

RNC TEMPLATE  
COVER SHEET

Name/Names: Jennifer Jastrab MFA in visual arts  
I am currently working towards becoming a registered expressive arts therapist (REAT).

Title: Youth Program Coordinator

Organization: CERI (Center for Empowering Refugees and Immigrants)

Address: 544 International Blvd. unit 9, Oakland, CA 94606

Phone: 510-927-0245

Email: jastrab.ceri@gmail.com

Date: April 30, 2018

**Title for Proposal:**

**Learning to Know Nature through the Senses**

is an afternoon workshop (2 hours total) that uses sight, hearing, touch, movement and vocalizing with expressive arts exercises that are designed to help participants connect to the natural world on a multi-sensory level. No art background is necessary.

**How does this happen-connecting to nature through art?**

Nature does not speak in English. She expresses herself in the beauty of her forms, her colors, her plants, her animals, her minerals, the earth, air, and water. She communicates with us through sounds, colors, perfumes, and movements. We perceive and communicate with nature through our senses! This project reminds us to listen to the many voices of nature.

**Introduction 30 min**

Participants are introduced to one another, to the project, and the benefits of Shinrin-Yoku – a Japanese phrase that translates as “forest bathing”. We talk about not uprooting plants during our project-respecting the earth. (Partner with Naturalist for introduction?)

Each participant receives a supply pack: clip board, worksheets, crayons and pencils, scissors and glue stick.

**Part I Being Mindful 15 min**

Walk quietly in nature for 15 minutes. By being quiet, **we turn off the chatter and begin to notice the world around us with focused attention.** Try to stay in this place of a quiet mind until we come back together. As you are walking with mindfulness, find an area you are drawn to explore.

**Part II Collecting Our Senses 30 min**

- 2a. Using the supplies in your packets find something interesting you would like to make rubbings of: a rock, feather, tree bark.
- 2b. Next, using your crayons and pencils, make some color swatches of a leaf you like, the color of the sky, a bird, the water. There is no right or wrong way to do these exercises. Enjoy yourself in nature. Don't worry about how something looks.
- 2c. Lastly, find your worksheet and record the sounds, scents, movements and feelings you notice.

### **Part III Playful Sharing (visual, auditory, movement)**

We come back together in a circle. We find our rubbings and color swatches, and using our glue sticks we cut and paste the rubbings and color swatches on a group mandala (circle) in the center of the group. Then we come back into the circle and we spontaneously share the sounds we collected - creating a collective sound poem. Lastly we share a movement by stepping into the circle. We go around the circle repeating each other's movement...a silly collective dance. Lastly we sit down and talk about our experiences and how we felt "bathing in nature", listening to her talking through our senses. What did we learn? Did we recall other times we spent in nature?

1. Tell us briefly about your organization (max. 2 paragraphs)  
**CERI is a community based organization serving SouthEast Asian families living at or below the poverty level in Oakland, CA. We are a 501C3 organization founded in 2006. The primary population we serve are Cambodian American families who arrived in the U.S. following the Khmer Rouge Genocide. Our focus is on mental health services, but we also provide case management services, academic advocacy, medical advocacy, sexual exploitation prevention, four adult support groups that meet weekly, four youth support groups that meet weekly, ESL classes, zumba, free massage therapy, health screenings with UCSF, a pro bono psychiatric clinic, and a naturopathic consultant.**  
**We are located near Lake Merritt (544 International Blvd.) and our clients often walk and play with their children at the lake as a respite from their dangerous neighborhoods.**
2. Tell us how your proposal will address one or more of the priorities associated with the Rotary Nature Center Framework? (see back page) **In order to become stewards of the natural world, people must first connect with the natural world. The workshop we propose uses as many senses as possible to make a connection with the natural world. We know from numerous educational studies, that the more senses we can incorporate into learning, the better a person retains and remembers a learning experience. Connection lays the foundation for a relationship to begin. Therefore, we see this workshop as way for people to use the arts as a pathway of connection to the natural world. Additionally, it also a pathway for nature to "speak" to participants, not in words, but in her colors, shapes, sounds, movements, and patterns. When nature is seen and heard, she is valued.**
3. Please describe your intended audience for this proposal. Who do you plan to reach? **The workshop is designed for youth 8-18 years old, but I have offered it successfully to**

**adults. How do you plan to reach them? CERI has an extensive outreach network available to them through their connection to other community organizations which serve underserved populations. We would put out a notice of the workshop first to CERI's families (200+ active members) and then to other organizations. Depending on response and available space, we could offer more than one workshop or develop a series of art and nature workshops.**

4. If your proposal plans to use the Rotary Nature Center facility, what are the intended times for use? **flexible**
5. Please describe the budget for the program
  - a. Is there a fee for program participation? **Not at this time.**
  - b. Is the program cost recovery? **No**
  - c. If cost recovery, what is the proposed financial split be with the center? **The workshop would be offered at no charge so there would not be a financial split.**
6. Does the program require additional staffing support from OPRYD staff?  
**Not at this time but if OPR wants to enlist a large group of children (more than 15), then additional volunteers and staff would be needed to manage the children.**
7. How does your proposal demonstrate regard for diversity and inclusion? **I plan to announce the workshop to our Alameda County network which serves Underserved Populations of refugees, immigrants, and minorities living in poverty in Oakland.** Are there plans for connecting with areas of Oakland or specific populations typically underserved? **Through the County of Alameda our organization is connected with similar community providers such as La Clinica, Native American Health, Asian Health Services, Wellness in Action, Korean Community Center, all programs catering to underserved populations living in Oakland. I would outreach to their youth.**
8. What kinds of networking and potential collaborations are possible with your proposal? e.g. Are there individuals, agencies, artists, business, and other organizations or networks that you have or will be connecting with? Include examples both within and outside Oakland if relevant. **I would be happy to connect participants with representatives of the Rotary Nature Center, local conservancy groups, Lake Merritt volunteer groups, and East Bay Regional Parks that could provide information about how to become stewards of their local natural parks and nature preserves. I am super excited to connect with the other project leaders presenting on June 2<sup>nd</sup>, and would enjoy collaboration.**
9. How do you plan to monitor the benefits of your proposal, such as number of people served, degree of satisfaction, impact etc. **We are required by Alameda County to track participants in all of our daily activities by recording age range, ethnicity, language, disability, gender, etc. We are well-versed in distributing client satisfaction surveys which can be offered at the end of the workshop.**

10. Please include any relevant references from aligned organizations and community partners. **We can provide a lengthy list of references upon request.**

**10 a) Tracy Hazelton: [TracyHazelton@acgov.org](mailto:TracyHazelton@acgov.org) can verify that we are a UELP provider funded by Prop 63 through Alameda County.**

**10b) Patricia Rojas-Zambrano MFT of Wellness in Action  
[patricia@synergiscounseling.com](mailto:patricia@synergiscounseling.com)**

### **Initial priorities identified in the Framework for the Rotary Nature Center**

- Developing Programs And Activities That Reach Out To All Ages (Youth, Adults, Seniors) And All Areas Of Oakland
- Developing Synergies Among Various Individuals, Agencies, And Institutions That Serve Lake Merritt And The Rotary Nature Center
- To Become A Symbol And Attractor For What It Means To Become A Good Environmental Citizen
- To Become Stewards & Educators Of Lake Merritt, The Wildlife Refuge, And The Pacific Flyway, A Natural Portal Into The Wonders Of Nature, Wildlife, And Science
- To Be Constructive Partners With Agencies Supporting The Health & Vitality Of Lake Merritt And Advocates For The Beauty, Value, Utility, And Wonders Of Water & Wildlife
- A Resource To Nurture Stem (Science, Technology, Engineering, Math) For All Ages And Demographic Groups
- A Hub For Encouraging The Relationships Of Art, Music, And Creativity Alongside Nature, Wildlife, And The Outdoors

### **Oakland Parks, Recreation & Youth Development**

Mission: With an emphasis on Oakland's youth, Oakland Parks, Recreation & Youth Development and its partners will provide best in class, relevant and equitable programs and services, while meeting the specific needs of people and communities both at the neighborhood level and regionally throughout the City of Oakland. We achieve this mission through intentional engagement and by removing the barriers that prohibit equitable opportunities for all.

Vision: Oakland Parks, Recreation & Youth Development will be the nation's leading parks, recreation and youth development agency, providing transformational experiences, and multi-cultural awareness. We create empowering park and recreational opportunities, and equitably increase the quality of life for all Oaklanders.