



days at
Dunrovin

March 2019



**Ranch
Talk**



Connecting with Nature

Dunrovin Ranch is surrounded by, steeped in, and subject to nature in all her glory. DaysAtDunrovin's array of outdoor web cameras are specifically designed to bring Dunrovin Ranch's natural sights and sounds into your life through the magic of the internet. We strive to help you connect with nature, even when your personal circumstances prevent you from going outside.

Humans have evolved to make sense of nature. All of our senses are programmed to tune into nature's sights, sounds, smells, and textures. It was once critical to our very survival. It is in our DNA. While modern life may remove us more and more from nature, it is not able to remove nature from us. Connecting with nature is to reconnect with a central part of what it means to be human and with our place in the natural world. Nature is healing and essential to our physical, mental, spiritual, and emotional well-being. Being in nature reduces blood pressure, boosts our immune system, relieves stress, calms us, improves our moods, and helps us focus.

There are a number of things we all can do when confined indoors to reconnect with nature. We can simply sit at the window and watch "nature TV" go by, read a nature book, organize photos of our favorite natural places into a special scrapbook, watch nature programs on TV, write or paint about our experiences in nature, or we can close our eyes to meditate and let our minds take us emotionally and mentally to where we are surrounded once again by nature.



DaysAtDunrovin is initiating a program called *Connecting with Nature* to share and enjoy the beauty and benefits of nature that surround Dunrovin Ranch, to learn about your natural surroundings, and to develop techniques each of us can employ to summon the benefits of being in nature, regardless of where we are at the moment.



Hobie Hare

Our Nature Guide

Some people have special and unusual gifts that defy description. Hobie Hare is one such person. It is almost impossible to categorize what and how Hobie does what he does. His gentle spirit, deep love of nature, poetic command of our language, and mesmerizing voice literally pull you away from your current circumstances and take you into nature's healing embrace. Hobie's byline under his email signature best captures his gift:

Connecting people with nature, no matter where their feet are...

In Hobie's Words — Why I Do What I Do

I've always had a strong calling to help others learn and be more confident and competent in nature and in outdoor settings, from when I served as an international educator to my time as a National Park Service ranger in Yellowstone. I also care deeply about preservation and stewardship, and helping others understand the need to take action to preserve remaining wild places for future generations.

I am also a lifelong learner, and realize how crucial a deeper, consistent connection with nature helps everyone successfully navigate life challenges and changes through their new-found relationship with nature. This really hit home when I worked as a YNP interpretive ranger over eight seasons, and when I worked as a naturalist guide with the Yellowstone Association Institute for six seasons.

Learn more about Hobie more by visiting his website at www.YourLifeNature.com.



Broadcast Date: _____ **Time:** _____

Location: _____