Vinland Center are pleased with the results of this extensive and intensive project. We also feel as though we have very good suggestions to make our programs even better. But the most important factor is that the participants had a significant learning experience and are helping to make Minnesota's outdoors a place to be together with all people from different cultural backgrounds and differing levels of ability.

B. Title of Objective/Outcome: Training of Natural Resource Service Delivery Personnel

B.1. Activity: Publicize training opportunities

B.1.a. Context within the project: A key to the success of this project is linking the Diversity Specialists with natural resource service delivery personnel. Publicizing training opportunities available will be a major strategy in accomplishing this goal.

B.1.b. Methods:

1. Establish dates and formats of training's to be conducted by Diversity Specialists.
2. Develop and disseminate promotional materials such as flyers, press releases, and newsletters. Make presentations to appropriate agencies and groups to promote the training sessions.

B.1.c. Materials: General office supplies and postage.

B.1.d. Budget:

Total Biennial LCMR Budget: \$ 30,616

LCMR Balance: \$ 0

Match: \$ 10,000

Match Balance: \$ 0

B.1.e. Timeline: 7/95 1/96 6/96 1/97 6/97 12/97

1. Develop and
disseminate
promotional materials
and conduct presentations
for training to be held
in year one

X

2. Establish dates and
formats for Universal
Design training to be
conducted by Diversity
Specialists in year two

X

B.1.f. Workprogram Update: Promotional materials for Outdoor Diversity trainers to provide professional training and consultation were disseminated to outdoor recreation service providers through:

- brochures which highlight the training opportunities for outdoor recreation service providers
- formal trainings, outreach activities and presentations
- word of mouth at seminars and workshops on accessibility and diversity
- summary profiles of Outdoor Diversity Trainers on the internet - SEEK
- a quarterly newsletter sent out four times over the course of the two year project to over 1,700 cooperating individuals and agencies
- promotional flyers for upcoming project related events

(Promotional materials attached)

B.2. Activity: Conduct training session for 300 natural resource service delivery and environmental education personnel in the public and private sectors

B.2.a. Context within the Project: To make Minnesota's outdoor education, recreation programs and facilities universally accessible, training of personnel is required. In our experience, most outdoor recreation personnel do

not lack the desire or commitment to make programs and facilities accessible, they simply lack the necessary skills and techniques.

B.2.b. Methods:

1. Develop outcome measures to determine the effectiveness of and participant satisfaction with the training.
2. Diversity Specialists will conduct training sessions of Natural Resource Delivery personnel as described in B.1.b.3. Training will be conducted in a variety of formats and venues, including canoe events, on-site accessibility surveys, presentations to University students in environmental recreation field, and a minimum of two open-to-the-public training sessions.

These training opportunities follow the inclusion guidelines set forth in the Green Print for Minnesota and helps agencies to: work with diverse populations, adapt facilities and programs, facilitate inclusion and increase participation by diverse users.

B.2.c. Materials: General office supplies.

B.2.d. Budget:

Total Biennial LCMR Budget: \$ 107,625

LCMR Balance: \$ 5,570.50

Match: \$ 10,000

Match Balance: \$ 0

B.2.e. Timeline:

7/95 1/96 6/96 1/97 6/97 12/97

1. Present roster of
first group of 100 trained
natural resource
delivery personnel

X

2. Present roster of
second group of 100 trained
natural resource
delivery personnel

X

3. Present roster of
third group of 100 trained
natural resource
delivery personnel

X

B.2.f. Workprogram update: A total of 717 outdoor recreation service providers, compared to 300 as written in the workplan, received training about working with diverse populations, adapting facilities and programs, facilitating inclusion and increasing participation by diverse users (as compared to a minimum of 300 as outlined in the work plan).

Formal trainings were conducted at:

| Date | Location | Attendance |
|---------|--------------------------------------|------------|
| 4/13/96 | Fort Snelling State Park | 1 |
| 5/7/96 | Hennepin Parks/French Regional Park | 10 |
| 5/14/96 | Hennepin Parks/Baker Park | 7 |
| 6/12/96 | Camp Mishawaka, Grand Rapids | 28 |
| 6/12/96 | MN Valley National Wildlife Refuge | 10 |
| 7/29/96 | Hennepin Parks | 2 |
| 8/15/96 | DNR Disability Conference, St. Cloud | 29 |
| 8/21/96 | W. Harry Davis Youth Leadership | 32 |

| | | |
|---------|---------------------------------------|-----|
| 8/23/96 | Renewal Group | 20 |
| 9/13/96 | YouthCare | 14 |
| 9/18/96 | Department of Natural Resources | 90 |
| 9/28/96 | Physical and Occupational Therapist's | 13 |
| 9/29/96 | US Forest Service | 40 |
| 11/7/96 | MN Recreation and Park Association | 17 |
| 11/8/96 | Minnesota Naturalist Association | 38 |
| 2/13/97 | Como Elementary School | 3 |
| 2/25/97 | Midwest Hydro Users Group | 39 |
| 3/3/97 | Wolf Ridge ELC | 15 |
| 3/11/97 | Forest Resource Learning Center | 6 |
| 3/21/97 | MN State Aquatics Conference | 15 |
| 4/17/97 | Employee Disability Network | 20 |
| 4/21/97 | Bureau of Land Management - New | 20 |
| 4/24/97 | Minneapolis AID's Project | 6 |
| 5/6/97 | Boy Scouts of America | 16 |
| 5/6/97 | Indian Health Board | 45 |
| 5/13/97 | BSA -Challenger District | 14 |
| 5/15/97 | People First | 16 |
| 5/19/97 | MN Association of Environmental | 7 |
| 5/20/97 | DARTS St. Paul | 35 |
| 5/23/97 | Minneapolis Park & Recreation Board | 20 |
| 6/10/97 | Camp Ihduhapi | 50 |
| 6/10/97 | Wilderness Inquiry Staff Training | 34 |
| 9/11/97 | Long Lake Conservation Center | 5 |
| Total: | | 717 |

In addition to the above formal trainings 2379 individuals have attended outreach activities or presentations outlining opportunities available to outdoor recreation service providers and individuals through Together Outdoors Minnesota project. Topics of outreach activities and presentations included:

- disability awareness
- cultural sensitivity
- professional training and consultation opportunities
- hands on accessibility training using the wheelchair obstacle course (WCO)

Outreach activities or presentations were conducted at:

| Date | Location | Attendance |
|----------|--|------------|
| 9/22/95 | Courage Center, dis-Ability Expo, St. Cloud | 100 |
| 9/25/95 | U.S. Fish and Wildlife Serv, MN Val. Natl. | 30 |
| 9/28/95 | MN Rec. & Park Assoc./TR Workshop - Apple | 45 |
| 10/25/95 | US Dep. of Rural Economic Development | 25 |
| 10/25/95 | Disability Awareness Fair, Cargill | 40 |
| 11/6/95 | People First, Arc-Ramsey | 20 |
| 11/7/95 | Camp Grandir, YMCA, Annual Meeting | 25 |
| 11/7/95 | MN State Services for the Blind | 15 |
| 11/7/95 | Therapeutic Recreation Dept., Univ. of Minnesota | 23 |
| 11/10/95 | MN Naturalist's Association, Annual Conference | 20 |
| 11/11/95 | Winter Fest, Midwest Mountaineering | 40 |
| 11/16/95 | People First, Arc-St. Paul | 15 |
| 11/20/95 | Explore Your Options/Job Success | 70 |
| 11/21/95 | Dept. of Rehab. Services, Minneapolis | 20 |
| 11/21/95 | People First, Arc-Suburban, W. St. Paul | 10 |
| 11/28/95 | People First/Arc-Hastings | 20 |
| 11/28/95 | Paralyzed Veterans of America | 13 |
| 12/8/95 | Roosevelt High School (AIOIC) | 22 |
| 12/9/95 | MN State Council on Disability | 25 |
| 12/11/95 | Highland Park High School | 15 |
| 12/14/95 | People First, Arc-Blaine | 20 |

| | | |
|----------|--|------|
| 12/14/95 | St. Paul Technical College | 15 |
| 1/10/96 | Minnesota Rehabilitation Center | 7 |
| 3/5/96 | Job Panel/Retail & Manufacturers | 12 |
| 3/12/96 | Panel/Outfitters and Service Providers | 16 |
| 3/26/96 | Panel/Land Management | 13 |
| 4/17/96 | CTIC of Dakota County | 25 |
| 4/17/96 | Transition Fair, Fridley High School | 50 |
| 4/30/96 | Therapeutic Recreation Dept., Univ. of Minnesota | 45 |
| 5/15/96 | Trapp Farm, Apple Valley | 6 |
| 5/16/96 | Round Lake Leisure Days | 7 |
| 6/1/96 | Fort Snelling State Park | 24 |
| 7/19/96 | W. Harry Davis Youth Leadership | 20 |
| 7/25/96 | Minneapolis Park Board | 29 |
| 7/25/96 | Richfield Bank / Environmental Fund | 75 |
| 8/7/96 | United Cerebral Palsy | 9 |
| 8/23/96 | W. Harry Davis Youth Leadership | 70 |
| 9/6/96 | Hennepin Parks Prairie Fest | 2 |
| 9/14/96 | Wild Design / Loring Park | 43 |
| 10/16/96 | Cultural Diversity DRS | 15 |
| 11/2/96 | African American Youth | 30 |
| 11/7/96 | Campus Compact | 15 |
| 11/20/96 | Exploring Your Options | 45 |
| 12/6/96 | Woman of Nations | 15 |
| 12/10/96 | Recreation in Small Communities | 15 |
| 12/14/96 | Cathedral Hill YMCA | 4 |
| 1/28/97 | Disabled and Proud - KFAI | 3 |
| 2/3/97 | DNR Panel | 10 |
| 2/19/97 | U of MN Recreation Mgmt. Class | 39 |
| 2/27/97 | Assoc. of Resid. Resources in MN Workshop | 110 |
| 3/12/97 | MN Environmental Network on Diversity. | 17 |
| 3/27/97 | Environmental Education Advisory Board | 27 |
| 4/3/97 | Nature Conservancy | 3 |
| 4/10/97 | CTIC - Community Transition Interagency | 35 |
| 4/13/97 | Network of Indian Professions (NetIP) | 9 |
| 4/17/97 | CTIC - Community Transition Interagency | 45 |
| 5/4/97 | May Day/Powder Horn Park - (WCO) | 25 |
| 5/6/97 | U of MN Recreation in Community | 31 |
| 5/7/97 | ARRM State Conference | 145 |
| 5/8/97 | ARRM State Conference | 150 |
| 6/2/97 | Northern States Power | 2 |
| 6/9/97 | Made in the Shade - Lake Calhoun (WCO) | 14 |
| 6/17/97 | United Health Care Booth | 38 |
| 6/17/97 | United Health Center, Edina | 60 |
| 6/19/97 | Unit. Health Center, Edina | 40 |
| 6/19/97 | United Health Care Booth | 35 |
| 6/28/97 | Wild River State Park/DNR | 10 |
| 6/29/97 | Coon Rapids Dam/Outdoors for Everyone | 12 |
| 7/13/97 | Baker Park/Hennepin Parks | 41 |
| 7/23/97 | Aquatennial-Minneapolis | 68 |
| 7/24/97 | Aquatennial-Minneapolis | 99 |
| 8/26/97 | Jewish Community Center (WCO) | 18 |
| 10/4/97 | Dakota County Technical College (WCO) | 50 |
| 10/12/97 | Jewish Community Center (WCO) | 23 |
| Total: | | 2379 |

C. TITLE of Objective/Outcome: Diversity Outreach Network to assist outdoor service providers in outreach to minorities

C.1. Activity: Develop Diversity Specialist Database and Diversity Resource Materials

C.1.a. Context within the project: The database provides a means of tracking the progress of the Diversity Specialists as they participate in the various trainings. This information will then be made available to outdoor service providers throughout the state.

C.1.b. Methods:

1. Establish and maintain a database of Diversity Specialists and a list of resources available to service providers to increase diversity of people served. This database will include, at a minimum, a listing of trained diversity specialists and their areas of expertise.

2. Develop listing of available minority and disability focused data bases, marketing tips on outreach to target populations, and sources for additional information and consultation.

C.1.c. Materials: General office supplies.

C.1.d. Budget:

Total Biennial LCMR Budget: \$ 24,850

LCMR Balance: \$ 0

Match: \$ 0

Match Balance: \$ 0

C.1.e. Timeline:

7/95 1/96 6/96 1/97 6/97 12/97

1. Develop &
distribute diversity
outreach resource
materials

X

2. Develop &
distribute report on
qualifications of
first class of D.S.

X

3. Develop &
distribute report on
qualifications of
second class of D.S.

X

C.1.f. Workprogram update: An Outdoor Diversity Network Database has been developed containing over 1700 names, addresses, phone numbers and other relevant information about outdoor recreation resources and agencies that work with diverse populations.

The Outdoor Diversity Resource Manual has been developed and is available to outdoor recreation service providers. The Resource Manual includes listings of agencies and individuals who work with diverse populations and sources of additional information for working with people of all abilities and backgrounds.

I: Disability Related Organizations and Services

- ⇒ Directory of Recreation Organizations
- ⇒ Sports Associations
- ⇒ Activities and Recreation Disability Resources
- ⇒ International Directory of Recreation Oriented Assistive Device Sources
- ⇒ Outdoor Recreation: Where does technology fit in?
- ⇒ Organizations Serving Disabled Reference List

II. Cultural Resources and Services

- ⇒ Cultural Diversity and Sensitivity in the Outdoors
- ⇒ Minnesota Population by Racial Background
- ⇒ A Summary of the World
- ⇒ *GreenPrint* for Inclusive Environmental Education
- ⇒ Native American Resources
- ⇒ Latino / Chicano Resources
- ⇒ Vietnamese, Cambodia, Hmong, Laos: Comparisons
- ⇒ Southeast Asian Outreach Program
- ⇒ Council on Black Minnesotans

III. Accessible Product Guides and Services

- ⇒ Distributors of Adaptive Recreation Products
- ⇒ Accessible Boating
- ⇒ Winter Sports Activities
- ⇒ Accessible Playgrounds
- ⇒ Water Sports Activities

IV. Communication Resources

- ⇒ Quick Referral List of Disability Agencies and Services
- ⇒ TDD Abbreviations
- ⇒ Internet Resources: Bookmarks

V. Accessibility Guidelines and Resources

- ⇒ Overview of Americans with Disabilities Act (ADA)
- ⇒ Recommendations for Access Guidelines: Recreation Facilities and Outdoor Developed Areas
- ⇒ ADA Resources
- ⇒ Ground Covering Surfaces
- ⇒ Access Board Publications Checklist
- ⇒ Resources for ADA, Universal Design and Programming
- ⇒ MN State Council on Disability: Product List
- ⇒ MATC Directory

VI: Accessibility Surveys / Evaluations

- ⇒ Reasonable Accommodations Checklist
- ⇒ Program Accessibility Survey
- ⇒ VSA Minnesota Access Guide Site Survey
- ⇒ Outdoor Recreation Survey

C.2. Activity: Initiate newsletter on diversity in Minnesota's outdoor resources to publicize successful diversity projects

C.2.a. Context within the project: The newsletter is a major vehicle to promote networking between the Diversity Specialists and outdoor service providers. The newsletter will convey information to outdoor service providers about the Diversity Specialists and the assistance they can offer agencies that want to make their programs more accessible to people with disabilities and people of color.

C.2.b. Methods:

1. The Diversity Specialists will be involved in each phase of the newsletter development, from writing the stories to the final layout and design and distribution.
2. The newsletter will include profiles of the Diversity Specialists, highlights of successful training projects, listings of training opportunities, and listings of upcoming public awareness events.
3. The newsletter will be published a minimum of 2 times per year.

C.2.c. Materials: General office supplies and postage.

C.2.d. Budget:

Total Biennial LCMR Budget: \$ 47,259

LCMR Balance: \$ 5,000

Match: \$ 10,000

Match Balance: \$ 0

C.2.e. Timeline:

| | 7/95 | 1/96 | 6/96 | 1/97 | 6/97 | 12/97 |
|---------------------------------------|------|------|------|------|------|-------|
| 1. Publish and mail first newsletter | | X | | | | |
| 2. Publish and mail second newsletter | | | | X | | |
| 3. Publish and mail third newsletter | | | | | X | |
| 4. Publish and mail fourth newsletter | | | | | | X |

C.2.f. Workprogram update: Over the course of the two year project, four newsletters were published and disseminated to over 1,700 outdoor recreation service providers, DNR, Environmental Learning Centers, Hennepin Parks, U.S. Forest Service, and other cooperating individuals and agencies (see attached newsletters in packet). Additional copies of the newsletter were disseminated at public awareness events, outreach presentations and formal trainings and workshops.

The newsletters included information about formal training opportunities, project participants, highlights of adventure trips, thanks to contributors, spring and summer public awareness events, and other project related activities.

C.3. Activity: Public Awareness Events

C.3.a. Context within the Project: A series of events and community activities will be offered to raise public awareness of the needs and ability levels of people with disabilities and people of color and to showcase Minnesota's inclusiveness in outdoor recreation. Possible events may include: community outdoor skills workshops held throughout the state, wheelchair obstacle course/disability awareness workshops, and an annual "Break Your Own Barriers" event. Diversity Specialists and outdoor service providers will participate. A minimum of six events to raise public awareness will be conducted each project year.

C.3.b. Methods:

1. Set schedule for events.

2. Develop related promotional materials.

3. Compile database for promotional mailings using existing lists from Wilderness Inquiry, Vinland, DNR, and other sources.

4. Do promotional mailings to encourage community participation. This mailing will include press releases in appropriate community newsletters, disability and minority publications, and metropolitan newspapers.

5. Make event specific arrangements (i.e. get permits to conduct canoe events on local lakes, activity stations for "Break Your Own Barriers", etc.).

6. Arrange for participation by Diversity Specialists and outdoor service providers.

C.3.c. Materials: General office supplies, postage, event-specific supplies.

C.3.d. Budget:

Total Biennial LCMR Budget: \$ 39,269

LCMR Balance: \$ 0

Match: \$ 10,000

Match Balance: \$ 0

C.3.e. Timeline: 7/95 1/96 6/96 1/97 6/97 12/97

1. Plan, promote and
conduct the first three
events of the first project year

X

2. Plan, promote and
conduct the second
three events of the
first project year.

X

3. Plan, promote and
conduct the first
three events of the
second project year

X

4. Plan, promote and
conduct the second
three events of the
second project year

X

C.3.f. Workprogram Update: Public awareness events have been conducted serving 8780 individuals. Together Outdoors Minnesota's public awareness events provided individuals with an introduction to inclusive recreational outdoor activities. The focus of these events is on inclusive recreational canoeing, kayaking and introducing accessibility in the outdoors. Inclusive canoeing/kayaking (using adaptive equipment as needed) is enjoyed by people with and without disabilities participating together.

Paddling events were held to show how the general public, disability, cultural organizations and outdoor recreation personnel can interact with people of all abilities and backgrounds integrating together while paddling. Paddling events were held in the Twin Cities area and out of the metro area (Rochester, Mankato, Duluth, Hibbing/Grand Rapids, Detroit Lakes, Fargo/Moorhead, Worthington, Park Rapids, Alexandria, St. Cloud, Winona)

C.4. Activity: Develop an accessibility guidebook of outdoor recreation facilities and programs

C.4.a. Context within the Project: The accessibility guidebook fills a need in the state for a comprehensive review of accessible outdoor places for persons with disabilities and their families and friends. In addition, the guidebook will raise awareness among recreation facility providers of how to make their programs and facilities universally accessible to everyone and how to be in compliance with the ADA.

C.4.b. Methods:

1. Design and implement accessibility surveys of outdoor recreation places and facilities through mail questionnaires and follow-up phone interviews and site visits.
2. Develop a comprehensive facility accessibility database by:
 - analyzing existing accessibility data and outdoor recreation databases;
 - designing and building the accessibility database, using appropriate existing data and information from accessibility surveys already conducted.
3. Produce an accessibility guidebook of outdoor recreation facilities and programs by:
 - surveying accessibility publications already produced at the local, state, and national levels;
 - determining directory scope and format;
 - writing narrative descriptions of the state's local and regional outdoor recreation areas and their accessible features;
 - Publishing and marketing the directory.

C.4.c. Materials: General office supplies and postage.

C.4.d. Budget:

Total Biennial LCMR Budget: \$ 84,564

LCMR Balance: \$ 10,570

Match: \$ 0

Match Balance: \$ 0

C.4.e. Timeline:

| | 7/95 | 1/96 | 6/96 | 1/97 | 6/97 | 12/97 |
|--|------|------|------|------|------|-------|
| 1. First draft of book format | X | | | | | |
| 2. Collect data for guidebook | | | X | | | |
| 3. Rough draft of guidebook | | | | | X | |
| 4. Collect additional data for guidebook | | | | | X | |
| 5. Final draft of guidebook | | | | | | X |

C.4.f. Workprogram Update: Together Outdoors Minnesota participants collected information about playgrounds, parking lots, fishing stations, campgrounds, picnic areas, restrooms and the access routes to these elements at 18 state parks, 2 state forests, 11 county parks and 19 municipal parks. Data from all fifty parks has been entered into the database, in a format consistent with the survey forms and the website.

The Guidebook format has been revised and updated to its final format. Each park in the Guidebook will contain specific information on barriers encountered in each element of the park, as well as a general overview of what the park has to offer and what people with disabilities can expect to encounter when visiting each park. Personal contacts at each park will be provided for knowledgeable, updated information for guidebook park users.

A website format that is easy and informative to the user has been agreed upon and, by the end of December, 1997, a final product will be available on the internet with links to various sites. Research has revealed what it takes to create an effective web site and what other sites the guidebook should be linked to, e.g. the DNR, the State Council on Disabilities, Dept. of Tourism, etc. An example of site evaluation available at www.wildernessinquiry.org is attached.

VI. Evaluation:

Evaluation of Together Outdoors Minnesota's primary components includes measuring:

- Assimilation and retention of skills among the Diversity Specialists;
- Assimilation and retention of skills among the Diversity Specialists;
- Effectiveness of the Universal Design model;
- Effectiveness of the outdoor skills workshops and training with other service providers;
- Effectiveness of the Diversity Specialists Network in providing assistance to outdoor recreation service providers.

Evaluations will consist of:

- For Diversity Specialists, a pretest/post-test evaluation will be administered to determine their skill development and retention. This includes adapted versions of the Leadership Scale (Abery & Sharpe, 1992) and the Self-Determination Skills Evaluation Scale (Abery & Eggebeen, 1991). An assessment of outdoor recreation skills and integration skills before and after the skills training process will be administered.
- Qualitative feedback from recreation service providers on the applicability of the Universal Program Training model to their situations and problems. Every agency that receives training on the model will be asked to provide written feedback on its appropriateness. This data will be analyzed and assimilated into the training program.
- A quantitative summary of participation in the outdoor skills workshops showing the number of persons are served and the types of activities provided. Qualitative assessments will be made regarding the role of Diversity Specialists in the workshops. Diversity Specialists will be evaluated on their role in the service delivery of a minimum of two workshops. These assessments will be made by the Project Coordinator and the cooperating agencies.
- For the Outdoor Diversity Network, we will measure the number and type of placements for training with traditional service providers, recording feedback from those service providers, measuring job placements, opportunities for pay, etc.

VII. Context within field:

Minnesota is recognized as a leader in natural resource management as well as in the provision of services to people with disabilities and other minority groups. Despite this, people with disabilities and people of color are under represented in Minnesota's traditional outdoor programming. This project builds on Minnesota's strengths to make the state's natural resource programs a model for inclusiveness of all people.

VIII. Budget Context:

For the two year period 9/93 to 6/95: Wilderness Inquiry received \$172,430 to develop training models and to conduct a pilot program to train Integration Specialists.

For the two year period 7/95 to 6/97: Wilderness Inquiry and partner agencies will be seeking matching support for this project from private funding sources.

IX. Dissemination:

Together Outdoors Minnesota materials and findings will be broadly disseminated through a variety of methods, including the Diversity Specialist newsletter, journal articles, and reports to various agencies. Project staff will disseminate Together Outdoors Minnesota findings through the National Recreation and Park Association National Conference, as well as conferences involving other organizations.

The accessibility guidebook will be distributed statewide. It will be made available to all outdoor recreation facilities and programs in the state as well as to individual consumers at stores where they typically purchase maps and other travel information electronically over the internet (per meeting with DNR and LCMR staff on November 12, 1996).

X. Time:

Together Outdoors Minnesota will be completed in 2 years, 6 months. The additional 6 months is required to complete the accessibility guidebook.

XI. Cooperation:

Vinland Center - Vinland is 50/50 partner in Together Outdoors Minnesota. Vinland professional staff will equally share work on each project objective with Wilderness Inquiry.

Minnesota Department of Natural Resources (DNR) - The DNR's primary role is to work with us to develop the accessibility guidebook in Objective C.

YouthCARE/Camp Sunrise - YouthCARE will work with us to develop a strategy for recruiting people of color to participate as Diversity Specialists (Objective A).

Minneapolis Public Schools - A number of Minneapolis Public Schools will work with us to help recruit people with disabilities and people of color to participate as Diversity Specialists (Objective A).

XII. Reporting Requirements:

Semiannual six-month workprogram update reports will be submitted not later than January 1, 1996, July 1, 1996, January 1, 1997, and a final six-month workprogram update and final report by December 31, 1997.

Training Opportunity

A comprehensive training session can be arranged to provide your organization with the knowledge and skills to improve the quality of outdoor program service delivery for all Minnesota citizens.

Possible Topics to Select From:

- Disability awareness / Americans with Disabilities Act (A.D.A.)
- Marketing tips on outreach to minority populations
- Resources available for working with diverse groups

Outdoor Diversity Trainers will work closely with your organization to tailor the training to meet your specific goals and needs. The training is FREE and follows the inclusion guidelines set forth in the *Green Print for Minnesota* and will help your agency to:

- ✓ **Work with diverse populations**
- ✓ **Adapt facilities and programs**
- ✓ **Facilitate inclusion**
- ✓ **Increase participation by diverse users**

CALL Together Outdoors Minnesota to set up a training or to learn more about other project related opportunities.
612/479-4543 or 612/479-4537 V/TTY

Funding for Together Outdoors Minnesota is through the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund.



Wilderness Inquiry



Vinland Center



To schedule a training at your agency or location, please contact:

Together Outdoors Minnesota

at:

Vinland Center

612/479-4543 or 479-4537 V/TTY

vinland@mtn.org

or

Wilderness Inquiry

612/379-3858 or 800/728-0719 V/TTY

☐ I would like to schedule a free training on ways to make our programs and facilities more accessible to people of all abilities and backgrounds.

☐ Please send me a current listing of other Together Outdoors Minnesota project related activities -- canoe events and public awareness events -- scheduled for the summer and fall of 1997.

Name: _____

Agency: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (_____) _____

Cut along line and return for more information about Together Outdoors Minnesota

TRAINING OPPORTUNITIES

For:

- ♦ Outdoor Recreation Service Providers
- ♦ Environmental Education Personnel

Accessibility Training Provided by:

TOGETHER OUTDOORS



MINNESOTA

PROJECT GOALS

- To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.
- To improve the quality of life for people of all abilities and cultures through improved access to Minnesota's outdoor resources.
- To improve the quality of outdoor program service delivery for all Minnesota citizens.

Telephone 612/479-4543 or 612/479-4537 V/TTY

Together Outdoors Minnesota

PO Box 308

Loretto, MN 55357

612/479-4537 V/TTY

612/479-2605 fax

Non-Profit
Organization
U.S. Postage
PAID
Permit No. 4
Loretto, MN 55357

Together Outdoors Minnesota

PO Box 308

Loretto, MN 55357

TOGETHER



OUTDOORS MINNESOTA

Together Outdoors Minnesota is a collaborative effort of Wilderness Inquiry, Vinland Center, and the Minnesota Department of Natural Resources to train people with disabilities and/or members of minority communities on outdoor diversity issues.

PROJECT GOALS

- To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.
- To increase the quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor resources.
- To improve the quality of outdoor program service delivery for all Minnesota citizens.

Together Outdoors Minnesota

c/o Vinland Center
PO Box 308
Loretto, MN 55357
612/479-4537 V/TTY
612/479-2605 fax

Together Outdoors Minnesota

c/o Vinland Center
PO Box 308
Loretto, MN 55357

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Loretto, MN 55357

Outdoor Diversity Training

Together Outdoors Minnesota will recruit thirty individuals to be involved in the **Outdoor Diversity Training** program. The training will focus on ways to make Minnesota parks and other outdoor recreation areas more accessible to people of all abilities and backgrounds. The Outdoor Diversity Training program includes:

- Outdoor Leadership and Group Dynamics
- Cultural Diversity
- Sensitivity Training
- Disability Awareness
- Public Speaking
- Program and Facility Accessibility
- Outdoor Skills and Wilderness Issues
- On-Site Accessibility Surveys
- Public Awareness Events
- 3-7 Day Wilderness Trip

Upon completion of the Outdoor Diversity Training, participants will assist outdoor recreation service providers throughout Minnesota in improving the quality of their programs and facilities.

Wilderness Inquiry, Vinland Center and the Department of Natural Resources will coordinate training, public awareness events, and on-site accessibility surveys. Participants are expected to complete the 36 hour training and the wilderness trip. Participants will also be expected to attend public awareness events, conduct on-site accessibility surveys and provide consultation or training on ways to facilitate inclusion.

Opportunities

- Free 3-7 day wilderness trip
- Stipends available depending on level of participation
- Coordinate special events in your community
- Job networking



Together Outdoors Minnesota has targeted multiple recreation areas to conduct on-site accessibility surveys. Information collected will be published in a DNR guidebook highlighting the accessibility of Minnesota State Parks and other outdoor recreation areas. In addition, a state wide resource manual listing outdoor diversity resources will be developed to increase the diversity of people served.

Funding for Together Outdoors Minnesota is through the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund.

For More Information

PLEASE CONTACT

Together Outdoors Minnesota

at
Vinland Center
612/479-4543 or 612/479-4537 V/TTY
vinland@ix.netcom.com
or
Wilderness Inquiry
612/379-3858 or 800/728-0719 V/TTY

- ☐ I want to apply for the Outdoor Diversity Training opportunity beginning in January 1997. Please send me an application packet.
- ☐ Please send me a current listing of public awareness and canoe events planned for the summer and fall of 1996.
- ☐ Please send me a 1996 Wilderness Inquiry trip schedule.

Name: _____

Agency: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (_____) _____

Cut along line and return for more information about Together Outdoors Minnesota

TOGETHER



OUTDOORS MINNESOTA

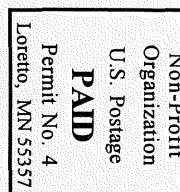
Together Outdoors Minnesota is a collaborative effort of Wilderness Inquiry, Vinland Center, and the Minnesota Department of Natural Resources to train people with disabilities and/or members of minority communities on outdoor diversity issues.

PROJECT GOALS

- To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.
- To increase the quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor resources.
- To improve the quality of outdoor program service delivery for all Minnesota citizens.

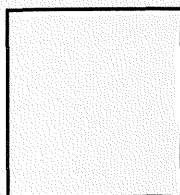
Together Outdoors Minnesota

c/o Vinland Center
PO Box 308
Loretto, MN 55357
612/479-4537 V/TTY
612/479-2605 fax



Together Outdoors Minnesota

c/o Vinland Center
PO Box 308
Loretto, MN 55357



Outdoor Diversity Network

Through an extensive recruiting and selection process, thirty individuals with diverse backgrounds were chosen to participate in a 36 hour Outdoor Diversity Training program. The focus of the training was on ways to make Minnesota parks and other outdoor recreation areas more accessible to people of all abilities and backgrounds. The Outdoor Diversity Training included:

- Outdoor Leadership and Group Dynamics
- Cultural Diversity
- Sensitivity Training
- Disability Awareness
- Programs and Facilities Accessibility
- Outdoor Skills and Wilderness Issues
- Park and Outdoor Accessibility Surveys
- Public Awareness Events

An **Outdoor Diversity Network** has been developed to create a link between the Outdoor Diversity Trainers and outdoor recreation service providers through:

- A quarterly newsletter highlighting project activities.
- Free public awareness and canoe events throughout the state to provide an opportunity for all people to benefit from the efforts of the Together Outdoors Minnesota project.
- On-site accessibility surveys of facilities and programs. The information collected will be published in a DNR guidebook which will highlight the accessibility of Minnesota State Parks and other outdoor recreation areas.

Opportunities and Benefits

Participants in Together Outdoors Minnesota are now available to assist Minnesota outdoor recreation service providers improve the quality of their programs and facilities through:

- Providing consultation or training to facilitate inclusion of people of all abilities and backgrounds.
- Evaluating facilities and programs with an on-site accessibility survey.
- Providing a list of resources available to increase the diversity of people served.

Funding for Together Outdoors Minnesota is through the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund.

For More Information

PLEASE CONTACT

Together Outdoors Minnesota

at

Vinland Center

612/479-4543 or 612/479-4537 V/TTY

vinland@ix.netcom.com

or

Wilderness Inquiry

612/379-3858 or 800/728-0719 V/TTY

- ☐ I would like to schedule a FREE training on ways to make programs and facilities more accessible to people of all abilities and backgrounds.
- ☐ I would like more information about the on-site accessibility survey of programs and facilities.
- ☐ Please send me a current listing of public awareness and canoe events planned for the summer and fall of 1996.

Name: _____

Agency: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (_____) _____

Cut along line and return for more information about Together Outdoors Minnesota

Bray Park (Blue Earth County)

Route #1, Box 67

Madison Lake ,MN 56063

507/243-3885

DIRECTIONS:

Bray Park is in Blue Earth County, two miles southeast of the City of Madison Lake on County State Aid Highway 48. It is located on the southeasterly shore of Madison Lake.

OPEN:

Daily, 8:00 A.M. to 10:00 P.M., between May 1 and November 1

ADMISSION:

Daily: none

Annual Pass:

DESCRIPTION:

Bray/Blue Earth County Park is a beautiful park offering the park user a wide variety of possibilities. Some of the unique aspects of the park are the suspension bridge, swimming area (with beautiful gazebo), and the Arboretum. The Arboretum has a level, paved trail that leads one through beautiful stands of towering Maple and Basswood trees. A definite must see! Camping and picnicing options abound for people of all abilities, and the facilities offer reasonable levels of accessibility, especially the new, "accessible" drive-in camp sites and modern toilets.

R_x



Camping



Fishing
Pier



Picnic
Areas



Play
Areas



Parking



Restrooms



Water
Sources



Accessibility
Contact



Easy



Moderate



Difficult



N/A

Return to
Start Up Page

Bray Park (Blue)

Route #1, Box 67

Madison , MN 56063

507/243-3885

Campground Summary



Go to
Campground
Survey

Park
Summary



Picnic
Area



Picnic
Area



Picnic
Area



Parking



Restrooms



Water
Supply

Need
Graphic

Accessibility

RV Campsites DRIVE-UP/RV CAMPGROUND -- Drive-in camping is an option at Bray Park. There are 43 sites (plus overflow area) available, of which two have recently been improved for accessibility. Each of these sites has electricity and water at the sites, and is very level. **Parking** at each site is 8 feet wide by 50 feet long. Also, the new lot at the restrooms was recently asphalted so it had no striping or accessible stall signage at the time of this survey. The **access routes** are quite level and free of obstructions. The **restrooms** are of an easier level of accessibility, but can be a long walk from some camp sites. Braille and raised lettering are provide on signage, and the stalls in accessible toilets are of a very accessible, lateral transfer design. Sinks, soap, and hand towels are also accessible. **Showers** are roll-in style and provide good accessibility, except that the shower head

Difficulty Level
Moderate

Tent Campsites TENTING SITES -- The tent sites at Bray Park offer wonderful views of the lake and pleasant open and shaded sites. **Access** to the area is by foot only from the parking lot. **Parking** is asphalt surfaced, however no stall or accessible parking is designated. **Restroom** facilities are of a vault style with a difficult level of accessibility. The stalls are two-hole designs, so the area of the stall is 6 feet wide by 48 inches deep. Therefore, there is room for a wheelchair in the stalls, but otherwise they are completely lacking in universal design. The **picnic tables** have only a 10 inch deep knee clearance, but are otherwise of an accessible design. **Fire rings** are provided at Bray Park. None are on a raised surface, and the grills are quite heavy, but the grates are between 17 and 19 inches in height and have a tactile surface surrounding them. \$10 per campsite per day. \$2

Difficulty Level
Difficult

Difficulty Level

Bray Park (Blue)

Route #1, Box 67

Madison, MN 56063

507/243-3885

Picnic Areas Summary



Go to Picnic
Area Survey

Park
Summary



Picnic
Area

Play
Area

Play
Area

P
Parking

Parking



RESTROOMS

Restrooms

H₂O
Water

Water

SOURCES

Need
Graphic

Play Area

CABIN PICNIC AREA -- The log cabin area has a small number of tables and is near the play area. There is a relatively large (31 stalls) **parking** area with one designated accessible parking stall. The **access routes** are paved, level and free of obstructions. The **picnic tables** are the same as are found in the campgrounds, as are the **trash receptacles**. **Restrooms** and **water** are not available at this site.

Difficulty Level

Moderate

Picnic Shelter

PICNIC SHELTER -- The picnic shelter and surrounding picnic area is fairly sparse. There are no electricity, lights, **restrooms** or **water** available. **Parking** is available close to the area, with one designated accessible stall, aisle and signage. Ten total parking stalls are designated. **Access routes** are level, free of obstructions, and are naturally grass and dirt surfaced. The **picnic table** knee clearance is only 26 inches high and 10 inches deep. **Trash containers** are provided which require tight grasping of the hands to use. **Cooking grills** are available with 30 inch high cooking surfaces, but they cannot rotate.

Difficulty Level

Moderate

Difficulty Level

Moderate

Bray Park (Blue)

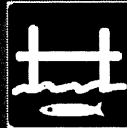
Route #1, Box 67
Madison, MN 56063
507/243-3885

Play Areas Summary

Play
Area

Go to Play
Area
Survey

Park
Summary



Need
Graphic

Accessibility

Play Area The play area, 120 feet from the log cabin picnic area, is in an open area with shade nearby. It provides transfer points of appropriate size and placement, but otherwise is of difficult levels of accessibility. The sand surface makes movement by mobility impaired folks rather difficult. Parents nearest seating is at the picnic tables near the log cabin.

Difficulty Level
Difficult

Difficulty Level

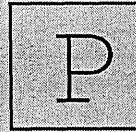
Bray Park (Blue)

Route #1, Box 67

Madison, MN 56063

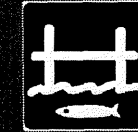
507/243-3885

Parking Summary



Go to
Parking
Survey

Park
Summary



Need
Graphic

Central Restroom

Parking throughout Bray Park is inherently accessible, as all lots are level, paved and have no curbs. There are a few to few designated accessible stalls available for the total number of stalls present. There are no designated van accessible spots in the park, but provided access aisles are 8 feet wide, which in most cases can be used effectively by vans. Parking at the drive-up sites tend to be a little narrow, but there is usually plenty of room on grass surrounding the parking area. The parking lot at the Central Restroom is a brand new asphalt parking lot that had not been marked yet with parking spaces. It is extremely level and is adjacent to the restroom.

Difficulty Level
Easy

Tent Campsites

Difficulty Level

Play Area

Difficulty Level

Picnic Shelter

Difficulty Level

Difficulty Level

Bray Park (Blue)

Route #1, Box 67
Madison , MN 56063
507/243-3885

Restrooms Summary



Go to
Restroom
Survey

Park
Summary



Campgrounds



Fishing

Picnic



Picnic

Areas



Play Areas



Parking



Water

Sources



Accessibility

Campground Restroom MODERN RESTROOMS/SHOWERS -- The modern restrooms and showers at Bray Park are definitely of an easier level of accessibility, and boast very good universal design characteristics. Signage is provided in braille and raised lettering, however it is situated on the door rather than the approach wall. The accessible stall allows enough room for a lateral transfer and plenty of room to fit a wheelchair in the stall, and the sinks are of an accessible design except for the fact that the pipes are uninsulated (so watch your legs and toes). The showers offer an accessible roll-in design with a folding wooden seat. The shower head, however, is fixed and it will not directly spray toward the folding seat.

Difficulty Level
Easy

Central Restroom VAULT TOILETS -- The vault style toilets located at the tent site campground are of a difficult level of accessibility. They meet very few of the universal design guideline. The only accessible feature is that the clear floor space in the toilet measures 6 feet by 4 feet, because it is a two hole toilet. Otherwise, there is a 2 to 4 inch lip to enter, no grab bars, and only a 29.5 inch clear opening to get into the room.

Difficulty Level
Difficult

Difficulty Level

Summary of Quantitative Evaluation

Together Outdoors Minnesota (1996-97)

Note: Mean and Mode scores for all measures were taken from the **Post-Training Evaluation**. Average change column refers to the average difference between the pre and post training self assessment ratings. This score should reflect the learning participants feel they gained.

Professional Development

1= Not familiar

3= Somewhat familiar

5= Very familiar

Question 1: Are you familiar with the Universal Design for Accessibility?

1996

| | | |
|------|------|--|
| Mean | Mode | Average change from pre to post evaluation |
| 3.4 | 4 | 1.62 |

1997

| | | |
|------|------|--|
| Mean | Mode | Average change from pre to post evaluation |
| 4.14 | 4 | 1.28 |

1996-97

| | | |
|------|------|--|
| Mean | Mode | Average change from pre to post evaluation |
| 3.77 | 4 | 1.45 |

Question 2: Are you familiar with the Americans with Disabilities Act?

1996

| | | |
|------|------|--|
| Mean | Mode | Average change from pre to post evaluation |
| 3.67 | 4 | 0.46 |

1997

| | | |
|------|------|--|
| Mean | Mode | Average change from pre to post evaluation |
| 4 | 4 | 0.78 |

1996-97

| | | |
|------|------|--|
| Mean | Mode | Average change from pre to post evaluation |
| 3.83 | 4 | 0.62 |

Question 3: Are you familiar with the affects of a functional impairment on an activity?

1996

| | | |
|------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 3.40 | 4 | 0.69 |

1997

| | | |
|------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 4.05 | 4 | 1.83 |

1996-97

| | | |
|------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 3.72 | 4 | 1.26 |

Personal Development

1=not comfortable

3=somewhat comfortable

5=very comfortable

Question 1: I feel comfortable participating in a group/panel discussion.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 4.5 | 5 | 0.5 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 4.18 | 4 | 0.61 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 4.34 | 5 | 0.56 |

Question 2: I feel comfortable teaching/training.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 4.36 | 5 | 0 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 3.8 | 4 | 0 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 4.08 | 4 | 0 |

Question 3: I feel comfortable working with individuals with diverse cultural backgrounds.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 4.6 | 5 | 0.46 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 4.3 | 4 | 0.22 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 4.45 | 5 | 0.34 |

Question 4: I feel comfortable working with individuals with varying ability levels.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 4.2 | 5 | 0.69 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 4.45 | 5 | 0.44 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 4.33 | 5 | 0.57 |

Opportunities

1=strongly agree 2= agree 3=Unsure 4=Disagree 5=Strongly Disagree

Question 1: I have confidence in my leadership abilities.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 2.47 | 2 | 0 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.45 | 2 | 0.28 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.46 | 2 | 0.06 |

Question 2: I am confident in my public speaking abilities.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 2.47 | 1 | 0 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.5 | 2 | 2.11 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.48 | 2 | 0.99 |

Question 3: I am comfortable working in outdoor settings.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 2.63 | 2 | 0 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.05 | 1 | 1.00 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.34 | 2 | 0.50 |

Question 4: I am confident leading surveys at different facilities.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 2.93 | 3 | 0 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.36 | 2 | 0.78 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.65 | 2 | 0.28 |

Question 5: I have knowledge in outdoor camping skills.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 2.82 | 3 | 0.25 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.23 | 2 | 0.78 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.52 | 2 | 0.51 |

Question 6: I am comfortable on an overnight camping trip.

| <u>1996</u> | | |
|----------------|------|--|
| Mean | Mode | Average Change from pre to post evaluation |
| 2.6 | 2 | 0 |
| <u>1997</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 1.91 | 1 | 1.06 |
| <u>1996-97</u> | | |
| Mean | Mode | Average Change from pre to post evaluation |
| 2.25 | 1 | 0.40 |

Wilderness Adventure Trip**Question 1: I was able to observe various types of Situational Leadership during my trip.**

| <u>1996</u> | | <u>1997</u> | |
|----------------|----|-------------|----|
| Yes | No | Yes | No |
| 14 | 0 | 10 | 0 |
| <u>1996-97</u> | | | |
| Yes | | No | |
| 24 | | 0 | |

Question 2: I was able to observe Universal Programming (environment/activity/participants/resources) during my trip.

| <u>1996</u> | | <u>1997</u> | |
|----------------|----|-------------|----|
| Yes | No | Yes | No |
| 14 | 0 | 8 | 2 |
| <u>1996-97</u> | | | |
| Yes | | No | |
| 22 | | 0 | |

Question 3: I was able to use information received through the cultural and disability awareness training and apply it on my trip.

| <u>1996</u> | | <u>1997</u> | |
|----------------|----|-------------|----|
| Yes | No | Yes | No |
| 7 | 6 | 8 | 2 |
| <u>1996-97</u> | | | |
| Yes | | No | |
| 15 | | 8 | |

Question 4: I was able to apply the Recreation Opportunity Spectrum (ROS=urban, rural, semi-primitive, primitive) and facilities accessibility information to the various settings I am involved (i.e. work, community, etc.) along with the campsites I visited on my trip.

| <u>1996</u> | | <u>1997</u> | |
|----------------|----|-------------|----|
| Yes | No | Yes | No |
| 7 | 5 | 9 | 0 |
| <u>1996-97</u> | | | |
| Yes | | No | |
| 16 | | 5 | |

Name: _____

Date: _____

Outdoor Diversity Survey

Professional Education

- | | not
familiar | somewhat
familiar | very
familiar |
|---|-----------------|----------------------|------------------|
| 1. Are you familiar with the Universal Design for accessibility? If so, please describe briefly. _____ | 1 | 2 | 3 |
| 2. Are you familiar with the Americans with Disabilities Act? If so, please describe briefly. _____ | 1 | 2 | 3 |
| 3. Are you familiar with the affects of a functional impairment on an activity? If so, please describe briefly. _____ | 1 | 2 | 3 |

Personal Development

Answer the following questions by circling a number that corresponds to how you feel.

- | | not
comfortable | somewhat
comfortable | very
comfortable |
|--|--------------------|-------------------------|---------------------|
| 1. I feel comfortable leading a group discussion. Briefly describe any group leading experience you have had. _____ | 1 | 2 | 3 |
| 2. I feel comfortable teaching others the skills that I have mastered. Briefly describe any experience teaching others _____ | 1 | 2 | 3 |
| 3. I feel comfortable working with individuals with diverse cultural backgrounds. What has been your past experience working with diverse cultures? _____ | 1 | 2 | 3 |
| 4. I feel comfortable working with individuals with varying ability levels. Briefly describe past experiences, working with people of varying abilities. _____ | 1 | 2 | 3 |

Opportunities

Circle the number which most corresponds with your own feelings

1= Strongly Agree 2=Agree 3=Unsure 4=Disagree 5=Strongly Disagree

- | | | | | | |
|--|---|---|---|---|---|
| 1. I have confidence in my leading abilities. | 1 | 2 | 3 | 4 | 5 |
| 2. I am confident in my public speaking abilities. | 1 | 2 | 3 | 4 | 5 |
| 3. I am comfortable working in outdoor settings. | 1 | 2 | 3 | 4 | 5 |
| 4. I am confident leading surveys at different facilities. | 1 | 2 | 3 | 4 | 5 |
| 5. I have knowledge in outdoor camping skills. | 1 | 2 | 3 | 4 | 5 |
| 6. I am comfortable on an overnight camping trip. | 1 | 2 | 3 | 4 | 5 |

Name: _____

Date: _____

Outdoor Diversity Survey

not familiar somewhat familiar very familiar

Professional Education

1. Are you familiar with the Universal Design for accessibility?
If so, please describe briefly. _____

2. Are you familiar with the Americans with Disabilities Act?
If so, please describe briefly. _____

3. Are you familiar with the affects of a functional impairment
on an activity?
If so, please describe briefly. _____

Personal Development

Answer the following questions by circling a number that corresponds to how you feel.

not comfortable somewhat comfortable very comfortable

1. I feel comfortable participating in a group discussion (panel).
1 2 3 4 5

What type of panel would you be comfortable being a participant (circle)?

Integrated wilderness trip experiences
Accessibility Issues
Public Relations for WI and/or Vinland
Other _____

Social integration
Universal programming
Diversity Issues: Cultural
Disability
Both

2. I feel comfortable teaching others the skills in which I have learned.
1 2 3 4 5

What information would you be comfortable in teaching/ training(circle)?

Integrated wilderness trip experiences
Accessibility Issues
Public Relations for WI and/or Vinland
Other _____

Social integration
Universal programming
Diversity Issues: Cultural
Disability
Both

3. I feel comfortable working with individuals with diverse cultural backgrounds. 1 2 3 4 5

Have you gained any new insights about cultural diversity through this training?

Please feel free to make additional comments on back of this sheet.

4. I feel comfortable working with individuals with varying ability levels. 1 2 3 4 5

Have you gained any new insights about working with people with disabilities through this training?

Please feel free to make additional comments on back of this sheet.

Opportunities

Circle the number which most corresponds with your own feelings
1= Strongly Agree 2=Agree 3=Unsure 4=Disagree 5=Strongly Disagree

- | | | | | | | |
|----|---|---|---|---|---|---|
| 1. | I have confidence in my leadership abilities. | 1 | 2 | 3 | 4 | 5 |
| 2. | I am confident in my public speaking abilities. | 1 | 2 | 3 | 4 | 5 |
| 3. | I am comfortable working in outdoor settings. | 1 | 2 | 3 | 4 | 5 |
| 4. | I am confident leading surveys at different facilities. | 1 | 2 | 3 | 4 | 5 |
| 5. | I have knowledge in outdoor camping skills. | 1 | 2 | 3 | 4 | 5 |
| 6. | I am comfortable on an overnight camping trip. | 1 | 2 | 3 | 4 | 5 |

Wilderness Adventure Trip

1. I was able to observe various types of Situational Leadership during my trip.
Yes / No

Comment:-----

2. I was able to observe Universal Programming (environment/ activity/ participants/resources) during my trip. Yes / No

Comment: _____

3. I was able to use information received through the cultural and disability awareness training and apply it on my trip. Yes / No

Comment: _____

4. I was able to apply Recreation Opportunity Spectrum (ROS = urban, rural, semi-primitive, primitive) and facilities accessibility information to the various settings I am involved (i.e. work, community, etc) along with the campsites I visited on my trip. Yes No

Comment: _____

5. I found the Outdoor Skills Day helpful. In what ways?

Comment: _____

Any Additional Comment about the Trainings or your Trip?

Please send this form into Lisa Gorman at:

Wilderness Inquiry
1313 5th St. S.E.
Box 84
Mpls., Mn. 55414

SEEK

Sharing Environmental Education Knowledge



Welcome



News



Visitors



Search



Explore



Edit

www.seek.state.mn.us

Minnesota's Interactive
Directory of Environmental
Education Resources

FIND ENVIRONMENTAL EDUCATION RESOURCES

www.seek.state.mn.us

The **SEEK** directory contains abstracts & connections to:

- ▶ curriculum materials
- ▶ environmental learning centers
- ▶ resource people
- ▶ videos
- ▶ printed materials
- ▶ classes, exhibits
- ▶ speakers
- ▶ software
- ▶ employment & internship opportunities

Searching the directory enables you to conveniently locate environmental education resources. You can then call or connect with those resources. Look in the **News** for the **Calendar of Upcoming EE events** and updates.

You can reach **SEEK** at 612-215-0205 or 800-657-3843



Minnesota Office of
**Environmental
Assistance**

520 Lafayette Road N. (2nd Floor)
St. Paul, MN 55155-4100
toll free at 1-800-657-3843

Funding for this project approved by the Minnesota Legislature, ML 1995, Chapter 220, Sec. 19, Subd. 6(a), as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Environment and Natural Resources Trust Fund.





Visitor Center

offers a place to leave comments regarding the directory, connects to the calendar and SEEK training opportunities, and provides an **information exchange** using a conferencing system. Visit the conferencing system to exchange ideas, give your input to organizations looking for feedback, and participate in discussions. Simply find a thread that interests you and complete a *Reply to Thread* form.



Edit

Contributor area for adding resources to the directory. For more information on becoming a Contributor to the SEEK directory, contact the SEEK Coordinator or Education Specialist.

Tips for moving around in SEEK

- ▶ Simply point and click the mouse on the icon (pictures) representing the area you wish to go to. Icons are located at the bottom of each page.
- ▶ Use the "Back" and "Forward" buttons on your browser's toolbar to move to pages you've already looked at.
- ▶ Save each area page as a bookmark.
- ▶ Use the "Go" drop down list to return to previously viewed pages.



Finding SEEK on the World Wide Web

Accessing the World Wide Web requires a modem (14,400 bits per second or faster is best), an Internet connection and a browser (such as *Netscape* or *Mosaic*). Below are some general tips on using browsers.

Some common toolbar buttons:

- Back** Takes you back to the previous page
- Forward** Moves you to the next page (after back)
- Home** Takes you to your homepage
- Open** Use to enter an URL (see below)
- Find** Locate a word or phrase within the page

Each page on the web has an URL (Uniform Resource Locator). To get to SEEK on the World Wide Web click on the "Open" button and type in the URL for SEEK: <http://www.seek.state.mn.us>

To learn more about SEEK, contact the SEEK Coordinator at 612-215-0205 or the SEEK Education Specialist at 612-215-0231. Both may also be reached through SEEK on the World Wide Web.

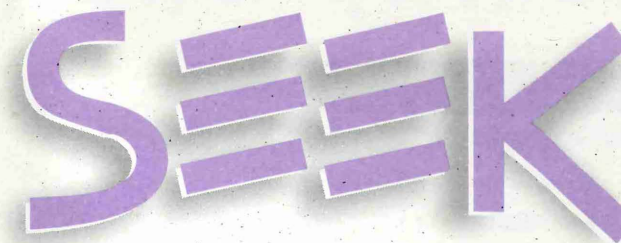
520 Lafayette Road N. 2nd Floor (OEA)

St. Paul, MN 55155-4100

Fax Number: 612-215-0229

Toll Free: 800-657-3843

Funding for SEEK is approved by the Minnesota Legislature, ML 1995, Chapter 220, Sec. 19, Subd. 6(c), as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Environment and Natural Resources Trust Fund. The Minnesota Office of Environmental Assistance, in cooperation with the Minnesota Environmental Education Advisory Board, manages the SEEK appropriation



Sharing Environmental Education Knowledge

MINNESOTA'S Interactive Directory of ENVIRONMENTAL Education Resources



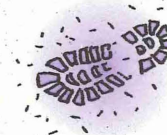
Welcome



Search



News



Explore



Visitor Center



Edit

<http://www.seek.state.mn.us>

SEEKING ENVIRONMENTAL EDUCATION IN MINNESOTA

Welcome to SEEK!

This guide is organized to provide you with:

- ▶ a quick tour of our site
- ▶ directions for searching the directory
- ▶ information on SEEK resource areas
- ▶ Internet information on finding SEEK

<http://www.seek.state.mn.us>

SEEK at a glance



Welcome

An introduction to SEEK and environmental education in Minnesota.



Search

Search the SEEK directory for environmental education resources.



News

Calendar of environmental events, news briefs, and employment opportunities occurring in Minnesota.



Explore

Information and links to environmental education sites in Minnesota.



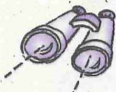
Visitor Center

Conferencing system, comment area and visitor information.



Edit

Contributor access to resource abstracts and calendar postings.



Search

the directory for environmental education resources. Both directory searches and Internet searches are available. Within SEEK you are able to conduct two types of searches:

1. Individual quick searches allow you to search on one of the following categories:

- ▶ *What's new* - lists all abstracts entered in the last 7 days
- ▶ *Title or Abstract Keyword* - type in a keyword to search
- ▶ *Topic* - choose from the list of broad topic areas
- ▶ *Resource type* - search for videos, programs, etc.
- ▶ *Audience* - look for materials geared to a specific audience
- ▶ *Location* - search for resources in a specific region
- ▶ *Contributor* - get a listing of resources by organization

Once you have chosen a category, click on the search button next to it and you are on your way.

2. Combined topic searches allow you to search on a **Topic and** another category. Choices are:

- ▶ *Topic and Title/Abstract Keyword*
- ▶ *Topic and Resource Type*
- ▶ *Topic and Audience*
- ▶ *Topic and Grades PreK-12*
- ▶ *Topic and SEEK Contributor*

Tips on Searching

- ▶ If your search is unsuccessful, check that keywords are spelled correctly
- ▶ To narrow down a search use a combined search or a more specific keyword
- ▶ To begin a new search use the back button to return to the previous screen or bookmark the search page
- ▶ Lower-case spellings will return more matches



Welcome

provides an introduction to SEEK and environmental education in Minnesota. Here you will find:

- ▶ *A GreenPrint for Minnesota: State Plan for Environmental Education.*
- ▶ Guidelines for the SEEK directory.
- ▶ Graduation Standards.
- ▶ Teacher Preparation Project.
- ▶ Credits.



News and Calendar

lists current information on environmental education events happening in Minnesota, training updates, employment opportunities and news briefs. Click on *Calendar* to see a list of upcoming events. To find specific types of events, or events happening in a specific location, use the calendar search.

Hints for searching the calendar:

- ▶ For a list of workshops or trainings, type "workshop", "training", etc
- ▶ For specific locations, type in a city (e.g. Bemidji)
- ▶ For events on a specific topic, type in a keyword (for example: pollution, birds, sustainability)



Explore

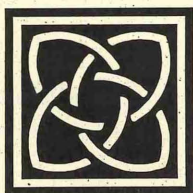
environmental education sites in Minnesota. State parks and environmental learning centers provide information on programs and opportunities. Links to other environmental education organizations around the state and national sites.

SEEK is a collaborative project of multiple agencies, organizations, and individuals.

Sharing

You will soon have a new Minnesota based electronic method to search for and find environmental education resources!

SEEK, which stands for **Sharing Environmental Education Knowledge**, is an environmental education information and service center on the Internet. Through a homepage on the World Wide Web, SEEK will give organizations with environmental education resources a place to list them, and people looking for resources a place to find them.



SEEK will offer directory service and broadened access to organizations with environmental education resources, including state agencies, colleges and universities, non profit groups and individuals. The homepage will organize the information into a common directory of resources that can easily be used by:

- *Students*
- *Teachers*
- *Consumers*
- *Businesses*
- *Citizen Groups*
- *Community Educators*
- *Producer / Landowners*
- *Government Agencies and Officials*

Environmental Education

The number of environmental education resources has grown dramatically in the past few years. So much information is now available that it is difficult for any single organization to gather, sort, monitor and provide access to all of it. SEEK is taking on this role by coordinating the collection, evaluation, dissemination, and promotion of environmental education resources.

Through partnerships with organizations that provide environmental information and education resources, SEEK will list resource abstracts on its homepage directory and make them available to organizations and individuals who need them. The directory will contain abstracts on environmental education resources such as:

- *Curriculum materials*
- *Classes*
- *Resource people*
- *Exhibits*
- *Performances*
- *Speakers*
- *Videos*
- *Software*
- *Printed Materials*
- *Much more*

Users of SEEK or "SEEKers" will have easy access to these resources even if they do not have Internet capabilities. The directory can be obtained through:

- *Internet, at SEEK's World Wide Web site.*
- *Phone, by calling the SEEK staff or one of our contributors.*

Knowledge

The unique design of this directory allows contributors to input abstracts of their resources from their own internet sites and to update their information conveniently. Access codes for editing the directory will be given out with training. Instruction on using and accessing the SEEK directory will be offered at no fee for both contributors and SEEKers.

Contributor training offers instruction on:

- *Soliciting resources within the organization*
- *Environmental education standards and guidelines for the directory*
- *Formatting resource abstracts*
- *Input and editing of resources in the directory*
- *Contributor networking*
- *Utilizing SEEK as a resource*

SEEKer training offers instruction on:

- *Accessing the World Wide Web*
- *Searching the SEEK directory*
 - *Cross references*
 - *Finding what you need*
- *Making connections*

Contact Annette Drewes for the dates and times of trainings.

Contributor Training

January 1, 1996 - July 1, 1996

Agassiz Environmental Learning Center
American Lung of Minnesota
Anoka County Integrated Waste
Audubon Center of the North Woods
Bell Museum of Natural History
Beltrami SWCD
Bemidji State University
Center for Global Environmental Education
Citizens for a Better Environment
Dakota County EE Program
Deep Portage Conservation Reserve
Eco Education
EPA - Environmental Research Lab.
Forest Resource EE Network
Freshwater Foundation
Global Action Plan
Headwaters Science Center
International Wolf Center
KTCA - Twin Cities Public Television
Lake Superior Center
Laurentian Environmental Center
Leech Lake Watershed Project
Long Lake Conservation Center
Metropolitan Mosquito Control District
Minnesota Center for Arts Education
Minnesota Environmental Initiative
Minnesota Landscape Arboretum
Minnesota Naturalist Association
Minnesota Sea Grant
Minnesota Zoological Garden
Mississippi Headwaters Board
MN Department of Agriculture
MN Department of Health
MN Department of Natural Resources State Parks and Region 1
MN Department of Public Service
MN Office of Environmental Assistance
MN Pollution Control Agency
MN Technical Assistance Program
MN Valley National Wildlife Refuge
National Park Service
Pheasants Forever/Leopold Project
Ramsey County Public Health
School Nature Area Project
Science Museum of Minnesota
St. Paul Schools EE Consortium
Teacher Preparation Project
The Green Institute
The Raptor Center
Together Outdoors Minnesota
Twin Cities Tree Trust
University of Minnesota - CELL
USDA Forest Service
Washington County
Western Lake Superior Sanitary District
Wolf Ridge ELC

July 1, 1996 - January 1, 1997

American Lung Association
Board of Soil and Water Resources
Bonanza Educational Center
Camp Courage
MN Dept. of Military Affairs - Camp Ripley
Carpenter Nature Center
Central MN Environmental Council
Chippewa Soil and Water Conservation District
Cities Management, Inc.
Eastman Nature Center
Forest Resource Center
Heritage Nature Center
International Wolf Center
Kids for Saving Earth Worldwide
Lake Carlos Environmental Center
Lawndale Environmental Center
Lee & Rose Warner Nature Center
Maplewood Nature Center
Metropolitan Council Environmental Services
Minn. Dept. of Health
Minn. Dept. of Transportation
Minnesota Extension Service and reps in Stevens County
Minnesota Naturalist Association
Olmsted Public Works
Prairie Wetlands RELC
SE Minnesota Recycling Exchange
Sustainable Communities Project
U of M - College of Natural Resources
US Fish and Wildlife Services
Wargo Nature Center
Westwood Hills Nature Center
Wilder Forest
YMCA St. Croix Environmental Center

January 1, 1997 - July 1, 1997

City of Burnsville
Mn Dept. of Military Affairs
Dakota County
Hennepin Parks
Anoka County
Scott County
Washington County
Northern States Power Company
Springbrook Nature Center
Legislative Commission on Minnesota Resources
MN Department of Natural Resources -- Metro field office.
University of Minnesota - Duluth
College of St. Scholastica
Western Lake Superior Sanitary District
Superior National Forest
MN Sea Grant

Earthday Media

Broken Down by Date:

(W=Weekly, D=Daily, listings are arranged by Date, paper name, city, and circulation.)

Spring 1996-97: MSTA Newsletter (EE Conference)

| | | | |
|-----------|------------------------------|----------------|--------|
| April 14: | Olivia Times-Journal (W) | Olivia | 1820 |
| | Cook County Times-Herald (W) | Grand Marais | 4932 |
| April 15: | Champlin Dayton Press (W) | Champlin | 5500 |
| April 16: | Minneota Mascot (W) | Minneota | 1700 |
| | Fulda Free Press (W) | Fulda | 1300 |
| | Osseo-Maple Grove Press (W) | Osseo | 12000 |
| | Aitkin Independent Age (W) | Aitkin | 5800 |
| | Wood Lake News (W) | Wood Lake | 850 |
| April 17: | Hinckley News (W) | Hinckley | 2100 |
| | Lake County Echo (W) | Pequot Lakes | 4089 |
| | Times/Review (W) | Storden | 675 |
| | Cass Lake Times (W) | Cass Lake | 1400 |
| | Pine River Journal (W) | Pine River | 2150 |
| | Eastern Itasca (W) | Nashwauk | 1800 |
| April 18: | Daily Globe (D) | Worthington | 13300 |
| | Oakdale Clarion (W) | Oakdale | |
| April 20: | Star Tribune (D) | Minneapolis | 412482 |
| April 21: | Delano Eagle (W) | Delano | 4500 |
| | Fillmore County Journal (W) | Preston | 9703 |
| | South Crow River News (W) | Osseo | 2000 |
| April 22: | Star Tribune (D) | Minneapolis | 412482 |
| | Lewiston Journal (W) | Lewiston | 2500 |
| April 23: | Gazette (W) | Red Lake Falls | 1700 |
| | Crosby-Ironton Courier (W) | Crosby | 4300 |
| | Annandale Advocate (W) | Annandale | 3500 |
| | Byron Review (W) | Byron | 1250 |
| April 24: | North Crow River News (W) | Osseo | 4600 |

Total Impressions (estimated): 915,933

Together Outdoors Minnesota

Issue #4, December 1997

Free newsletter for friends of Vinland Center, Wilderness Inquiry and the MN Department of Natural Resources.

Project Comes to Successful Close

Together Outdoors Minnesota was a partnership with Vinland Center Wilderness Inquiry and the MN Department of Natural Resources. The first phase included training a minimum of fifty people with diverse backgrounds and abilities including people with disabilities. In the second phase, the trained volunteers worked with outdoor service professionals and the general public to assist in making Minnesota's outdoor areas more accessible to all people.

Primary activities for the two year period included:

- Presentation and evaluation of Outdoor Diversity Training curriculum.
- Completion of Outdoor Diversity Training by 53 participants.

continued on page 2

Together Outdoors Minnesota

Collaborating Agencies:



Vinland Center

P.O. Box 308 - Loretto, MN 55357
(612) 479-3555 - vinland@mtn.org
www.mtn.org/vinland

Wilderness Inquiry

1313 5th Street SE, Box 84
Minneapolis, MN 55414
(612) 379-3858 - WIIInquiry@aol.com
www.wildernessinquiry.org

Funding for Together Outdoors Minnesota is through the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund.



Vinland Center



Wilderness Inquiry

Inside this issue...

Accessible Recreation
and Environmental
Responsibility

Inclusive
Environmental
Education

PARTNERS

Who We Are

Wilderness Inquiry
Winter Trip Schedule

Access to Minnesota

Volunteer
Opportunities

TOGETHER OUTDOORS MINNESOTA PROJECT GOALS

- To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.
- To increase the quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor recreation areas.
- To improve the quality of outdoor program service delivery for all Minnesota citizens.

continued from page 1

- Training of 712 outdoor recreation service providers about working with diverse populations, adapting facilities or programs, facilitating inclusion and increasing participation by diverse users.
- Outreach activities including presentations and consultations which served 2310 people.
- Development of a resource manual that will be available to outdoor recreation service providers.
- Creation and dissemination of four Together Outdoors Minnesota newsletters.
- Public awareness events throughout the state, serving over 3500 individuals.
- Creation of an accessible facility guidebook highlighting state, county, and municipal parks throughout the state of Minnesota.

For more information about results of Together Outdoors Minnesota please contact:
Vinland Center at 612/479-3555 or Wilderness Inquiry at 612/379-3858.

"Thank you so very much for coming and spending the afternoon with us. All of us really enjoyed [the training] and learned so much. I hope you realize the good you are doing around the State."

...Maggie Keenan, Forest Resource Learning Center

Accessible Recreation and Environmental Responsibility

in the *GreenPrint for Minnesota* by
the Minnesota Department of
Education in 1993.

Over the course of the project,
PARTNERS will:

Inclusive Environmental Education

Vinland Center and Wilderness Inquiry are working together on a new LCMR recommended project called PARTNERS in Accessible Recreation and Environmental Responsibility.

PARTNERS will work cooperatively with 6-12 Minnesota school districts to provide program development assistance in both **environmental education** and **inclusive education** for students of all abilities. A combination of urban, suburban, and rural elementary and high schools will be selected to participate in the project. Students served at each school will be representative of that school's population, with an emphasis on serving students with disabilities.

PARTNERS will work with students, parents, teachers, and resource staff at each school to provide environmental education designed to include students with disabilities. Participating schools will serve as models for inclusive environmental education, consistent with the state goals for environmental education published

- ✓ Provide inclusive environmental education classroom instruction to address state environmental education priorities in 6-12 Minnesota school districts.
- ✓ Provide sequentially-based outdoor activities for students with and without disabilities throughout Minnesota.
- ✓ Provide intensive leadership training for selected high school students with and without disabilities to enable them to serve as school-wide environmental stewardship mentors.
- ✓ Coordinate inclusive environmental service projects in 6-12 Minnesota school districts.
- ✓ Disseminate project activities and results over the Internet and through statewide educational conferences and publications.

PARTNERS—For High Schools

Too often teenage youth find themselves stuck between the rock — “you’re too old to be a child” and the hard place — “you’re too young to understand”. In response, Project PARTNERS seeks to empower youth of all abilities and cultural backgrounds to move beyond the rock and the hard place. PARTNERS encourages high school students to become environmental stewards, mentors, community leaders and advocates for inclusive recreation.

Wilderness Inquiry will work with 12 schools throughout Minnesota in collaboration with the Vinland Center PARTNER schools. Students and teachers will participate in inclusive activities such as field trips, environmental education, community service projects, outdoor skills workshops, and outdoor recreation weekends. If you are interested in learning more about PARTNERS, contact Ellen Lock at Wilderness Inquiry 612-379-3858 or 1-800-728-0719.

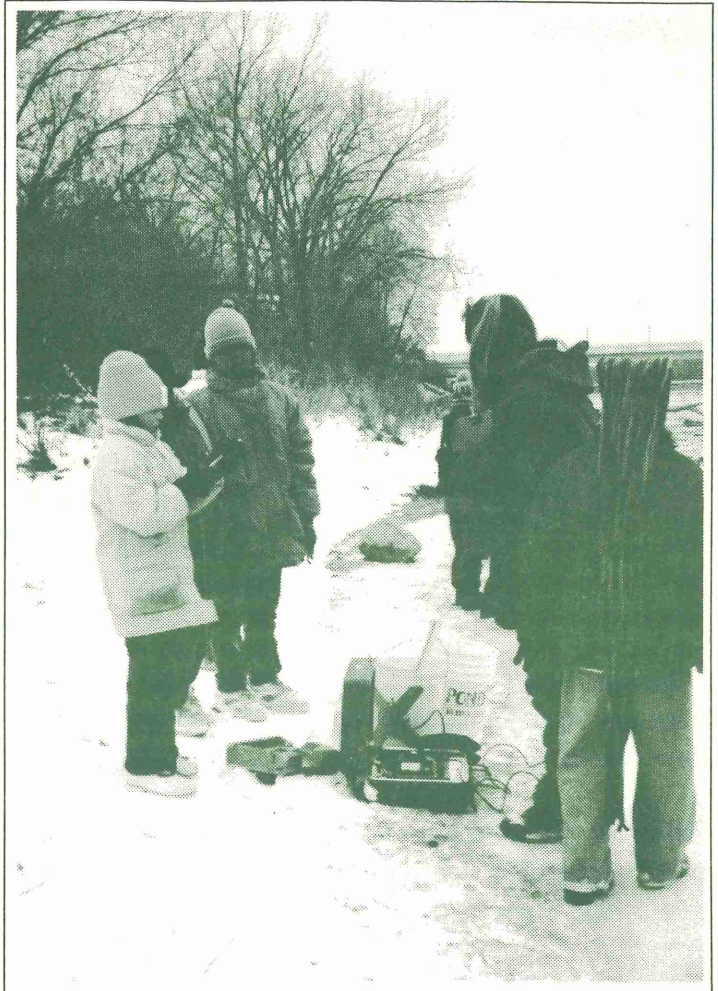
PARTNERS — For Elementary Schools

PARTNERS for elementary schools provides hands-on, field-based inclusive environmental education for upper elementary grades. PARTNERS lessons are designed to be integrated into current curriculum being taught at any school. Activities and lessons are adapted for students with diverse learning styles, both with and without disabilities. *Continued on page 4*

Who We Are



Wilderness Inquiry provides opportunities that integrate people with and without disabilities in outdoor education and adventure experiences. These experiences inspire personal growth, instill confidence, develop peer relationships, and enhance awareness of the natural environment. A Minnesota-based nonprofit organization, Wilderness Inquiry was founded in 1978.



Students from Webster Open School in Minneapolis taking water quality samples at Coon Rapids Dam.



Vinland Center, a nonprofit rehabilitation center founded in 1976, works to prevent disabilities and assist individuals who face multiple, complex problems associated with disabilities to live productive and fulfilling lives. Central to Vinland’s mission and services is the promotion of full inclusion of people with disabilities in community life.

Vinland Center's staff have developed and implemented a number of inclusive educational and recreational resources, including: Access to Opportunities, Celebrate the Earth, and Together Outdoors Minnesota.

continued from page 3

Based on the environmental interests of your school, PARTNERS staff will create an environmental education program that is:

- Inclusive
- Interdisciplinary
- Cross-cultural
- Theme-based
- Hands-on
- Suited for grades 4-6



Wilderness Inquiry

PARTNERS
in accessible recreation &
environmental responsibility

Your school may select from these topics:

- Water Quality
- Resource Management
- Conservation
- Sustainable Agriculture Ecology
- Recycling
- Wildlife
- Human Impact

Additional topics are available. Please let us know what environmental issues are of greatest concern to your school.

Selection of PARTNERS elementary schools will be based primarily on the commitment and level of interest of teachers and resource staff to incorporate inclusive environmental education and service-learning in the classroom.

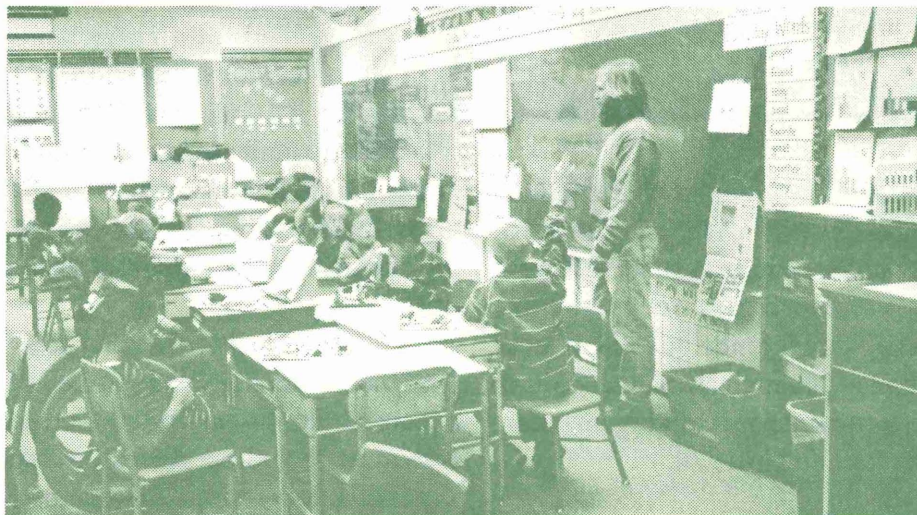
A limited number of schools throughout the state will be selected to participate in this project. For more information or to receive an application, contact: Amy Kay Kerber at 612/479-4537 or partners@mtn.org.



Vinland Center

Committed to full lives for
people with disabilities.

Making environmental
education accessible for
everyone.



PARTNERS staff come to your school for environmental education programs.

PARTNERS *benefits your school by:*

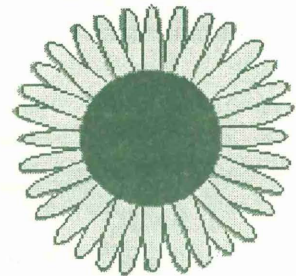
✓ **Incorporating environmental education in the classroom**

PARTNERS staff will work closely with classroom teachers to facilitate each lesson and prepare teachers to include environmental education in other subject areas.

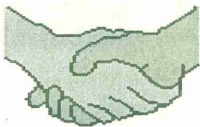
✓ **Providing curriculum and materials for inclusive environmental education**

PARTNERS staff will use a variety of teaching methods, making physical and/or instructional accommodations as necessary. Materials and resources will be provided for:

- Classroom sessions
- Topic specific assignments
- Guest speakers
- Hands on activities
- Service-learning projects
- Field trips



✓ **Building community and leadership skills through service-learning**



Key to the PARTNERS experience, students will organize and conduct challenging, environmentally responsible service-learning projects which better their local community.

✓ **Promoting disability awareness within the context of environmental learning**

Inclusive education and environmental education are natural partners because both are noncompetitive and emphasize diversity, enhancing students' respect for the environment, community, and each other.

Best of all - it's free!

Funding for PARTNERS has been provided by the 1997 Minnesota Legislature on the recommendation of the Legislative Commission on Minnesota Resources. **There is no cost to participating schools.**

Winter Trips with Wilderness Inquiry

Ski and Dogsled the Boundary Waters

A classic winter experience



Where the winter snow lies deep and tall pines frame the horizon, ancient Native American trails offer passage to the woods and lakes in Minnesota's Boundary Waters Wilderness. This trip is an introduction to a variety of winter activities: dogsledding, cross-country skiing, snowshoeing, and winter camping. We will receive instruction on all facets of the trip, including winter safety and comfort. YMCA's Camp Menogyn, a remote and comfortable lodge located a mile from the end of the road, will be our home base as we enjoy our north country adventure. A Finnish sauna, an optional overnight camp-out, and the thrill of mushing a team of powerful huskies are just a few of this trip's highlights. \$135 deposit. Dates include travel from Minneapolis, MN (6 hours one way).

5-day trips \$575 Dec 28, 1997 - Jan 1, 1998; Jan 15 - 19, 1998; Jan 21 - 25, 1998; Jan 28 - Feb 1, 1998; Feb 4 - 8, 1998; Feb 12 - 16, 1998; Feb 18 - 22, 1998; Feb 25 - Mar 1, 1998; Mar 4 - 8, 1998



DOG SLED
ADVENTURES

Northwoods Dogsled Adventure

Mush your own team

Gee! Haw! Hike! These words may sound strange to you now, but you'll be using them like a pro after your dogsledding adventure in Minnesota's north country. We'll begin with a day-long "crash course" in the basic art of dogsledding, then embark on a series of fast-paced runs through the remote wooded trails of the Superior National Forest. This trip combines the intensity of running some of the best dogsledding trails in the lower 48 with more relaxed activities around camp. We'll sleep in heated wall tents, enjoying star-clustered skies and the pristine northern air. Two people per dogsled team will ensure maximum dogsledding time for everyone. \$230 deposit. Group size limited to 8. Dates include travel from Minneapolis, MN (6 hours one way). \$230 deposit. Group size limited to 8. Dates include travel from Minneapolis, MN (6 hours one way).

6-Day Trips \$945 Dec 27, 1997 - Jan 1, 1998; Jan 31 - Feb 5, 1998; Feb 14 - 19, 1998; Feb 28 - Mar 5, 1998

Everglades Canoe

A tropical paradise of ten thousand islands



Take a winter break and join us in sunny Florida as we discover the singular beauty of the Everglades, the only ecosystem of its kind in the world. We'll paddle through the shallow and protected Ten Thousand Islands area maze of mangrove islands and lagoons, where fresh water meets the sea. Enjoy the awesome array of wildlife the Everglades harbors over 300 species of birds, as well as alligators, dolphins, stingrays and manatees. We'll travel through Gullivan Bay to the Gulf of Mexico, exploring the wildlife-rich estuaries and inlets along the way. After a night's camp on the sandy beaches of Gullivan Key, we'll have the option of beach combing and exploring tidal pools or paddling through slow-moving, mangrove-lined canals. \$175 deposit.

6-Day Trip \$645 1/22/98-1/27/98; 2/1/98-2/6/98; 2/11/98-2/16/98; 2/21/98-2/26/98; 3/3/98-3/8/98; 3/12/98-3/17/98



Winter Family Weekend

Winter family fun near Sandstone, Minnesota

Winter is a beautiful time to visit Minnesota's North Woods. This adventure will take us to the big pines on the shores of Grindstone Lake - only 1.5 hours north of the Twin Cities. You will stay at the just completed lodge of the Northwoods Audubon Center, a modern facility that includes beautiful individual rooms, a large dining hall, and many other special features. During the days you can ski, snowshoe, dogsled, and explore this special environment. Other activities, such as the wildlife classroom featuring raptors and reptiles, will challenge and excite you. At night there will be large group activities, a campfire and plenty of time to chat with new friends. Groups and individuals are welcome. There will be some opportunity for individual free time, but come prepared to spend time with new friends as well! \$50 deposit.

3 day trips \$195 for adults. \$97.50 for youth under 16. January 23 - 25, February 6 - 8, February 27 - March 1.

Wilderness Inquiry · 1313 Fifth St. SE Box 84 · Minneapolis, MN 55414
(612) 379-3858 or (800) 728-0719 V/TTY · www.wildernessinquiry.org

Access to Minnesota

Resource Manual

An Outdoor Diversity Resource Manual has been developed and is available to outdoor recreation service providers. The Resource Manual includes agencies and individuals who work with diverse populations, marketing tips on outreach to diverse populations, and sources of additional information for working with people of all abilities and backgrounds.

Contents of the Resource Manual include:

- Listing of Outdoor Diversity Trainers and their areas of expertise
- Outdoor organizations / programs serving persons with disabilities
- State offices and cultural resource centers
- Resources for alternative modes of communication
- Disability resources available through the internet
- ADA guidelines for outdoor areas

For more information please call Rick at 612/479-4543.

Accessible Facilities Guide

Mike Passo and his team of surveyors from Wilderness Inquiry have been performing recreation area surveys over the past two years. Mike will finalize the Accessible Facilities Guide on December 15, 1997. Survey crews collected information on outdoor recreation elements such as trails, playgrounds, parking lots, fishing stations, campgrounds, picnic areas, restrooms, and the access routes to these elements.

Fifty survey reports organized by park will be included in an internet consumer guidebook. This means that all Minnesota park users who have access to the internet can jump on the net, find the accessibility report for their desired recreation area and make more informed choices about how to recreate in that area. Park users may also choose to use the guide to help make informed choices about which park will best serve their recreation needs.

The guide will be dynamic and updated as recreation trails and facilities are modified. In addition, Wilderness Inquiry hopes to expand the project to all Minnesota parks.

For more information please contact Michael J. Passo at Wilderness Inquiry at 612/379-3858 or e-mail wiiquiry@aol.com. You can access the guide through the Wilderness Inquiry home page after December 15, 1997— www.wildernessinquiry.org

The Accessible Facilities Guide was funded through Project START, a grant provided by the MN State Legislature on the recommendation of the Legislative Commission on Minnesota Resources (LCMR).

Project FIT

Wilderness Inquiry and PACER Center are collaborating on a new three year project, Families Integrating Together (Project FIT) funded by the U.S. Department of Education. FIT's primary goal is to significantly expand opportunities for families that include members with disabilities so they can enjoy the benefits of integrated outdoor recreation and education as life-long pursuits.

Activities associated with Project FIT include:

- 20-30 hours of outdoor skills training
- Four one-day outdoor skills workshops to promote family involvement in activities such as canoeing, kayaking, dogsledding, and camping.
- A five day outdoor adventure planned and executed by participating families.
- Networks established among families who share common recreation interests.

Any Minnesota family that includes a member with a disability may apply to participate in Project FIT. Families representing all areas of diversity are encouraged to apply for the program.

For more information or an application contact Debra Zalisk at Wilderness Inquiry 612/379-3858 or 800/728-0719 or Jane Johnson at PACER Center 612/827-2966 or 800/53-PACER.

Volunteer Opportunities at Wilderness Inquiry

Sunday Night Pack-ins

A number of our Wilderness trips return to Minneapolis on Sunday night. Volunteers are needed from 7-10pm to help unload boats and trailers, wash boats, tarp and tents and a variety of other tasks.

Wednesday Night Volunteer Night

The First Wednesday of the month, Wilderness Inquiry hosts a volunteer night. Scheduled from 6-9pm, volunteers work on a variety of projects including mailings, collating, equipment care and repair. Dinner is provided.

Winter Carnival

Each year, Wilderness Inquiry has been invited to present winter skill workshops as a part of the Saint Paul Winter Carnival. Stations are set up to introduce people to winter camping, snow-shoeing, cross coun-

try skiing, and dogsledding. Volunteers are needed to register participants, teach various skills, and assist others who are instructing, set up and break down. Lunch is provided, as this is an all day affair.

Paddling is for Everyone

Wilderness Inquiry sponsors paddling at lakes throughout Minnesota and Wisconsin. These events are an introduction to the sports of canoeing and kayaking, and are open to people of all abilities, including people with disabilities. Volunteer needs include: registration, handing out equipment including life jackets and paddles, assisting participants in and out of boats, and paddling. Paddling events are scheduled from May through August. A full schedule will be available in the Spring of 1998.

Please call Pam at Wilderness Inquiry at 379-3858 if you are available to volunteer, or if you have questions.



Together Outdoors Minnesota

PO Box 308
Loretto, MN 55357
612/479-4537 V/TTY
612/479-2605 fax
vinland@mtn.org

Non-Profit
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Loretto, MN 55357

Together Outdoors Minnesota

Issue #3, April 1997

Free newsletter for friends of Vinland Center, Wilderness Inquiry and the MN Department of Natural Resources.



Vinland Center



Wilderness Inquiry

Accessibility Training Opportunity

A comprehensive training session can be arranged to provide your organization with the knowledge and skills to improve the quality of outdoor program service delivery for all Minnesota citizens.

Outdoor Diversity Trainers will work closely with your organization to tailor the training to meet your specific goals and needs. The training is **FREE** and follows the inclusion guidelines set forth in the 1993 State plan for environmental education, *A Green Print for Minnesota*, and will help your agency to:

- ✓ **Work with diverse populations**
- ✓ **Adapt facilities and programs**
- ✓ **Facilitate inclusion**
- ✓ **Increase participation by diverse users**

Possible Topics to Select From:

- Disability awareness / Americans with Disabilities Act
- Marketing tips on outreach to under-represented populations
- Resources available for working with diverse groups

Call Together Outdoors Minnesota to set up a training or to learn more about other project related opportunities.



Together Outdoors Minnesota

Project Staff:

Vinland Center

Jeannie Weis: 612/479-4537 V/TTY
Rick McFerrin: 612/479-4543
vinland@mtn.org

Wilderness Inquiry

Tom Barrett, Lisa Gorman, Erik Wrede
612/379-3858 or 1-800/728-0719
V/TTY

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- Winter Carnival

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Furthering the *Green
Print for Minnesota*

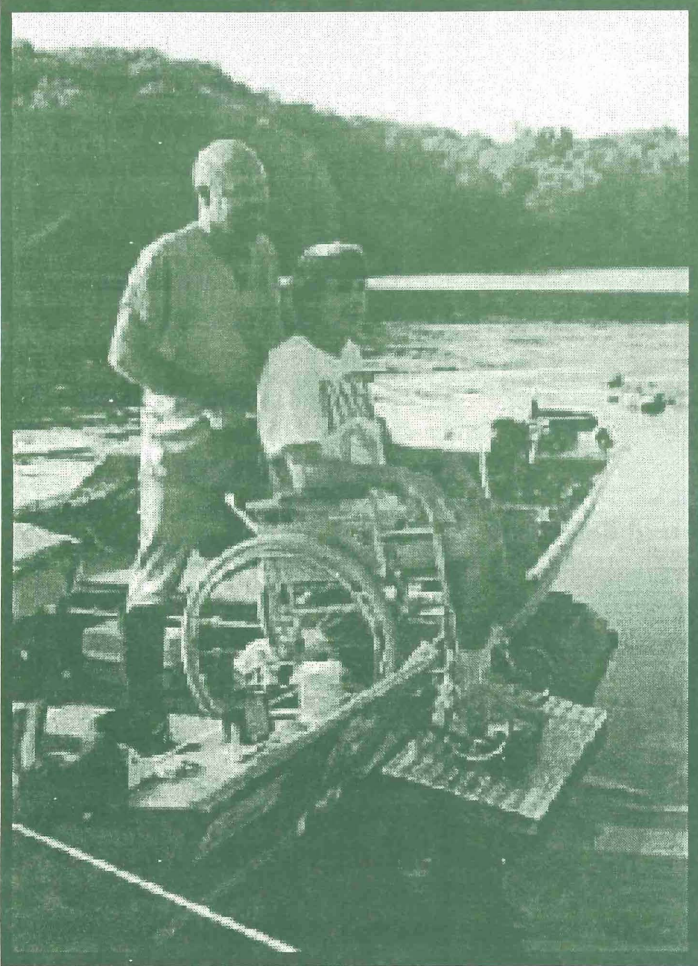
TOGETHER OUTDOORS MINNESOTA PROJECT GOALS

- *To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.*
- *To increase the quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor recreation areas.*
- *To improve the quality of outdoor program service delivery for all Minnesota citizens.*

Funding for Together Outdoors Minnesota is through the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund.

Reel People Lured to Life

Article submitted by Pete Linsner: Pete has been involved with Together Outdoors Minnesota for the past year and is promoting outdoor recreation opportunities for people with disabilities through a fishing program -- Reel People Lured to Life.



I began REEL PEOPLE LURED TO LIFE with one major goal: to allow or permit a person with a disability an avenue of opportunity to enjoy....fish, relax, sightsee...the out of doors as much as anyone else does. I subscribe to the philosophy: "Where there's a will then there's a way."

In 1986, I became traumatically brain injured (TBI) as a result of a construction accident. A co-worker accidentally dropped a 12 inch crescent wrench 60 feet which embedded in my skull. I was in an induced coma for eight days, and when I stabilized I began rehabilitation which lasted 16 months.

I was taught to walk and talk and think all over again. My right side was paralyzed. Unable to return to

construction, I chose to attend college and wanted to work in an atmosphere with people, like myself, who had disabilities. A degree in therapeutic recreation seemed only fitting. I received my Bachelors degree in 1992 from Southern Illinois University at 40 years young.

While at SIU, I became increasingly aware of the lack of accessible fishing areas around Southern Illinois -- the lack of accessible piers, usually due to steep or rocky terrain. I felt there was a dire need to provide a service catering to people with disabilities -- giving them the same freedom enjoyed by the "able-bodied" population. My solution was to have a wheelchair accessible fishing boat. I wanted a boat big enough and wide enough that a person in a wheelchair would feel safe and secure, yet I wanted it maneuverable enough to fish where pontoons were unable to gain access, e.g. creek arms.

I moved to Minnesota last year and have been promoting my interest in accessible fishing -- through REEL PEOPLE LURED TO LIFE. My hope is that my efforts will provide people the opportunity and independence to develop self-esteem, foster socialization and instill a new or renewed enjoyment of leisure experiences. I do my best to provide a memorable fishing experience or recreational boating activity in a safe, unrestricted environment. I believe the name of the game is to fit each experience to the individual's own level, interest or expertise.

People with physical disabilities can now enjoy the fun of fishing right here in Minnesota, specifically on Little Birch Lake in Todd County. REEL PEOPLE LURED TO LIFE offers all people the opportunity to be independent in a safe, nonrestrictive, fully accessible boat that can be used on many area lakes. REEL PEOPLE LURED TO LIFE offers to all individuals the chance to enjoy the serenity and peace of mind while on the water without worries -- the perfect setting for thinking, solving problems, socializing, sightseeing, picnicking, photographing the wildlife and just having FUN. REEL PEOPLE LURED TO LIFE is one way to overcome the barriers that have limited access, including non accessible piers, steep or rocky terrain, or boats that are impossible to board.

Winter Highlights

EMBRACING THE WINTER

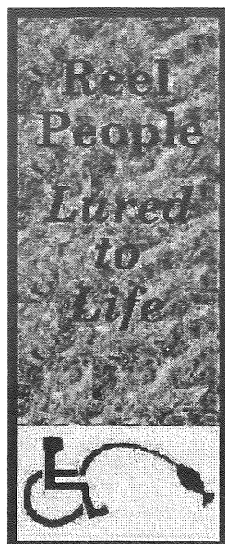
Written by: Sinu Nutakki

I can provide all the equipment for spin casting, baitcasting or spinning. I also have left and right-handed John's Electric Reels, a rod holder harness and reels adapted with enlarged handles. Special needs will be met for persons with disabilities; for example, teaching techniques to use adaptive equipment and problem solving to become independent and fish with the least amount of restrictions. Other standard equipment includes: life jackets, aerated livewell to keep your catch fresh, cooler for soda or sandwiches, fire extinguisher, bilge pump, whistle and first aid supplies.

The charge for this service is \$15.00 per hour. The reasoning is that often a person with a disability has never had the opportunity to be on the water and they might not feel comfortable sitting for a six hour booking (a typical 1/2 day outing). This way the outing is cost effective and you deem the appropriate amount of time you may want to be on the water. I can accommodate one person who uses a wheelchair and one friend or personal attendant. A maximum of two persons and myself will be allowed in the boat at one time.

In the past, I took part in a recreation grant offered to students with disabilities at Southern Illinois University. Students called me to set up an outing and after the outing I billed the University. I am hoping to locate such grants here in Minnesota to do the same.

If you are interested or know people that could benefit from this service, please help me spread the word.

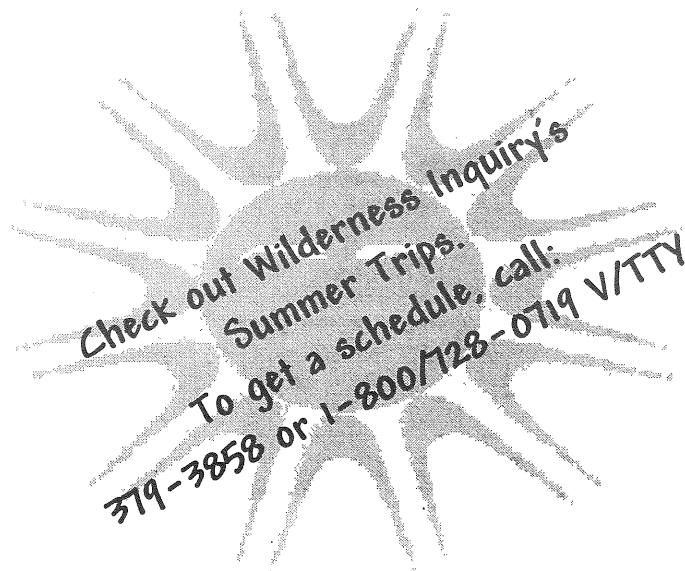


For more information call:
Pete Linsner at 320/256-5046
 or check out his webpage:
www.means.net/~ramrod/reelpeople

Having lived most of my life in North Dakota and Minnesota, this is the first year that I have given winter climate and wilderness a chance. Rather than resigning myself to habitual hibernation through the winter, I wanted to enjoy winter. Part of that decision included taking a Wilderness Inquiry trip to Camp Menogyn.

The trip offered many activities that one can do in the winter. I had the opportunity to cross country ski, snow shoe hike, run a dog sled, sleep in a quinzee, see a magnificent Northern Lights show, take a Finnish sauna, sled, and probably most importantly meet and get to know a group of truly fascinating people. All of that packaged into five quick days!

I found the atmosphere of the trip to be very encouraging and supporting. I really felt that I had the opportunity to explore and challenge my mental and physical limits with a variety of activities I had never done before. The Wilderness Inquiry staff really did a wonderful job in ensuring a safe, secure feeling on the trip. The closeness of the members at the end of the trip to me was so strong that it took me three days to get over separation anxiety! As I look back on the trip, I am shocked at how positive the experience was. It will not be my last WI trip!!

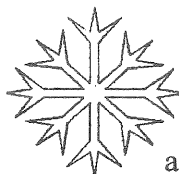


Winter Carnival

Many involved in Winter Carnival Activities

Dogsledding, cross country skiing and snowshoeing were all part of the festivities at St. Paul's Winter carnival this year. More than 450 people joined in the fun with Wilderness Inquiry and Together Outdoors Minnesota at Como Park Sunday, February 2, 1997.

Two teams of dogs from Artikos Kennels in Havlund, Minnesota were available for ten minute rides through the park. Dogsledding was a very popular activity and registration filled quickly -- those that didn't get a chance to ride still had the opportunity to pet the dogs and learn about the sport of dogsledding from the



musher, Doug Seim. There was also snowshoeing and skiing instruction and presentations about winter camping skills throughout the day.

Wilderness Inquiry participates in Winter Carnival annually as a public event. More public events are scheduled in the summer months called **Paddling is for Everyone**. Volunteers are always needed and appreciated. A special thanks to Together Outdoors Minnesota participants who volunteered at the winter carnival. Without the assistance of volunteers, this wonderful Winter Carnival day would not have been possible.

For more information about opportunities to volunteer, call: Wilderness Inquiry at 379-3858 or 1-800/728-0719 V/TTY.



Thanks to Contributors

Together Outdoors Minnesota would like to thank all the participants for their continuing commitment to completing the 36-hour Outdoor Diversity Training program. We would also like to extend a special thanks to Hennepin Parks for providing the facilities at French Regional Park and Baker Park Reserve for the Outdoor Diversity Training.

A special thanks to the following people for their assistance with the 1997 Outdoor Diversity Training:

Blanche Brown - Insight/Out Consulting, St. Paul

Paul Carrizales - Family Services, Inc. and CLUES, St. Paul

Gene Chelberg - Project LEEDS/ENGAGE, Disability Services, University of Minnesota

Jamie Cyson - Indian Affairs Representative, Division of Rehabilitation Services, Minneapolis

Diversity Institute, University of Minnesota: **Nehrw Abdul-Wahid, Tina dela Cruz, Linda Wolford**

Brother Kamau Sababu Kambui - St. Paul Youth Coordinating Committee

Wayne Iseri - Baker Park Reserve

Craig Luedemann - YouthCARE, Minneapolis

Beth Lindenbaum - Therapeutic Recreation Department, University of Minnesota

Paul Kurvers - Fort Snelling State Park

Judy McDowell - Suburban Hennepin Regional Park District

Kathy McGillivray - Disability Services, University of Minnesota

Raymond Romero - Hispanic Outreach Program, Minnesota Department of Natural Resources

Carey Scheerer - Therapeutic Recreation Department, University of Missouri, Columbia

José Trejo - MEXIM International, White Bear Lake

Tong Vang - Southeast Asian Outreach Program, Minnesota Department of Natural Resources

Felicia Wesaw - Wilder Forest

Curt Wiehle - Accessibility Specialist/Building Code Division, State of Minnesota

Maggie Wille - Educator/Accessibility Specialist, Plymouth

Project START

State Targeting Accessible Recreation Trails

Project START is a statewide initiative to prioritize the handicap accessible trail needs of Minnesota Department of Natural Resources (DNR) outdoor recreation areas. In the DNR's 100 most popular recreation areas, Project START will identify and/or develop 1-3 miles of accessible trails per unit as set forth by the standards of the U.S. Architectural and Transportation Barriers Compliance Board.



Chuck Frayer, U.S. Forest Service

Benefits:

- Implementation of the 1995 Minnesota Legislature's mandate to prepare a five-year plan to construct or modify at least one trail in every State Park for accessibility to persons with disabilities. (1995 Minn. Session Laws, Ch. 220, Sec. 5, subd. 5)
- Implementation of the Minnesota Department of Natural Resources 1995 - 2005 Strategic Plan to "address accessibility and cultural diversity in State Park planning, decision-making and management."
- Adherence to Governor Arne Carlson's directives as set forth in the 1995 - 1999 *State Comprehensive Outdoor Recreation Plan (SCORP)* and in the Minnesota Sustainable Development Initiative's 1994 report, *Redefining Progress: Working Toward a Sustainable Future*.

- Compliance with the Americans with Disabilities Act which established the goal of making all public facilities and programs accessible to people with disabilities. (1990 Public Law 101-336)
- Partnerships between public agencies (DNR, Council on Disability, Trade and Economic Development, Department of Administration) and outdoor recreation organizations are beneficial to a broad spectrum of the recreation public.
- Project START will identify and prioritize the accessibility needs of State outdoor recreation areas to ensure appropriate investment of capital construction dollars in planning, design and retrofitting.

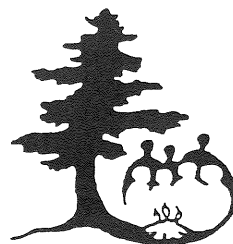
Phase 1: 19 State Parks to be surveyed in 1997 per contract agreement between Wilderness Inquiry, the Minnesota Department of Natural Resources and the Minnesota Department of Administration.

State Parks

Banning
Bearhead Lake
Blue Mounds
Camden
Charles Lindberg
Flandrau
Frontenac
Jay Cooke
Lake Bemidji

Lake Bronson
Lake Louise
Lake Shetek
O.L. Kipp
St. Croix
Sakatah Lake
Sibley
Split Rock Creek
Wild River
William O'Brien

Phases 2 and 3 (to be determined) will focus on all remaining State Parks, at least 21 State Forests and 11 units to be determined.



Wilderness Inquiry

For more information, contact:

Greg Lais or Erik Wrede
Wilderness Inquiry, Inc.
1313 5th Street SE, Box 84
Minneapolis, MN 55414
379-3858 or 1-800/728-0719
V/TTY

Paddling is for Everyone

ENJOY THE SPORT OF PADDLING



PADDLING IS FOR EVERYONE is an event that provides an overview of the sports of canoeing and kayaking. This program is open to people of all abilities, including people with disabilities. Professional instruction on canoe and kayak safety, paddling skills and the use of equipment is provided by Wilderness Inquiry and Together Outdoors Minnesota -- you provide the fun! Assistance transferring in and out of canoes and adaptive equipment will be provided if needed. The paddling celebration is a great opportunity to get out and enjoy your local lakes and parks.

What to do: Meet at the location indicated below for each event. Look for the Wilderness Inquiry and Together Outdoors Minnesota banner or call WI for directions. Advance registration is not required for individuals; however, groups of five or more are strongly encouraged to call the office prior to the event. If you are under 18 or are not your own legal guardian, you must have your parent or guardian's signature on a WI waiver.

When: Sessions run continuously during the scheduled time of the event. Each paddling session takes an average of 30 minutes; bring a frisbee, book or picnic lunch in case you have to wait.

Cost: **FREE!** This event is partially supported by the 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund.

1997 Summer Paddling Events

| | | | | | |
|---------------|------------------|-------------------------------------|---|----------------|-----------------------------------|
| *Sun, May 4 | 3:30pm-8:00pm | Powderhorn Park | *Sun, June 29 | 11:00am-5:00pm | Coon Rapids Dam |
| Wed, May 14 | 8:30am-1:00pm | Apple Valley (Trapp Farm Park) | Tue, July 1 | 9:00am-4:00pm | Milwaukee (Scout Lk) |
| Thurs, May 15 | 8:30am-1:30pm | Leisure Days (Round Lk) | Wed, July 2 | 10:00am-5:00pm | Madison (Lake Wingra) |
| Sat, May 17 | 10:00am-5:00pm | Lake Nokomis | Thur, July 3 | 10:00am-5:00pm | Lake Winona (East Lake) |
| Sun, May 18 | 10:00am-5:00pm | Lake Nokomis | Tues, July 8 | 1:00pm-6:00pm | Worthington Centennial Park |
| Sat, May 31 | 10:00am-5:00pm | Lake Calhoun | Sat, July 12 | 10:00am-6:00pm | Como Park -> TBA |
| *Sun, June 1 | 12:00noon-5:00pm | Fort Snelling | *Sun, July 13 | 10:00am-6:00pm | Baker Park |
| Mon, June 2 | 4:00pm-9:00pm | Lake Nokomis | Mon, July 21 | 9:00am-5:00pm | Lake Phalen |
| Tue, June 3 | 4:00pm-9:00pm | Lake Harriet | Tue, July 22 | 9:00am-5:00pm | Lake Phalen |
| *Sat, June 7 | 8:00am-4:00pm | Made in the Shade (Lake Calhoun) | *Wed, July 23 | 9:00am-4:00pm | Aquatennial-Lake Nokomis |
| Sun, June 15 | 12:00noon-8:00pm | Sandcastle Days (Bush Lake) | *Thur, July 24 | 9:00am-4:00pm | Aquatennial-Lake Nokomis |
| Mon, June 16 | 1:00pm-5:00pm | Lake Calhoun | Sun, July 27 | 9:00am-4:00pm | Aquatennial-Lake Calhoun |
| Tue, June 17 | 4:00pm-9:00pm | Lake Harriet | Sat, Aug 2 | 9:00am-6:00pm | Powderhorn Park |
| Wed, June 18 | 1:00pm-6:00pm | Lake Nokomis | Tue, Aug 5 | 9:00am-4:00pm | Hennepin Park -> TBA |
| Sun, June 22 | 10:00am-5:00pm | Mankato (Madison Lk) | Tue, Aug 12 | 10:00am-5:00pm | Park Rapids (Fish Hook River) |
| Wed, June 25 | 12:00noon-8:00pm | Duluth (Park Point) | Wed, Aug 13 | 10:00am-5:00pm | Alexandria (Lake Agnes/Henry) |
| Thur, June 26 | 10:00am-6:00pm | Hibbing (Carey Lk) | Thur, Aug 14 | 9:00am-4:00pm | St. Cloud (Heritage Lake Park) |
| Fri, June 27 | 10:00am-5:00pm | Detroit Lakes (Muskrat/Sally Lakes) | Thurs, Aug 21 | 10:00am-7:00pm | Rochester (Silver Lk) |
| Sat, June 28 | 10:00am-5:00pm | Fargo/Moorhead (North of Dam) | *Sat, Aug 23 | 10:00am-5:00pm | Break Your Own Barriers (Nokomis) |
| *Sat, June 28 | 8:30am-5:00pm | DNR Park Celebration | * <i>Vinland's wheelchair obstacle course will be at these events</i> | | |

Wilderness Inquiry • 1313 Fifth St. S.E. Box 84 • Minneapolis, MN 55414
(612) 379-3858 or (800) 728-0719 V/TTY

Made in the Shade

Benefiting People with Disabilities

The Sixth Annual **Made in the Shade**, a non-competitive event for walkers, runners, bikers and wheelers will be held at Lake Calhoun and Lake of the Isles on **Saturday, June 7 from 8:00 - 11:00 a.m.** This year's walk/run/roll event is expected to involve over 600 participants. There will be plenty of food, entertainment and prizes that will contribute to making **Made in the Shade** a fun-filled experience. **Made in the Shade** is a cooperative event, hosted by six nonprofit organizations serving people with disabilities and their families. Each of these organizations strive to help their constituents become fully included in the community.

A free paddling workshop will be offered throughout the day by Wilderness Inquiry for people with and without disabilities. They will provide enough instruction to get you going and, if you need it, a seasoned paddler to go along.

Vinland Center has recently joined this cooperative venture and is currently recruiting individual participants,

teams of walkers, runners, bikers and rollers, and corporate sponsors. Vinland Center offers a variety of services for people with disabilities. The Community Integration Program provides therapeutic outdoor recreation experiences to over 1300 individuals from 47 different agencies. Vinland's Employment Program and Chemical Health Program help individuals overcome barriers to full, productive lives. Vinland also hosts public awareness events, such as the Wheelchair Obstacle Course and "Break Your Own Barriers" -- events that are held at a variety of lakes and parks throughout the summer.

Vinland plans to use all proceeds from **Made in the Shade** for building a permanent accessible dock at the waterfront chalet and improving the universally accessible ropes course, the fitness trail and bike paths that provide Vinland's program participants with quality therapeutic outdoor recreation experiences.

Please join us at Lake Calhoun on **Saturday, June 7** between 8:00 and 11:00 a.m. for what promises to be a spectacular community event. If you would like more information about the **Sixth Annual Made in the Shade**, please call Beth Lindenbaum at 479-4527 or Jeannie Weis at 479-4537. We look forward to seeing you on Saturday, June 7.



MADE IN THE SHADE WALK/RUN/ROLL 1997 - REGISTRATION FORM

Name _____

Business/Organization _____

Address _____ City _____ State _____ Zip _____

Phone _____ T-shirt size: L _____ XL _____ XXL _____

☐ I am participating with a team. Team name: _____

☐ Enclosed is my \$25 registration fee (\$10 is tax deductible) OR

☐ I will raise a minimum of \$25 in sponsorships before June 7, 1997 OR

☐ I can't join you on June 7, but please accept my tax deductible donation.

Mail this registration card by May 23, 1997 to:

Vinland Center • P.O. Box 308 • Loretto, MN 55357

We need one form per person. You may photocopy this form as needed.

Questions? Call (612) 479-3555.

Please make checks payable to Vinland Center

Waiver

I agree not to hold Made in the Shade participating organizations, the City of Minneapolis, the State of Minnesota or any other agents, officers or employees liable for any claims, actions, losses, costs or expenses that may arise in connection with my participation in the Made in the Shade Walk/Run/Roll and the optional canoeing workshop. I also authorize event coordinators and any agent authorized by them to use any photographs or videotapes of this event.

Signature _____

Date _____

Parent/guardian signature if participant is under 18 or has a guardian _____

Date _____

This entry is not valid without a signature

1997 Together Outdoors Minnesota Application Form

To apply: Complete and return this form along with a cover letter and resume to Together Outdoors Minnesota. Eligible applicants will be interviewed by project staff beginning in November 1996. Final applicant selection will be made on or before January 15th, 1997.

*Return Completed Form by
December 15th to:*

Together Outdoors Minnesota

c/o Wilderness Inquiry

1313 5th Street SE, Box 84

Minneapolis, MN 55414-1546

or

Fax your information to: 612/379-5972

Application deadline is December 15, 1996.

Eligibility Status: (Please check appropriate eligibility criteria)

___ Disability ___ Minority

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: Day (_____) _____ Evening (_____) _____

Optional Information:

As a non-profit organization, we are sometimes asked for the following information about people we serve. Your response to the questions below is voluntary and will not affect your participation in the Together Outdoors Minnesota program.

What is your Race/Ethnic group (check one): ☐ White ☐ African American ☐ Asian
☐ Hispanic ☐ Native American ☐ _____

Date of Birth: _____ Sex: _____

What is your occupation? _____ Your employer? _____

Signed: _____ Date: _____



Together Outdoors Minnesota

c/o Vinland Center

PO Box 308

Loretto, MN 55357

612/479-4537 V/TTY

612/479-2605 fax

Non-Profit
Organization

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Loretto, MN 55357

Together Outdoors Minnesota

Issue #2, November 1996

Free newsletter for friends of
Vinland Center, Wilderness Inquiry
and the MN Department of Natural
Resources.

Recruiting for Outdoor Diversity Training



Together Outdoors Minnesota project staff are recruiting 35 individuals from minority communities and/or people with disabilities to be involved in an Outdoor Diversity Training program. The 36-hour Outdoor Diversity Training includes professional education, personal skill development, and a 5-7 day wilderness adventure with Wilderness Inquiry. The training is free and will focus on ways to make Minnesota parks and other outdoor recreation areas more accessible to people with diverse backgrounds and abilities.

Wilderness Inquiry, Vinland Center and the Department of Natural Resources will coordinate training, public awareness events, and on-site accessibility surveys. Once training is completed, participants will be expected to attend public awareness

events, conduct on-site accessibility surveys and provide consultation and/or training on ways to facilitate inclusion in outdoor programming. Stipends, ranging from \$300 and up, are available to participants once training is completed. The actual amount depends on the participants' involvement in the project related activities.

If you are eligible and interested in applying for the Together Outdoors Minnesota project or would like more information,

please contact

**Together Outdoors Minnesota
staff at:**

Vinland Center

Jeannie Weis: 612/479-4537 V/TTY

Rick McFerrin: 612/479-4543

vinland@mtn.org

Wilderness Inquiry

Tom Barrett, Lisa Gorman, Erik Wrede
612/379-3858 V/TTY

Together Outdoors Minnesota is a two year collaborative project sponsored by Vinland Center, Wilderness Inquiry, and the Minnesota Department of Natural Resources.



Vinland Center



Wilderness Inquiry

Together Outdoors Minnesota is funded by the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund. Additional funding has been provided by the Bush Foundation and American Express Financial Advisors.

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Action with AAYLTI
-Canoeing is for Everyone
-Comments from Trip
Journals

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Training Application

TOGETHER OUTDOORS MINNESOTA PROJECT GOALS

- *To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.*
- *To increase the quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor recreation areas.*
- *To improve the quality of outdoor program service delivery for all Minnesota citizens.*

Break Your Own Barriers Day

The goal of the 1996 Break Your Own Barriers Day was to introduce the general public to outdoor recreation opportunities for people of all abilities and backgrounds. Together Outdoors Minnesota and the Minnesota Assistive Technology Consortium (M.A.T.C.) co-sponsored the event on August 24th at Lake Nokomis. More than 250 people attended. The goal of the event was met by the strong commitment and effort of the manufacturers, vendors and organizations that work with diverse populations. Together Outdoors Minnesota and M.A.T.C. would like to thank the many people and organizations whose contributions made the day a success.

You Won't Know Till You Try

by Kathy McGillivray

Day One: I'm standing next to a van, getting ready to board with several people I've never met before. We're heading off to go kayaking in the Apostle Islands. What will it be like? As we load gear into the van, I ask myself a few questions. What will it be like to spend several days with people I've never met before? What if they don't like me? What if I don't like them? I begin to feel slightly anxious when a voice inside me says, "You won't know till you try."

Day Two: It's now time to learn to paddle the kayaks, a challenging task when I can't see what people are doing. I've traveled down rivers in a canoe, but never a kayak. Although one of the trip leaders patiently shows me various techniques, I still wonder if I am really doing things correctly. I don't want to slow the group down. Again, that voice inside encourages, "You won't know till you try."

Day Three: The weather has been great. I had come prepared with my rain poncho, long underwear, and wool socks, just in case. Fortunately, I don't need them. Today we are going into some of the caves around the Apostle Islands. I wonder what it will be like. Will I really get something out of this, or will it primarily be a visual experience? As we enter one of the caves, I notice the hollow sound and the texture of one of the walls. As we push our way through, I must admit that I'm glad I have given this a try.

Day Four (Last Day): As we pack up and prepare to return to the Twin Cities, a part of me is really looking forward to going home and sleeping in my own bed. Another part of me is disappointed that it's time to go, regretting that I must leave the peacefulness of the wilderness and the fun of traveling with new found companions. As we drive back, I smile to myself. As many other Wilderness Inquiry trip participants have discovered over the years, it's exciting to have new experiences and meet new people. I'm glad I listened to that voice inside that urged, "You won't know till you try."

Vinland's Wheelchair Obstacle Course

The wheelchair obstacle course was designed to give participants who don't typically use a wheelchair as their primary form of mobility the opportunity to experience some of the obstacles that people using wheelchairs encounter on a daily basis.

Participants traverse the course in a wheelchair, wearing a bicycle helmet (for safety). A minimum of 2-3 "spotters" also help to ensure participant safety. There are 3 basic elements involved:

- The slalom course, or a series of four traffic cones, which includes opportunities for pulling-in and backing-in.
- Simulated outdoor terrain, including grass, twigs, curb cuts, etc.
- A wood platform which includes steps, ramps, narrow hallways, doors, etc.

As participants finish the course, they are reminded that this is a simulated experience, and these obstacles are only representative of the many obstacles faced by persons using wheelchairs on a daily basis.

Ric Jost shows Hannah Milligan Sheaffer how to maneuver through the wheelchair obstacle course. Connie Norman assists as a "spotter".

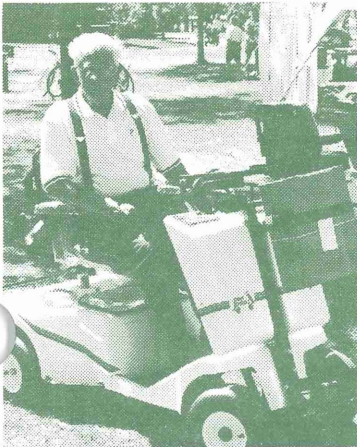


Photos by: Sally Gor and Rick McFerrin

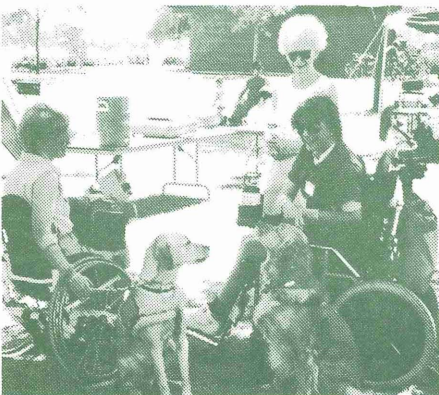
Break Your Own Barriers Day Contributors



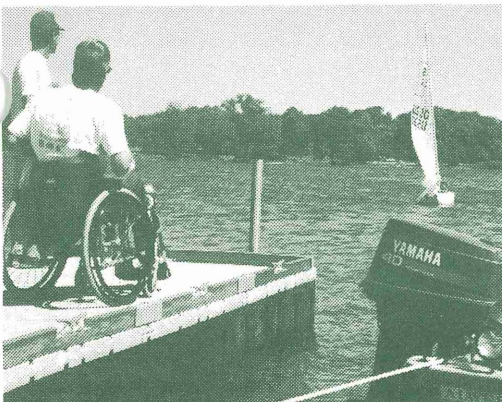
Cross Country Skiing



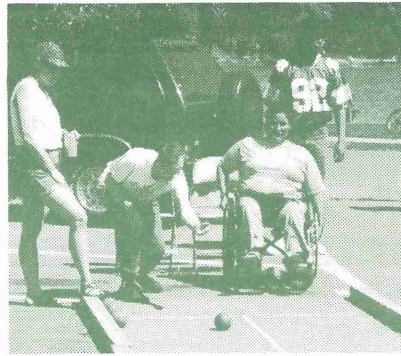
Golf



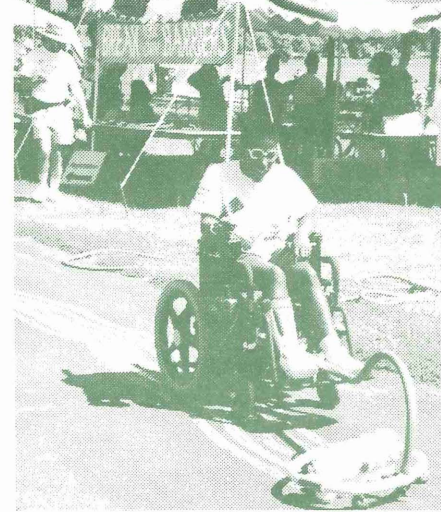
Canine Companions



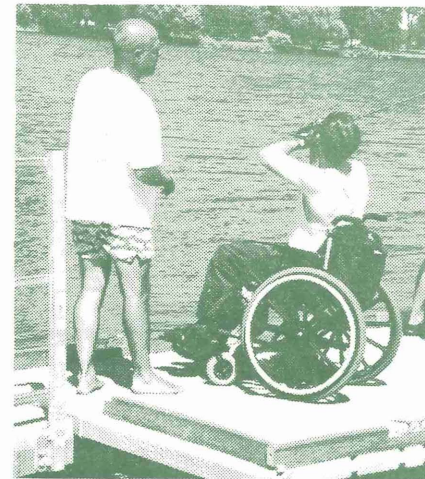
Sailing



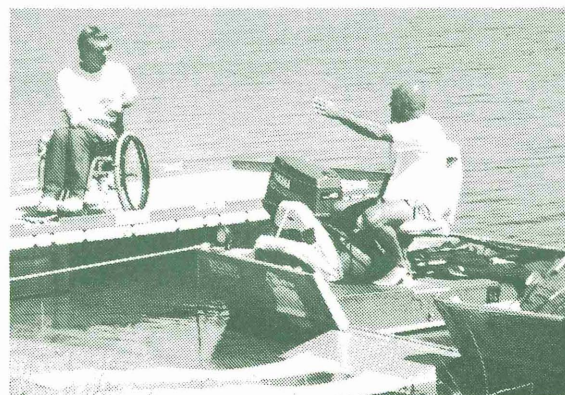
Bocce Ball



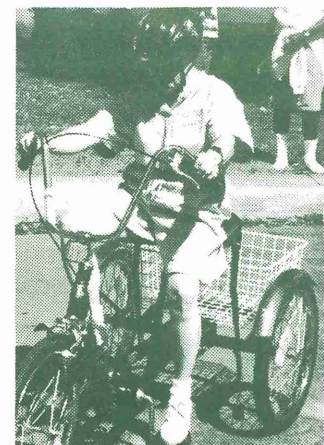
Chrysalis Arts for All



Dock Fishing



Sport Fishing



Biking

Tamarack, Lisa Vervena
Bicycle Bill's, Bill Goldberg
Quickie Designs, Kevin McCarthy
Ablenet Inc., Diane Goodwin - Design Engineer
Together Outdoors Minnesota Volunteers, Carl Kosinski,
Chuck & Jane King, Diane Marsh, Jamie Cyson, Kathy McGillivray,
Kevan McCarney, Mike Hanson, Troy Heeren, Noke Sivoravong, Vishant Shah, Curt Wiehle
MN DNR, Office of Planning and Environmental Review Section, Tom Balcom
Norlin Mark III, 2.4 Meter Class Sailboats, Ernest Brody, Larry OuBuchon
Vinland Center, Ginger Stees, Michele Hostrawser, Connie Norman, Rick
McFerrin, Ric Jost, Tom Gibson & family, Jerry Seck, Penny Reyen,
Claudelle Carruthers, Sally Gonko, Beth Milligan, Jeannie Weis
Goodwill / Easter Seal, Stormy Church, Michele Heinbigner
Veterans Administration, Jim Rettler, Melanie Sisterman
Canine Companions for Independence, Joan Barnes
American Home Health Service, John Schatzlein
Wilderness Inquiry, Tom Barrett & Kim Young,
Sarah Milligan-Toffler, Maggie Willile, and volunteers
MN Bocce Association, Caesar and Jackie Marino
Capable Partners, Rod Guthrie
Gavia Yachts East, Inc., John W. Kruger
Chrysalis Arts For All, Dwayne Sztot
Courage Center, C.J. Maichen, Jeni Mundl
Sister Kenny Institute, Michael Peterson
Versatile Vehicles, Stan Malone
Creative Biking, Inc., Theresa Milligan
Hennepin Parks, Judy McDowell
Portapath USA, Jay Paquette
Sign Language Interpreter, Kay Colgrove
Just Two Bikes, Jim Mueller, Julie Olson
Minnesota Assistive Technology Consortium
Camp Grandir, Donna Draves, Scot Hoffmeyer
Reel People Lured to Life - Fishing, Pete Linsner
Superdeck Marketing, Doug Johnson - Division Manager
Minneapolis Park Board, John Dickinson, Brian Erickson

Project Highlights

Exploring Community Action

The W. Harry Davis Leadership Institute's 10-day "African American Youth Leadership Training Institute" (AAYLTI) creates historical simulations to prepare participants for seminars, skill-building exercises, hands-on learning opportunities, community-building initiatives and physical activities - all designed to challenge and develop participants' leadership, decision-making and problem solving capabilities.

Together Outdoors Minnesota worked with the Institute to provide a 2-day "Exploring Community Action" (ECA) experience designed to increase awareness of issues related to "Violence and Disability." Fifteen individuals from the AAYLTI participated in a variety of learning experiences including: presentations, tours, hands-on demonstrations on how to facilitate involvement in the wheelchair obstacle course, and an overnight at Vinland Center chalet. In total, thirty-two AAYLTI participants learned how to set up and sleep in tents, prepare a cookout, enjoy a campfire and star gaze. Included in the ECA training were:

Andy Schneider, a Community Organizer for the Hamline-Midway Coalition, discussed their mission and programs. **Donna Morris**, of the New Beginnings Center, met with the group at Frank Boyd Park to explain the "Stop The Violence" Campaign. **Johnny Howard**, of the Thomas-Dale Block Club, provided a tour of action-based projects in the Frogtown-Midway area, such as neighborhood parks developed on empty lots and boarded up "crack houses." **Gregg Turner**, from Mary Hall, provided a tour of their shelter for homeless persons and described the complex issues they address. **Connie Norman**, a wellness counselor at Vinland, led a session on violence, prevention of disability, and anger control. **Joseph Campbell**, a Sioux Nation tribal member from the Prairie Island Coalition, discussed issues of environmental justice related to the nuclear power plant located on Prairie Island. **Gail**

Nelson, Youth Coordinator at the Jimmy Lee Recreation Center, and the Peer Leaders experienced the wheelchair obstacle course, led by AAYLTI participants.

On the last day of the AAYLTI, at Camp Kiwanis near Marine-on-St. Croix, many of the staff and participants had the opportunity to experience the wheelchair obstacle course, facilitated by their peers.

Many thanks to Kamau Kambui and Deborah Torraine for their assistance in making this a very meaningful experience for everyone involved!

AAYLTI participants experience Vinland's wheelchair obstacle course.



Community Awareness Events

CANOEING IS FOR EVERYONE is an event that allows people of all abilities to experience the sport of canoeing on one of the Twin Cities' fine lakes. Participants receive enough instruction to go paddle, and if needed, a seasoned paddler to paddle with! Wilderness Inquiry and other cooperating agencies provide the equipment and instruction... everyone provides the fun! Adaptive equipment is provided for those who need it.

As we recall some of the events of the 1996 season several memories come to mind and highlight the summer...

...staff and volunteers, working together to recruit families and individuals to go canoeing ... eyes searching upward for a break in the rain clouds and then the hurried pack up when rain clouds became thunder storms... the laughter of a young boy as he experienced paddling for the first time, and the smiles of novice canoeists as they waved to their friends and family on shore.

Excerpts from Trip Journals

"I observed universal programming in terms of activities selected. Canoeing was chosen over hiking and backpacking to offer greater accessibility."

"The group dynamics were great. People worked, helped, and got along really well, plus we had great trail staff"

"Everyone was well prepared mentally & physically for the trip."

"I observed universal programming when it came to pairing up the kayak partners - because of the degree of both physical and mental functionality that everyone possessed."

Most of all, we hold the picture of dedicated volunteers rushing to tighten up a life jacket or running to help participants get out of a canoe or patiently explaining the mission of Wilderness Inquiry and Together Outdoors Minnesota. From the dedicated volunteers who battled the cold rain one minute and sweltering heat the next, to

the many volunteers who helped serve over 700 people at the Minneapolis Aquatennial canoe event - we thank you for your hard work and dedication.

This summer over 3,200 people were served at 28 local and special events! It is our hope that these events were as positive for you as they were for Together Outdoors Minnesota! If you have thoughts about the season or ideas for next year, give us a call.

Next summer, look for canoe events at many Minnesota lakes. These

events may also include: outdoor activities, various awareness events, and of course, the wheelchair obstacle course. If you or your organization is interested in scheduling an event in your community or would like to volunteer in the future, call Wilderness Inquiry at 612/379-3858.

Highlights from the 1996 Season:

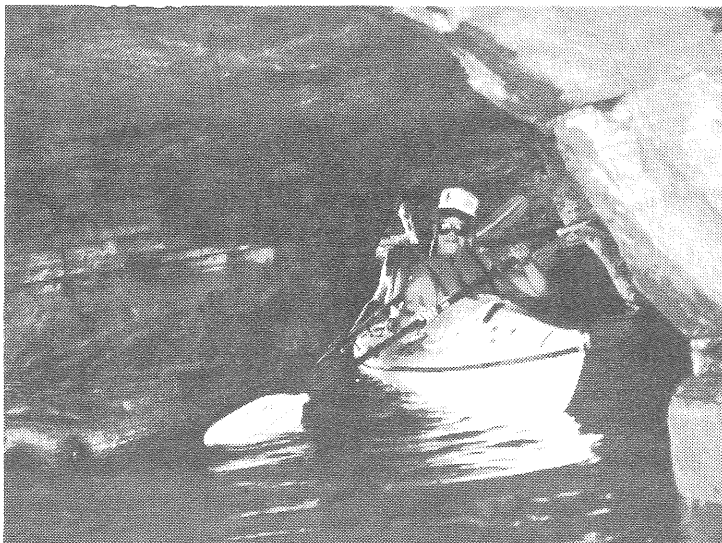
Exciting Special Events:

Minneapolis Aquatennial
Interstate Park Celebration
Rochester Festival
Leisure Discovery Days
Break Your Own Barriers

One World One Heart Festival sponsored by Ben & Jerry's
DNR Park Open House at Fort Snelling

Cooperating Agencies:

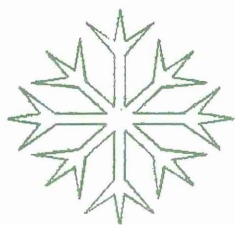
Minneapolis Park and Recreation
St. Paul Park and Recreation
Other area park and recreation departments
Centers For Independent Living
Minneapolis Aquatennial
Minnesota Canoe Association
Department of Natural Resources



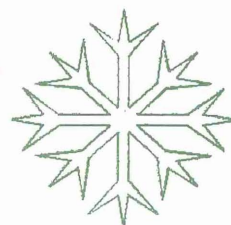
Paddling through majestic sea caves - Apostle Islands, Lake Superior

Winter Trips with Wilderness Inquiry

It's hard to believe, but winter is just around the corner! If you've been waiting to take that adventure of a lifetime, we encourage you to consider these great trips:



Come play in the snow!!!



Boundary Waters Ski and Dogsled Trip. Come see the Boundary Waters in what many call its most beautiful season. This adventure offers the opportunity to cross-country ski, snowshoe and mush a team of sled dogs through breathtaking winter landscapes. Cozy up to a warm fireplace in the evenings, or relax in a Finnish sauna (followed by an optional dip in the lake). There's even the opportunity to spend an evening camping out under the stars!

Available dates:

Dec. 28, '96 - Jan. 1, '97

Jan. 15-19

Jan. 22-26

Jan. 29-Feb. 2

Feb. 5-9



Feb. 13-17

Feb. 19-23

Feb. 26-Mar. 2

March. 5-9

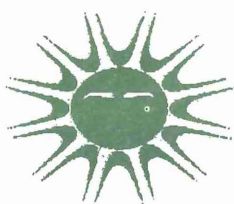
Northwoods Dogsled Adventure. Minnesota's Superior National Forest is your backdrop as you mush a team of energetic sled dogs on this winter adventure. Travel through snow covered pine forests to heated yurts where you'll spend the night. Two people per dogsledding team ensures maximum time for practicing your newly acquired "mushing" skills.

Available Dates:

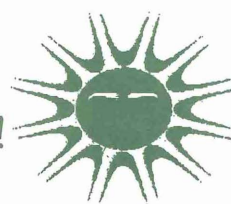
Feb. 1-6

Feb. 15-20

Mar. 1-6



Fun in the sun!!!



Everglades Canoe Trip. If you're looking for a warmer winter option, consider our Everglades adventure.

You'll be surrounded by exotic plant and animal life as you paddle through the Ten Thousand Islands area in the Gulf of Mexico. This one of a kind wilderness is home to manatees, stingrays and over 300 species of birds. Camp on sandy beaches and explore tidal pools teeming with wildlife. You may even catch a glimpse of an alligator or a dolphin.

Available Dates:

Jan. 23-28

Feb. 2-7

Feb. 12-17

Feb. 21-26

Mar. 2-7

Mar. 11-16

Mar. 19-24



Wilderness Inquiry · 1313 Fifth St. SE Box 84 · Minneapolis, MN 55414
(612) 379-3858 or (800) 728-0719 V/TTY

Universal Design in Outdoor Environments

The **Access Board** is the federal agency responsible for the development of guidelines related to the Americans with Disabilities Act (ADA) of 1990. There are currently no accessibility guidelines for recreational facilities and outdoor areas. In 1994, the Access Board published a set of recommendations that will eventually become the guidelines for "Universal Design," the process of designing facilities for individuals of all sizes, ages and abilities instead of designing for the "average" individual.

Outdoor Diversity Trainers from **Together Outdoors Minnesota** have completed 30 accessibility surveys of Municipal, County and State Parks. Fifty survey reports will be included in a consumer guidebook scheduled for publication in December of 1997. Funding for the project is being provided by the **Legislative Commission on Minnesota Resources (LCMR)**. Information on playgrounds, parking lots, fishing stations, campgrounds, picnic areas, restrooms and the access routes to these elements will be included in the guidebook. The guidebook will be designed to help park users make informed choices about which parks best fit their accessibility needs.



Silver Lake Community Play Area, Rochester, MN

Park Managers have demonstrated a genuine interest in making their parks more accessible. Many parks have already installed accessible fishing piers and rubberized playground surface matting. The city of Rochester has quite a showcase at Silver Lake playground. Community donations enabled park officials to construct an impressive

JOB POSTING

Wilderness Inquiry is seeking part-time Crew Leaders and Assistants to conduct accessibility surveys of state, county and municipal parks. Positions will begin in the Spring of 1997. Qualifications include:

- Knowledge of accessibility issues, Americans with Disabilities Act.
- Detail orientation.
- Ability to use survey tools.
- Excellent interpretive writing skills.
- Ability to negotiate somewhat difficult terrain.
- Ability to keep flexible hours and spend long hours outdoors, including camping.
- Education or experience in park resource management, landscape architecture, construction or similar fields.

Encouraged to apply:

- Participants trained through the Together Outdoors Minnesota project.
- Persons with mobility impairments.



For further information,
contact Erik Wrede at:
(612) 379-3858

Wilderness Inquiry

playground that is interconnected by a series of ramps and transfer platforms. This type of Universal Design makes good sense for a range of park users. The "accessible" swing set is preferred by kids of all abilities and the ramp system is a great way for parents to keep up with their kids in a fascinating maze of play settings.

Universal Design is still new to park planners and there will inevitably be a period with a steep learning curve. Improvements that are needed in many parks include Braille restroom signs and picnic tables that provide ample knee clearance for people who use wheelchairs. Universal Design is a concept that also applies to programs offered by organizations. **Wilderness Inquiry** provides universal program training to organizations that are interested in making their programs more inclusive. For more information on accessibility surveys or universal program training, call Wilderness Inquiry at (612)379-3858.

*For more information, please
contact:*

Together Outdoors Minnesota

at

Vinland Center

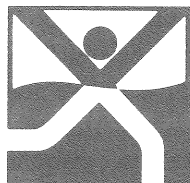
612/479-4543 or 612/479-4537 V/TTY

vinland@ix.netcom.com

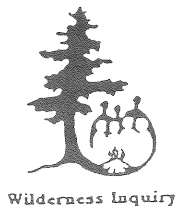
or

Wilderness Inquiry

612/379-3858 or 800/728-0719 V/TTY



Vinland Center



Wilderness Inquiry



☐ I would like to schedule a FREE training on ways to make programs and facilities more accessible to people of all abilities and backgrounds.

☐ I would like more information about the on-site accessibility survey of programs and facilities.

☐ I want to apply for the Together Outdoors Minnesota outdoor diversity training beginning in January, 1997. Please send me an application packet.

☐ Please send me a current listing of public awareness and canoe events planned for the summer and fall of 1996.

☐ Please send me a 1996 Wilderness Inquiry trip schedule.

Name _____

Agency _____

Address _____

City _____ State _____

Zip _____ Phone _____

*To request information,
return this completed form to:*

**Together Outdoors Minnesota
c/o Vinland Center
P.O. Box 308
Loretto, MN 55357**

Together Outdoors Minnesota

c/o Vinland Center

PO Box 308

Loretto, MN 55357

612/479-4537 V/TTY

612/479-2605 fax

Non-Profit
Organization

U.S. Postage

PAID

Permit No. 4
Loretto, MN 55357

Together Outdoors Minnesota

Issue #1, June 1996

Free newsletter for friends of
Vinland Center, Wilderness Inquiry
and the MN Department of Natural
Resources.

A collaborative project done by

***Vinland Center, Wilderness Inquiry and the
MN Department of Natural Resources***

Twenty-six individuals with diverse backgrounds were recruited to participate in Together Outdoors Minnesota, a program to make Minnesota parks and other outdoor recreational facilities and programs more accessible to people of all abilities and backgrounds.

The 36-hour outdoor diversity training program included: outdoor leadership, program and facilities accessibility, cultural and disability awareness, outdoor skills and environmental stewardship.

Participants in Together Outdoors Minnesota are now available to assist outdoor recreation service providers throughout Minnesota in improving the quality of their programs and facilities by:

- Providing **training or consultation** to facilitate inclusion of people with disabilities and **increase participation** by diverse users.
- Evaluating facilities and programs with an **on-site accessibility survey**.
- Providing a list of **resources** available to increase the diversity of people served.

*For more information on how you
or your organization can be
involved in this exciting project,
please contact:*

Together Outdoors Minnesota

at

Vinland Center

612/479-4543 or 612/479-4537 V/TTY
vinland@ix.netcom.com

or

Wilderness Inquiry

612/379-3858 or 800/728-0719 V/TTY

TOGETHER



OUTDOORS MINNESOTA

Together Outdoors Minnesota is funded by the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund. Additional funding has been provided by the Bush Foundation and American Express Financial Advisors.

Inside this issue...

Outdoor Recreation Jobs

Participant Profiles

Events Schedule

What's Accessible?

Thanks to Contributors

Journey into the
Wilderness

Skyline Vision

TOGETHER OUTDOORS MINNESOTA PROJECT GOALS

- To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.
- To increase the quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor recreation areas.
- To improve the quality of outdoor program service delivery for all Minnesota citizens.

What are Outdoor Recreation Employers Looking For?

Together Outdoors Minnesota and several outdoor recreation service providers offered a Job Opportunities Forum in March for project participants to learn firsthand what employers are looking for and how to apply for jobs in three specific areas of outdoor recreation: 1) merchandise retail; 2) outfitters; and 3) land management. Representatives from the organizations taking part in the Job Opportunities Forum presented information about their organization and job opportunities for people of all abilities and backgrounds. To find out more about employment opportunities in the outdoor recreation industry, contact:

Retail

Midwest Mountaineering

Rudy Hargesheimer
Personnel Director
309 Cedar Avenue South
Minneapolis, MN 55454
(612) 339-3433

REI

Jim Anderson, Manager
1995 West Co Road B2
Roseville, MN 55113
(612) 635-0211
Job Hotline:
(206) 395-4694 (headquarters)
(206) 395-7535 (distribution center)

Outfitters

Wilderness Inquiry

1313 5th Street SE, Suite 117
Minneapolis, MN 55414-9727
(612) 379-3858

Voyageur Outward Bound School

Mill Place
111 3rd Avenue South, Suite 120
Minneapolis, MN 55401
(612) 338-0131

Youth Care

514 Nicollet Avenue, Suite 20
Minneapolis, MN 55402
(612) 338-1233

Land Management

MN Department of Natural Resources

Bureau of Human Resources
500 Lafayette Road
St. Paul, MN 55155-4049
(612) 296-6493

National Park Service

Midwest Field Area
1709 Jackson Street
Omaha, NE 68102
Personnel Management Specialists:
Denise Stewart (402) 221-3385
Carol Solnosky (402) 221-3386

Hennepin Parks

Human Resources
12615 Co Road 9
Plymouth, MN 55441
(612) 559-9000



Mark Herbert, Noke Sivoravong and others surveying the accessibility of a picnic area at Ft. Snelling State Park.

For employment assistance for individuals with a disability, contact Jackie Colden at Resource Inc., 612/871-2402 or 612/879-5519 V/TTY.

Congratulations

MARK HERBERT
&
NOKE SIVORAVONG

Together Outdoors Minnesota participants who were recently hired as
Wilderness Inquiry Trail Staff

Happy Trails !!!

Participant Profiles

The following profiles are excerpts from autobiographies written by Together Outdoors Minnesota participants.

Through an extensive recruiting process, 26 individuals were chosen to participate in the first year of Together Outdoors Minnesota. These individuals are committed to the goals of the project and can provide outdoor recreation service providers with the skills and expertise to make programs and facilities more accessible to diverse populations. To find out how you or your organization can contact these individuals, please call Together Outdoors Minnesota at 612/479-4537 V/TTY.

Kamau Sababu Kambui: Kamau is a native Midwesterner with an African-centered world view. Kamau is a graduate of the University of Minnesota and is an outdoor educator, licensed social worker, certified therapeutic recreation specialist, counselor and foster parent. Kamau has developed many programs that teach harmony with nature and reliance on self. His best known historical presentation to date is the *Underground Railroad Reenactment*, a simulation of Africans escaping slavery in the southern United States. He has worked in many capacities serving adolescents and children, and has developed recreational and outdoor programs designed to counter racism. He has lectured at several universities and presented workshops and national conferences. He has also been featured on "Entertainment Tonight" and has periodically been interviewed on Minnesota Public Radio and Public Access Cable Television. He has served on the St. Paul Parents Advisory Committee to the public schools, the Minnesota Project, Juneteenth Steering Committee, Arts US and the Phillips Community Initiative for Children.

Mark Herbert: Mark lives in Park Rapids, is married and has two children. He is a regional coordinator for the Consumer/Survivor Network of Minnesota. He also works with children through the local community support program. He owns a chimney sweep business as well as a wooden toy shop. Mark enjoys a variety of outdoor activities including canoeing, backpacking, biking and hiking. Mark was diagnosed

bipolar in 1982 and has learned to survive and live a productive, healthy life. "I truly believe, no matter what our own personal challenges, we can all teach and learn from one another..."

Mai Thor: I am Mai Thor and am a twenty year old Asian-American female with a physical disability. I acquired polio at the age of four. Coming from an Asian culture, having a disability and being female have given me difficult roads to cross, many frustrations and disappointments, as well as many hard lessons to learn. However, I have been given two of the most wonderful gifts a person can have: the ability to be open-minded and accepting of anyone or anything which is different or may not fit as being normal, and the will and determination to succeed at whatever I do. Born in Laos and raised in Indianapolis, Indiana, I moved to Minnesota with my family three years ago. Growing up in a very conserva-

...when I look in the mirror each day, I am proud to say that I see a woman who is Asian and who has a disability.

tive community, and especially living with a family deeply rooted in the Hmong culture, I found myself always trying to balance between my heritage and my American surroundings, as well as dealing with being disabled. It is said that once someone overlooks a disability, and the person inside is recognized, the disability is forgotten. I am lucky that this was my situation while growing up. It was only when I began college that I began to realize how much my cultural background and disability are a part of me. The last year-and-a-half has given me a chance to look at myself in a way which will prepare me for the future. To deny the person that you are and all that you stand for, is not a realistic approach for how to live and I can guarantee that denial will only lead to a bitter and lonely future. It has taken me a long time to admit, but when I look in the mirror each

day, I am proud to say that I see a woman who is Asian and who has a disability.

Duane D. Knutson: I was born and raised in the Forest Lake, Minnesota area. In 1965 I was inducted into the U.S. Army and served two tours in Southeast Asia. I have a professional background in communication electronics, environmental testing, computer systems engineering and as a craftsman. I have lived around, on, near or adjacent to the lakes and woods for most of my life. I never took advantage of all the possibilities, perhaps because I believed I would be able to whenever I wanted. In August of 1994, I had an attitude adjustment. The possibility that my access to the outdoors could be limited made me look out the window and see the outdoors differently. Limiting obstacles can be overcome if approached properly. I don't believe we can subdue or change nature to fit the limited. I do believe we can change the limited to fit nature. I am anxious to participate, to learn and hopefully to have some positive impact on the use of the outdoors by diverse populations.

Carl Kosinski: I was born and raised in Northwest Indiana where I was the oldest of five children. I attended Indiana University and obtained BA degrees in English and Psychology. I continued my formal education by obtaining an MS degree in Computer Science and by passing the CPA exam. For the past dozen years, I have been employed by AT&T and IBM as a software developer, technical writer and project leader. Although in recent years, my education and career have been anchored in the techno-business world, my true passion is embedded in nature, in society and in the stewardship of the two. I believe in the natural synergy between the human condition and the condition of our earth - too many people emphasize one over the other without grasping the integrated whole. One of my life's goals is to find a career that promotes a healthy relationship between humanity and the natural environment through education, awareness, and participation.

Spring and Summer Events Schedule

Canoeing is for Everyone

ENJOY THE SPORT OF CANOEING

CANOEING IS FOR EVERYONE is an event that allows people of all abilities the opportunity to learn the sport of canoeing on one of the Twin Cities' fine lakes. You will get enough canoeing instruction to get you going and, if you need, a seasoned paddler to go along! The emphasis of these events is on getting out on the water so you can relax and see what canoeing is all about. Together Outdoors Minnesota and Wilderness Inquiry will provide instruction and equipment - and everyone provides the fun! Adapted equipment is provided for those who need it. Choose from the following events:

| | | |
|---------|--------------|--------------|
| June 16 | Lake Calhoun | 10 am - 5 pm |
| June 17 | Lake Nokomis | 1 pm - 6 pm |
| July 8 | Lake Nokomis | 4 pm - 9 pm |
| July 10 | Lake Calhoun | 4 pm - 9 pm |
| July 15 | Lake Phalen | 4 pm - 9 pm |

| | | |
|------------------|----------------------|---------------------|
| July 16 | Lake Phalen | 9 am - 5 pm |
| July 17 | Lake Nokomis* | 9 am - 5 pm |
| July 18 | Lake Nokomis* | 9 am - 4 pm |
| July 21 | Lake Calhoun | 9 am - 4 pm |
| August 24 | Lake Nokomis* | 10 am - 5 pm |

Join us for a great time on the water!

What to do: Meet at the location indicated above for each event. Look for the Together Outdoors Minnesota and Wilderness Inquiry banner, or call Wilderness Inquiry for directions. Advance registration is not required for individuals; however, groups of five or more are strongly encouraged to call prior to the event. If you are under 18 or are not your own legal guardian, you must have your parent's or guardian's signature on a WI waiver. Transportation to the sites is not available from the WI office.

When: Sessions run continuously during the scheduled time of the event. Each paddling session takes an average of 40 minutes; bring a frisbee, book or picnic lunch in case you have to wait.

Cost: **FREE!** Each event is partially supported by the USDE Grant #H128J30088 and the Minnesota Legislature, 1995 Minnesota Laws, CH.220, Sec.19, Subd6(1) as recommended by the Legislative Commission on Minnesota Resources from the Minnesota Future Resources Fund.

Canoe Events Outside of the Twin Cities

| | | |
|---------|-----------------------|--------------|
| June 20 | Rochester (Silver Lk) | 10 am - 7 pm |
| June 23 | Mankato (Madison Lk) | 10 am - 5 pm |
| June 25 | Duluth (Park Point) | 1 pm - 8 pm |
| June 26 | Hibbing (Carey Lk) | 10 am - 6 pm |

| | | |
|----------------|-------------------------------------|---------------------|
| June 29 | Interstate Park Celebration* | 10 am - 5 pm |
| July 2 | Milwaukee (Scout Lk) | 8 am - 5 pm |
| July 3 | Madison (Lake Wingra) | 8 am - 5 pm |
| July 9 | Worthington (Centennial Park) | 1 pm - 6 pm |

* Vinland's wheelchair obstacle course will be an added attraction at these events.

Wilderness Inquiry • 1313 Fifth St. S.E. Box 84 • Minneapolis, MN 55414
(612) 379-3858 or (800) 728-0719 V/TTY

What's Accessible ?

MCTO Knows

It has become evident that there is a gap in public transportation to Fort Snelling State Park and other Hennepin County parks. This was made very clear when many participants in the Outdoor Diversity Training had difficulty accessing the park for training via public transportation. Jeannie Weis, Together Outdoors Minnesota Project Coordinator, spoke recently with the Service Planner at the Metropolitan Council on Transit Operations (MCTO) and brainstormed several options for increasing equal access to metro parks for all residents.

Transportation is certainly a barrier to participation for persons with limited transportation means, and it seems that parks located in a metro area should be accessible by public transport. It appears to be a good project that could involve Together Outdoors Minnesota in creating change and accessibility for all. If you are interested in addressing transportation accessibility issues, call Jeannie Weis at 612/479-4537 V/TTY.

Accessibility Surveys

Together Outdoors Minnesota has targeted multiple parks in Minnesota to conduct on-site accessibility surveys. The purpose of the on-site surveys is to determine the degree to which an outdoor recreation area is accessible to people of all abilities and backgrounds.

Information collected will be published in a DNR guidebook highlighting the accessibility of Minnesota's outdoor recreation areas. In addition, a statewide resource manual listing outdoor diversity resources will be developed to increase the diversity of people served. If you or your facility are interested in learning more about accessibility surveys, please call Ian Havill at 612/379-3858 V/TTY.



Accessibility survey team at Ft. Snelling State Park

SEEK www.seek.state.mn.us

SEEK, or Sharing Environmental Education Knowledge, is an innovative, electronic way to search for and find environmental education resources. Located on the internet, SEEK provides access to many environmental education resources available from numerous Minnesota organizations. More than thirty organizations have already joined SEEK, including Together Outdoors Minnesota, the Raptor Center, Science Museum of Minnesota and others. Participants in Together Outdoors Minnesota are listed on the SEEK directory as "Resource People" to assist outdoor service providers in improving the quality of programs and facilities for people of all abilities and cultures.

SEEK serves many audiences such as governmental agencies and officials, businesses, consumers, regulated businesses and citizen groups. To learn more about SEEK, contact Robert Olson, SEEK coordinator, at 612/215-0205 or robert.olson@moea.state.mn.us.

Outdoor Diversity Network

There are many opportunities for training, public awareness events and on-site accessibility surveys that will present themselves during the year. A database at Vinland Center is being developed to identify agencies, individuals and newsletters that will be used for promoting Together Outdoors Minnesota and to streamline future recruitment efforts. A system is in place to ensure the success of the Outdoor Diversity Network to provide outdoor recreation service providers with information on how to make their programs and facilities more accessible to people of all abilities and backgrounds.

If you or your organization are interested in learning more about this outdoor diversity network, please call Together Outdoors Minnesota at 612/479-4543 or 479-4537 V/TTY.

Outdoor Diversity Training

A special thanks to the following people and organizations for their involvement in Together Outdoors Minnesota.

M.A.T.C.

Ft. Snelling State Park

Steve Ellingson, Camp Grandir

Craig Luedemann, YouthCARE

Sue Carlson, C.L.A.S.S. Augsburg College

Linda Wolford, U of M Student Diversity Institute

Nehrw Abdul-Wahid, U of M Community Outreach Program

Minnesota Naturalist Association

University of St. Thomas

Dr. Leo McAvoy, U of M, Div. of Rec., Park, and Leisure Studies

Midwest Mountaineering

Transition Plus

JoAnne Stately

Ed McGaa

Ric Jost

State Services For The Blind

Together Outdoors Minnesota staff would like to thank all the participants in the Outdoor Diversity Training project for their commitment to attending the trainings. The diversity within the group of participants gave everyone involved an excellent opportunity to learn about issues facing people with varying abilities and backgrounds and provided insight into ways to make Minnesota's outdoor recreation areas more accessible to all people.

We would also like to thank the individuals who assisted with recruiting and training for Together Outdoors Minnesota. We look forward to everyone's involvement in the upcoming events.

A Journey into the Wilderness *by Barb Sewell*

We left from the Wilderness Inquiry parking lot on a crisp, sunny morning in the fall. Like a child on Christmas morn, I was full of excitement, anticipation and lack of sleep.

This was my gift to myself for finally graduating from college, an eleven day white water rafting trip on the Rio Grande.

So, off we went in the van. The WI staff were friendly and positive. The participants were fast becoming "peers" - I peered at you. You peered at me. Do we have anything in common?

The trip was fantastic and everything seemed magnified in that tiny little capsule of time. Beautiful and wondrous sights; laughter, fun and challenges; teamwork and comradeship among us; delicious gourmet food and joyful guitar playing around the campfire provided by our guide Zeke - all made for a remarkable experience.

With Texas on one bank of the Rio Grande, and Mexico on the opposite bank, we heard tales and saw sights as

expansive as the country we were going to camp in the night.

On the last day of the trip, I was in a solo raft, and wanted to try to maneuver the final set of rapids. Zeke hollered over the roaring sound, "Zig!" I paused, and zagged. And in that pause, I was sucked under. Like rushing through a green labyrinth, with arms over my head for

**"Call on God,
but row away
from the rocks."**

- an Indian proverb

protection, I was zoomed below a jutting rock ledge. Time seemed interminable. Then, as suddenly as it happened, I was rocketed up and out of the tumultuous churn.

Meanwhile, up above, the staff was tearing across the rock banks with ropes and

waning hopes. First they saw a life preserver pop up, then a raft. But no Barb.

Alas, when I resurfaced, I was as surprised as everyone else. The bright daylight was awesome. The air was delightful to my hungry lungs. My only injury was a bump to my elbow. I loved life! I loved everyone on the trip - and I told them so.

The trip on the Rio Grande ended just a short distance further. Our group picture was very special to me. When I returned home, I opened my meditation book to that day. It was an Indian proverb that read, "Call on God, but row away from the rocks." Basically the context was that we can call on a higher power whenever we need guidance, safety, security, peace and strength. But let's take responsibility when it is needed. I believe God works through us, not for us.

My Wilderness Inquiry trip introduced me to people with varying abilities doing amazing adventures together. My wilderness journey goes on.

Points of View

This quarterly newsletter is made possible in part by the participants' commitment to enriching the quality of life for people of different abilities and cultures through improved access to Minnesota's outdoor resources.

Skyline Vision

by Carl A. Kosinski, a Together Outdoor Minnesota project participant.

As individuals with physical and mental disabilities, we understand the frustrations of not being able to attain immediate gratification because of barriers that come across life's path. These barriers take on many forms: from not being readily understood because of a speech impairment to feeling uncomfortable at the theater because of awkward seating arrangements; from not being able to grasp different concepts because of attention difficulties to feeling frustrated at not being able to visit a magnificent overlook because of unwarranted obstructions. However, as individuals with physical and mental disabilities, we are also attuned to the need to look beyond these barriers for a positive solution that improves not only our individual situation but the situation of others as well. We are attuned to the need for *skyline vision*.

For many people, vision is merely the act of seeing only what is immediately in front of them. This is commonly referred to as tunnel vision. Tunnel vision can be thought of as a condition of extreme narrowness of perspective and understanding. The current 104th Congress is a very serious, very relevant example of tunnel vision — especially with its shortsighted behavior on issues concerning health care, education and our fragile environment. However, as individuals and as a community, we need to go beyond reactionary rhetoric and adopt a more "the sky is the limit" declaration of vision. Vision, as declared by the author, is the ability to see beyond the immediacy of one's current surroundings and to grasp at that which is currently not unattainable -- *skyline vision* (the ability to see through to what is over the next horizon).

One quality of *skyline vision* is believing in one's own abilities and the ability of others to bring about positive change. How many times are we confronted by situations that provoke feelings of frustration and helplessness? What we must embrace is the vision to look beyond our present frustrations for a positive change. We must act upon that solution believing that the individual, group or organization causing that frustration would also like to bring about positive change. Although it would be naive to believe that every person wants to work for positive change, it would be very cynical to believe that most people do not. We must also believe that the path to positive change is not made up of concrete and steel, but of a community of individuals who share a common vision. We need to understand that change is brought about through understanding, through the willingness to be dependent upon others and through the desire to have others be dependent upon us. This

communal spirit is necessary to bring about the full potential of *skyline vision*.

Another quality of *skyline vision* is the ability to see the integrated whole instead of just a collection of disconnected parts. Spending our tax dollars effectively by making our cities wheelchair accessible not only benefits those in wheelchairs but benefits the entire community by making our cities more pedestrian-friendly. Spending our tax dollars effectively by preserving our wood-graced areas not only protects our woodland communities but also offers us enormous health benefits.

The real ineptness of tunnel vision is how economics, community and nature are viewed as disconnected parts of society that are to be isolated and analyzed on their own terms with socially-warped merits; tunnel vision, all too often, promotes one part for the sake of short-term benefits while abandoning the others causing pernicious, long-term effects. *Skyline vision* understands that economics, community and nature are tight interdependencies of each other that need to be addressed as a dynamic and ever-changing whole.

The last quality of *skyline vision* is the ability to see past our physical boundaries to grasp at something that is beyond those boundaries. This aspect of *skyline vision* is probably the most elusive and the most personal. For me, it is the essence of *skyline vision*; it is the movement away from the material toward the spiritual. It is the movement away from working for a paycheck toward working for social change. It is the movement away from hurrying from one appointment to the next, toward taking long, blissful walks through the woods. *Skyline vision* is the movement away from scrutinizing people as would-be rivals competing for limited reward toward connecting with those individuals as fellow spirits on the Open Road. Although one should never disconnect oneself from the world of urban decay, social inequality and environmental assault, one needs to recognize the grander movement beyond what we can physically see toward that which is only attained through diligence and the help of others.

In a world where people only see potential tax revenues from paved-over wetlands and timber sales from clear-cut woodland areas, the need to go beyond tunnel vision and hold to a vision that allows us to see a vast wetlands supporting a wondrous diverse ecosystem or to see an accessible trail leading through the woodlands to a magnificent overlook becomes even greater. Because that is what *skyline vision* is all about, the magnificent and the wondrous.

Together Outdoors Minnesota

...furthering the implementation of *A Green Print for Minnesota*

Providing Opportunities For People of All Backgrounds and Abilities

- ✓ **Outdoor Diversity Training**
- ✓ **Professional Training / Consultation**
- ✓ **Public Awareness Events**
- ✓ **On-Site Accessibility Surveys**
- ✓ **Outreach to Diverse Populations**
- ✓ **Resource Manual**

General guidelines for achieving project goals:

- Involve members of cultural groups in the planning and delivery of educational programs and opportunities.
- Provide extensive race relations, learning styles, cross-cultural communications and sensitivity training.
- Recognize the needs and contributions of cultural groups in Minnesota, including the cultural heritage, traditions and values of Asian-Pacific Minnesotans, American Indians, African American Minnesotans and Mexican-Chicano-Latino Minnesotans.
- Develop a positive regard for all people, regardless of race ethnicity, social class or ability level.

PROJECT GOALS

- *To establish Minnesota as a model state for inclusion of diverse populations in natural resource programs.*
- *To improve the quality of life for people of all abilities and cultures through improved access to Minnesota's outdoor resources.*
- *To improve the quality of outdoor program service delivery for all Minnesota citizens.*



Vinland Center



Wilderness Inquiry

Together Outdoors Minnesota is a collaborative effort of **Wilderness Inquiry**, **Vinland Center**, and the **Minnesota Department of Natural Resources**.



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