



FREP DOWNSTREAM E-NEWSLETTER

Monday, May 11, 2020

Greetings from FREP

Please visit our [Website](#) for additional information and updates on activities shared in this newsletter

A reminder to join us this coming Wednesday

FREP will not be holding gatherings for Noon Networks or Meetings until it is safe to do so.
For now -- here is a virtual activity for you:

Wednesday, May 13, 2020

1 - 2:30 PM

FREE WEBINAR

Lessons from the COP25 Madrid Climate Change Meeting

Via [GoToMeeting](https://www.gotomeet.me/SevenGenerationsAhead) <https://www.gotomeet.me/SevenGenerationsAhead>

The UN Climate Change Conference was held in Madrid, Spain in December 2019. This webinar will be presented by Gary Cuneen-Seven Generations Ahead Executive Director, student Roz Beile and teacher Laura Stamp, who attended COP25.



What was the UN Climate Change conference all about? The conference was designed to take the next crucial steps in the UN climate change process. Following agreement on the implementation guidelines of the Paris Agreement at COP 24 in Poland last year, a key objective was to complete several matters with respect to the full operationalization of the Paris Climate Change Agreement. The conference furthermore served to build ambition ahead of 2020, the year in which countries have committed to submit new and updated national climate action plans. Crucial climate action work was taken forward in areas including finance, the transparency of climate action, forests and agriculture, technology, capacity building, loss and damage, indigenous peoples, cities, oceans and gender.

The conference included the twenty-fifth session of the Conference of the Parties (COP 25), the fifteenth session of the Conference of the Parties serving as the meeting of the Parties to the Kyoto Protocol (CMP 15), and the second session of the Conference of the Parties serving as the meeting of the Parties to the Paris Agreement (CMA 2). The fifty-first sessions of the Subsidiary Body for Scientific and Technological Advice (SBSTA 51) and the Subsidiary Body for Implementation (SBI 51) took place 2 - 9 December 2019.

President's Message



It has already been more than 2 full months that we've had our gatherings and movements restricted by our effort to slow the spread of COVID19. As a scientist, I am always looking for the most up to date information from credible sources, and I fully believe we must maintain the social distancing measures to avoid much higher death tolls. But one thing I want to focus on here, is that there is nothing in these precautions and orders that says we must stay indoors. Sure, it's a stay at home order, but that doesn't mean we can't be outdoors with those we're already living with – our quarantine buddies, if you will. Even if that means in our own yards. But parks and trails are open – just maintain your distancing.

We featured information on outdoor activities in our last Downstream that families could do. I really want to emphasize this – that time in nature and outdoors is not cancelled or banned. It's being too near other people who may be contagious that is the thing to avoid. Being outdoors in nature has many well-documented health benefits for all of us, especially children. If you are at all familiar with the writings of Richard Louv you know all of the evidence he has compiled in his books and through his [Children and Nature Network](#).

Our colleagues at [Friends of the Fox River](#) have also shared the following links that make the case for the health benefits of being outdoors.

[Spending at least 120 minutes a week in nature is associated with good health and wellbeing](#)

[List of articles to learn more and discover the many ways the outdoors benefits you and everyone else](#)

[Stanford researchers find mental health prescription: Nature](#)

[Cornell Health clinicians and mental health providers really do "prescribe nature" to students!](#)

So, get outdoors and reap the benefits of nature. Spring is happening all around us and can easily be enjoyed by everyone while still observing social distancing. And watch here for more information on things you can do. We are partnering with [Friends of the Fox River](#) to continue to promote Fox River cleanups – done in your small family/quarantine buddies groups with appropriate protective measures.

Local Scouts held their own cleanup effort with a **Walk Out the Trash** campaign during Earth Month. But let's keep it going and get all that plastic and other waste out of our natural areas and along the trails.

Stay Safe and Healthy!

Jeff Mengler, Hey and Associates, FREP President



If you want to get outdoors and get some exercise, spring is the perfect time to pull garlic mustard, one of our widespread invasive species. Garlic mustard is an invasive plant, capable of choking out native eco-systems as it carpets woodland floors, wetland banks, roadsides, alleys, backyards, and forest preserves. Tolerant of sun, shade, wet, or dry, it out-competes native plants through its aggressiveness, shocking seed production, and ability to release toxins in the soil that prevent native seedlings, including certain species of trees, from thriving. It is a noxious weed, normally noticed around tax day (easy to remember), perhaps in your own garden, or even slyly growing in the potting soil of a new perennial you just purchased. It is the second year, however, when the plant does its most damage, again beginning in April, when its growth really takes off.

What YOU can do:

Identify garlic mustard properly—a process most gardeners, school kids, and the public find easiest during its second year, when the plant is actively growing. It is important to remove the whole plant, including all of its fleshy root. Even a tiny remnant left in the soil will regenerate. Gently pull the plant out (if the soil is moist this job is easier) by grasping it low on its stem. Do not shake it or compost it! Put it in a plastic bag and tie securely and dispose of it in your regular trash.

See https://www.chicagobotanic.org/plantinfo/spring_arrives_so_does_garlic_mustard for more information.

If you have an activity or event you'd like FREP to share on our Website or in the Downstream, please email the information to Becky at:
foxriverinfo@comcast.net

Becky Hoag, Communications Manager, Fox River Ecosystem Partnership 630-482-9157 foxriverinfo@comcast.net

Please email me if you have an email to add to our mailing list.

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