



SPRING/SUMMER 2020



# CONNECTIONS

## U.P. Land Conservancy

### A LIMINAL TIME IN CONSERVATION

#### Liminal - adjective

lim-i-nal | \ 'li-mə-nəl \

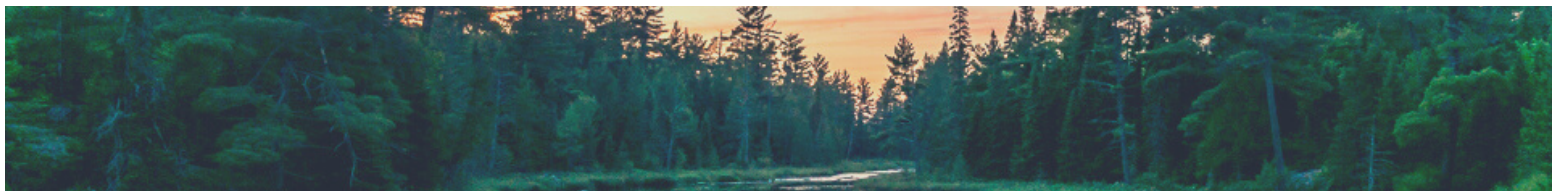
1: of, relating to, or situated at a sensory threshold : barely perceptible or capable of eliciting a response: liminal visual stimuli

2: of, relating to, or being an intermediate state, phase, or condition : IN-BETWEEN, TRANSITIONAL

*... in the liminal zone between sleep and wakefulness.*

We can all probably agree, this Spring has been different than anything we've experienced. But despite these difficult times, the snow is melting, the birds returning, and the ferns still reach up from the forest floor into the sunlight. Spring has always been a time of transition and change. "Now" is a liminal moment; transitional, anticipatory. We get to take a collective breath with our neighbors as we slow down together and recognize the significance of changes - within ourselves, in our relationships with others, and in the natural world. Trails and nature preserves are seeing more use than ever before and we are watching air and water pollution plummet while our lives slow down to a more natural pace. As a nationally accredited land trust dedicated to the permanent protection of vital lands in the UP, **our number one priority will always be working with our community to protect land and one another, even when the future is barely perceptible.** In the interest of our communal health, we have canceled the trail race, monthly hikes, and group volunteer days for the spring. We are currently working on a flexible summer event plan to help our community stay connected to protected lands even while we can't gather physically. Without our usual in-person hikes and fundraisers, and knowing that not everyone will be able to financially support UPLC this year, we will be adapting and reaching out for more volunteer help both remotely and in person when the time is right. More information on summer events and ways to continue to protect land will come as it becomes available, but please know that if you are able to financially support UPLC right now, every dollar is critical to the success of our mission and you will be helping to keep our community on the land. It is impossible to see the future, but it is clear that what we do now for the sake of the land will form the world after COVID-19. We must ensure that our 'after' is a place where community connection to the land and one another is protected by working together now. Thank you for joining us in this liminal time.

- Andrea Denham, Executive Director



# TIPS FOR THE TRAILS DURING COVID19

## Stay Home

If you feel sick or feel you have been exposed to the virus, please avoid public places. Take care of yourself and those around you. If going out, choose locations nearby to avoid spreading to other towns.

## Scope it out

Check the parking area. If it looks busy, consider other trails. We are making the best effort to keep preserves open but will need to close if there is crowding. We're counting on you!

## Six Feet!

Leave a safe 6 ft+ between yourself and others on trails. That's about the length of a rake. Don't touch signage. Respect each other and the seriousness of the situation.

## Safety First

Trail services are limited. Some areas may be marked off or rerouted. Please respect signage on trails and avoid behavior that could lead to accidents (and unnecessary strain on our medical systems).

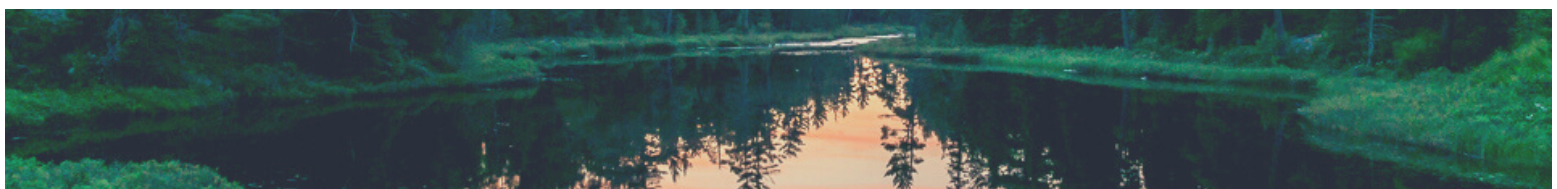
Check our facebook page for updates and contact us with any questions - UPLC

## ADAPTING TO CHANGE BY COMING TOGETHER

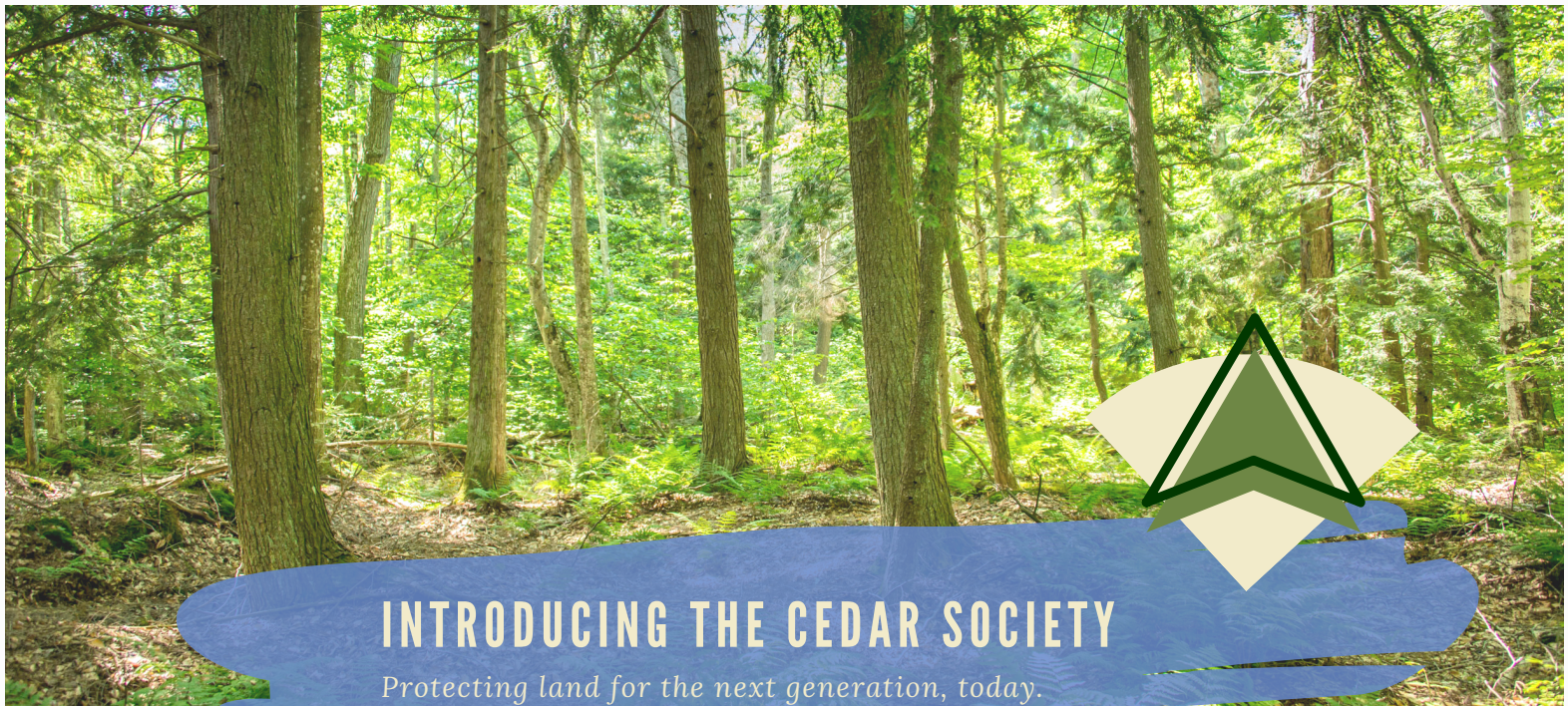
**Outdoor recreation and access to vast, protected natural areas is a foundational piece of our identity as Yoopers and people who work to protect Michigan's Upper Peninsula.** Thankfully, that piece of us is not only *allowed* during these times, it is encouraged! At the request of the City of Marquette, UPLC partnered with other Marquette County trail providers like the Noquemenon Trail Network, RAMBA, and the North Country National Scenic Trail to come together to create a joint statement asking trail users to recreate responsibly, to spread out to avoid overcrowding of favorite trails resulting in closures, and to create a central resource for recreation information in the county. While City parks were forced to close due to overcrowding, UPLC is proud to be able to provide nearly 20 of the hundreds of miles of trails for Marquette County residents to explore and deepen their connections with nature.

**Responsible outdoor recreation is necessary to our mental and physical health.** Dr. Scott Emerson, MD, a volunteer and supporter of the conservancy, has studied the effects of walking in nature preserves on health. "It's been widely documented that the increase in physical exercise associated with these nature parks is a major lifestyle therapy for preventing and treating the current costly epidemics of obesity, diabetes, heart disease, asthma, anxiety and depression we are experiencing" he says. Through decades of study, he said, "It is becoming quite clear that walking or even quietly sitting and interacting with nature makes you more robust and resilient, improves your thinking, provides increased resistance to many diseases from mental illness, to cancer, to heart disease, to diabetes, and it brings increased balance to the functioning of your entire body and mind. Nature is a powerful adaptogen medicine with little to no cost, no negative side effects and should be readily available to everyone." Perhaps most significant to this time, is a documented marked improvement in immune function in people who walk in natural areas daily!

**Nature is proven again to be the key, and protecting lands and our access to them is paramount.**







## INTRODUCING THE CEDAR SOCIETY

*Protecting land for the next generation, today.*



**The Northern  
White Cedar can  
live upwards of  
1,000 years.**

**After it falls, the  
tree continues to  
provide nutrients  
and gives an  
additional 1,000  
years of life to  
the forest.**

The Cedar Society is a group of dedicated supporters of the UP Land Conservancy who are protecting the future of our Peninsula with their legacy plans. The Cedar Society is named for the Northern White Cedar, *Thuja Occidentalis*, a much loved tree in the Upper Peninsula. It is honored by the Anishinaabe Ojibwe with the name "Nookomis Giizhik," which means "Grandmother Cedar," for its life-giving qualities. The gifts of Grandmother Cedar include crafts, culture, and medicine, and the longevity of these gifts is particularly noteworthy. Cedar can live upwards of 1,000 years, and when the tree comes to rest on the surface of the earth, Cedar continues to give to nutrients to the forest for another 1,000 years as a "nurse log," providing shelter for the next generation, ensuring the continuity of the forest.

Cedar Society members have pledged to ensure the continuity of UPLC's ecosystem for the next generation by giving gifts that continue giving after them. They include those who give Land and Conservation Easements in the present as well as those who will remember UPLC in their estate and legacy plans in the future with various tools such as gifts of land, gifts of stock, or bequests of another type. Special events are held for Cedar Society members every year!

### **You can protect land forever.**

- Joining the Cedar Society -

Do you want your efforts to protect land in the Upper Peninsula to continue after you? Our staff can provide you with sample language or discuss other ways we can meet your philanthropic goals together. Check out our website at [www.uplandconservancy.org/cedar-society](http://www.uplandconservancy.org/cedar-society) for more information and to get started today.

*If you have already chosen to continue protecting land for the generations who have yet to walk a preserve trail, please let us know today so that we can thank you for your dedication to the future of our Peninsula and welcome you to the Cedar Society!*





## PROTECT LAND : TAKE A SURVEY!

*Your input is needed to determine UPLC's Strategic Direction*

[www.uplandconservancy.org/survey](http://www.uplandconservancy.org/survey)



We are embarking into a new era of opportunities to protect more land across the Upper Peninsula, and we need your input to ensure we're taking the best next step. We receive more requests each year to protect forests, wetlands, family camps, and recreation areas across the UP. While we wish we could say 'yes' to every project, our promise to protect land *forever* comes with the responsibility to ensure we can keep that promise. We need to strategically prioritize which land protection projects we take on, and we want to know what you think. **What are your priorities for protecting land in the UP?** Working forests, recreational trails, and wetlands are all important. Do you think one type of habitat, or species, or method of land protection is more immediately in need of protection than another?

**We want to know!**

Email Andrea to talk personally or take the survey on the website by June 2th!