



Householders' Options to Protect the Environment Inc.

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Think Globally. Act Locally!

MEDIA RELEASE

Friday, 10 February 2017

National Youth Week event – Open Day at Redwood Park, Toowoomba -- Saturday 8 April 2017

“**Be bold, be brave, be you**” is the theme for this year’s National Youth Week (31 March– 9 April) events and activities.

To celebrate the occasion in the Toowoomba region, Householders’ Options to Protect the Environment (HOPE) Inc. and Friends of the Escarpment Parks (FEP) Toowoomba are working together to promote **the protection of our environment with the sub-theme of “Youth Engagement in Landcare”**, by hosting an “Open Day at Redwood Park”, Toowoomba on Saturday, 8 April 2017.

The day includes a program of short talks and walks, information displays, a FREE lunch-time sausage sizzle and two x 2 hours *Nature Journaling* workshops delivered by Dr Paula Peeters - thanks to funding from Queensland PCYWA (Police Citizens Youth Welfare Association). Like a personal journal or diary, a Nature Journal is a place to record your observations of nature and to reflect on them. You will explore the environment, on various scales, to create a piece of artwork – a poem, painting, drawing or song for example. This activity is designed to create a connection with nature that will ultimately lead the participant to a desire to protect and look after our earth.

It is envisaged that approximately 15 high-school aged youth will attend each of the 2 workshops, followed by one of organised guided walks or talks.

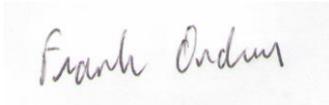
The Open Day and Nature Journaling workshops are free to attend, but expressions of interest in attending the open day; and registrations for the workshops are essential to assist with logistics and catering arrangements.

We invite the general public and secondary school aged youth to attend the open day; with the hope that they will consider “volunteering for the environment” by joining one of the participating environment/conservation, animal welfare or Landcare groups present on the day or in the near future.

A more detailed program for the Open Day at Redwood Park will be available closer to date.

For any general enquiries about the open day, please contact Friends of the Escarpment Parks via their website at www.fep.org.au/ .

For enquiries and registration for either of the Nature Journaling workshops, please contact the HOPE office by phoning 4639 2135 or emailing office@hopeaustralia.org.au .



Frank Ondrus, President – HOPE Inc., ph 07 4639 2135

Media enquiries:

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Dr Paula Peeters, Mob: 0408 242 888

In Brief notice

To help celebrate National Youth Week, Householder' Options to Protect the Environment (HOPE) will be hosting two Nature Journaling workshops in Toowoomba! What is Nature Journaling? It is the process of drawing, writing, or creating a poem or song in response to nature. You get a chance to slow down, take in your beautiful surroundings and create your very own creative nature journal and art piece.

Dr Paula Peters (PhD in Ecology and Evolutionary Biology) will be coming out to Redwood Park and running two workshops on Saturday April 8. Thanks to a funding from PCYC Qld, 30 secondary students will be able to take part in this activity for free! To be one of the lucky attendees simply answer in 25 words or less, why you love nature, and send through your contact details to Frank Ondrus via email at office@hopeaustralia.org.au .

An Open Day of Redwood Park, hosted by the Friends of the Escarpment Park, will run in conjunction with the Nature Journaling workshops and feature information about local nature-focused groups. There will also be a free BBQ lunch and morning tea available to all participants of the open day. Contact Frank at the HOPE office for more information and/or to RSVP on (07) 4639 2135 or email office@hopeaustralia.org.au .

Background information



Photo & bio of Dr Paula Peeters

Paula Peeters is an ecologist, artist and writer based in Brisbane. After completing her PhD in Ecology and Evolutionary Biology at Monash University, Paula worked in Wildlife Conservation for 13 years, mostly for State Government environmental agencies in South Australia and Queensland. In recent years, Paula has become interested in combining art and science to celebrate nature, and promoting Nature Journaling as a way of improving the connection between people and nature. Paula's illustrations have appeared in the colouring books *Bimblebox Wonderland* and *Riverina Grassland Ramblings*, and *Ruth* magazine, and have been commissioned by the University of Otago,

Pollinator Link, the New South Wales Office of Environment and Heritage, Murray Local Land Services, Land for Wildlife South East Queensland and the Ecological Society of Australia. Her writing has appeared in *Australian Birdlife*, *Zoomorphic*, *Tasmanian Geographic* and her blog *Paperbark Writer*. In 2016 Paula wrote, illustrated and self-published *Make a Date with Nature: An introduction to nature journaling*, and led nature journaling workshops for the Bulimba Creek Catchment Committee, Downfall Creek Bushland Centre, the Gympie Regional Gallery and the Woodford Folk Festival. Paula is currently working on a range of projects including a children's picture book, and a work of fantasy fiction for young adults, with an ecological bent. You can see more of her work at www.paperbarkwriter.com

Introduction to Nature Journaling - 2 hour workshop with Dr Paula Peeters

Nature journaling is the practice of drawing or writing in response to nature. This fun, relaxing practice helps you to connect more closely with nature, and results in the creation of your own unique nature journal. Both the practice and the end product are important.

The practice improves your recognition of different animal and plant species, and your understanding of where and how they live. Nature journaling calms your mind, and increases your attention to detail and appreciation of beauty. With time, it also improves your ability to observe, to draw and to write.

A journal allows you to capture the moment (a sunset, a view, a critter, a flower, a fungus...), and recall observations which would otherwise be forgotten. Nature journaling can be used to compile species sightings and other scientific observations that are of great value to citizen science projects. Your journal can also give you inspiration for other creative projects, such as writing, painting, textiles, music, other crafts... the opportunities are endless.

Nature-based learning is known to have great benefits for learning outcomes and personal wellbeing. Nature journaling has immediate relevance for subjects such as Biology, Geography, Art and English, but can also be used as a springboard to explore many other subjects. Lessons learnt in context, and in the outdoors, tend to be understood more thoroughly by the learners, and this understanding stays with the pupil long after the lesson.

I'm an ecologist, artist and writer who enjoys combining art and science to explore Australian nature. In this workshop, I'll introduce the practice of nature journaling, and teach you some simple exercises to get you drawing and writing. I'll introduce you to the ecology of the area, and talk about some of the plants and animals we're likely to encounter. At the end of the session you will have started your very own nature journal, and have plenty of ideas to keep you inspired.

Each participant receives a print copy of my book *Make a Date with Nature: An introduction to nature journaling*. Electronic copies of this book are also available as a free download from my [website](http://www.paperbarkwriter.com/want-to-get-started-with-nature-journaling-this-little-guidebook-will-show-you-how/) - <http://www.paperbarkwriter.com/want-to-get-started-with-nature-journaling-this-little-guidebook-will-show-you-how/> .