



RESURRECTION UNIVERSITY PARISH

Land Stewardship Committee

THE HEALING POWER OF NATURE

Joseph Cornell, in his book “Listening to Nature: How to Deepen Your Awareness of Nature” (Crystal Clarity Publishers, June 2014) noted that “to experience and understand the world around us, it’s essential that we focus our minds. For only by listening deeply with a quiet mind, can we ever fully experience nature. It has been proven that immersing in the sounds of Mother Nature can significantly reduce stress hormones and boost a positive mind set. It has been found that listening to woodland sounds for just one minute resulted in people feeling 30% more relaxed and anxiety levels dropped.

Nature sounds act as a distraction away from day-to-day anxiety and worries, redirecting our tensions and stresses outward to objects and movements outside. To immerse yourself in the wonderful sounds of the natural world and it has been suggested to take a walk and tap into the different and unusual echoes of the forest. Listening to the sound of running water aids in diminishing depression. When we observe and listen to the birds as they call to one another from the trees their songs play a subconscious role in our stress recovery and enforces our innate connection with nature.

But it is not just the sounds of nature that are beneficial. Extensive research by Japanese scientist Dr. Qing Li, found that trees and plants emit aromatic compounds called phytoncides that, when inhaled, can spur healthy biological changes. Many scientists consider phytoncides greatest impact on the human immune system to be the increase in the production of powerful NK cells. NK (Natural Killer) cells are white blood cells programmed to attack a wide list of undesirable infectious substances, tumors, and cancers. In his studies, Li has shown that when people walk through or stay overnight in forests, they often exhibit changes in the blood that are associated with protection against cancer, better immunity and lower blood pressure. The surprising impact of breathing in nature’s aromatic compounds can be a pleasant supplement to other medical treatments for ill patients and a strong preventative for the healthy. Wherever you may live, you can enjoy a more healthful life by seeking out places to relax and breathe in nature’s incredible forest medicine. We are gifted here in the Bozeman area with nature surroundings that can provide many benefits. We have much to be thankful for.

Truly a simple gift— a walk in the high woods

**“And it's there, walking in the high woods,
That I would wish to be,
And the men that were boys when I was a boy
Walking along with me.”**

Joseph Hilaire Pierre René Belloc

GREEN LEAF

A Requiem for a Land Steward.

Robert H. Gore III Ph.D: Reflecting on the legacy and what a man he left behind.

When one reads of Dr. Gore's many works of art, they would come across a passage from his book *RIGHT SMART TO SAY -Essays and Thoughts in Nature, Philosophy, and Life From an Old Florida Hammock*-that seemed meaningful to share be it relating to the Florida Everglades or the Yellowstone Environs. The thought is the same and like a venerable adage from the Biblical Wisdom literature or words of the Prophets they speak as true now as they did during the life of the authors.

Dr. Gore said — *“I am an intruder, but I am a gentle enemy. I think these woods have accepted that; at least they know me as an erstwhile friend, relatively innocuous, a bit bumbling, perhaps, as I learn my way all over again, but certainly meaning them no harm, and ready to react with words or action to anyone who would alter their extent or timeless progression.”*

As is so often the case the prophets and wisdom leaders of old are victims of the Cassandra curse that blesses them with insights and truth but curses them that no one will believe them. Dr. Gore's abode was 320 acres of pristine cypress hammock adjacent to Alligator Alley to the south and Marco Road to the east. The property was home to a “mother” cypress tree that was dated at over 500 years old and the “offspring” numbered in the hundreds. Hurricanes Andrew and Wilma destroyed some of that dreamland which was *“in the order of things.”* according to Dr. Gore. It was the arson caused wildfire that cut to the quick and destroyed the major part of the beauty and of the aged trees. But, justice had its way and the drifter that set the blaze that destroyed over 320 acres paid the price. The perpetrator was found guilty and had to wash police cars for three months!

Dr. Gore would have been 83 years old this November and his epithet reads *“We only get this*

one opportunity to make an impact., let us be considerate of what once was, what has already been destroyed, what can be done to prevent more loss...”

Ten years subsequent to his death, Dr. Gore's legacy land was acquired by Collier County and dedicated to a Nature Preserve. Dr. Gore's house was acquired by a §501 C-3 Florida corporation titled Cypress Cove and is home for the Cypress Cove Land Keepers. (see //cclandkeepers.com/gore-nature-education-center/ Gore Nature Education Center) The reader can find more on that web site.

UNDER THE RADAR

Recently a group proposed building a Rock Concert Venue seating for over 3,000 people on Cottonwood just past the Hyalite Foothills crest and near the Cottonwood School house. This proposal was created, planned, and presented to the County officials in a manner “under the radar.” Ever vigilant residents, neighbors and Land Stewards discovered the efforts and produced a tsunami of voices in objection to the haphazard, ill-formed idea and it was scuttled. But it will return again. That is the way of the entrepreneurs and ruination that abound today the same as they did in the time of the Prophet Isaiah. We read in Isaiah

5:8: *“Woe unto them that join house to house, that lay field to field, till there be no place, that they may be placed alone in the midst of the earth!”*

Land Stewardship is the process of planning, planting, cultivating and standing ready to take necessary actions in our lifetime to ensure these lands are cared for. Be it Yellowstone, Paradise Valley, Diocese of Helena, Resurrection Parish, or our back yards. They all individually and collectively call for active and vigilant concern and action. There are many ways you can join that mission and support the future of the Land Stewardship Committee. Are you ready to be a Land Keeper for Resurrection Parish?

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