

SPECIAL POINTS OF INTEREST:

- Thanksgiving!
- Native American Heritage Month!
- Sweet Potatoes
- Thanksgiving Activities
- What's Happening

October Highlights:



www.dreamstime.com

- We're sad to say goodbye to our cohort, Jennie, but wish her luck at her new job!
- We have a new web page on [how to print and fold various PGO publications](#).
- The Kids at Castle Park event theme for October was "Pizzaz-a-Pumpkin." Kids got to decorate their own pumpkins and bring them home free of charge. It was a great way to end the 2015 Kids at Castle Park series here in Crookston!



blog.nw1.org

Thanksgiving Activities

1. Hold a turkey calling contest! See who has the most convincing call, the loudest call, and the most likely not to be dinner call!
2. Play "Warmer or Colder" Thanksgiving-style! Instead of saying warm or cold, have the kids gobble!
3. Create a centerpiece for the dinner table! Go outside and collect leaves, pinecones, and other natural items and make a centerpiece!

More Kids Activities!

Ready, Set, Go!



NOVEMBER 2015

November 26th is Thanksgiving!

Thanksgiving is almost upon us! Spend a bit of time outside and get your body moving before the food coma sets in! Play a game of two-hand touch football, rake the leaves and jump in them, or just go for a walk on a local trail or at a local park. Remember, Thanksgiving is a time to think about the people and things that are important in your life. Spend time with your families, respect the outdoors, and volunteer in your community. Most importantly, have a great holiday!

It's Native American Heritage Month!

November is Native American Heritage Month. In 1990, President Bush signed off on a joint resolution to create Native American Heritage Month to be celebrated each November. It is important to celebrate the many diverse cultures and traditions of each tribe and to acknowledge the challenges faced both presently and historically. In Minnesota, read up on the Ojibwe, Chippewa, and Sioux tribes to learn about their contributions to your community!

Give to the Max Day!

On Nov. 12th, help PGO meet our budgeting goals and continue our objectives to connect MN's community to nature. **Donate Today!**



<http://cervivor.org>

November is Sweet Potato Awareness Month

In addition to being Native American Heritage Month, November is also Sweet Potato Awareness Month! They are a delicious and healthier alternative to most other varieties of potato. Sweet potatoes are a versatile root vegetable that you can use to create sweet or savory dishes! You can bake them as you would a typical potato, make sweet potato fries, or even make a sweet potato pie! Try out some fun [sweet potato recipes](#) this Thanksgiving!



clipartmountain.com

Sweet Potato Growing Activity

1. Take a sweet potato and insert a toothpick on each side.
2. Using the toothpicks to suspend the potato, place the sweet potato into a jar of water, making sure that two-thirds of the potato is submerged.
3. Put the sweet potato in a sunny area for a few weeks.
4. Observe as your sweet potato begins to sprout shoots that can grow more sweet potatoes!

[Here are some other sweet potato activities you can do at home!](#)

We'd love to hear about your recipes or activities—share with us on [facebook!](#)

What's Happening in November?

Metro Area:

[Leave it to Beaver](#) Saturday, November 7th at 1pm at Fort Snelling State Park—Learn about the life history of the beaver!

[Nature Walk in the Park](#) Saturday, November 21st at 1pm at Fort Snelling State Park

[Bird Watching Trek](#) Sunday, November 15th at 8:00am at Minnesota Valley Wildlife Refuge (Bass Ponds Trailhead) - click [here](#) for more bird treks!

Northwest MN:

[Storytime PLUS](#) Saturday, November 14th at the Crookston Public Library at 10:30am, Theme: Grateful Hearts

[Storytime](#) Thursdays at the Crookston Public Library at 10:30am

[Art Event for Kids!](#) Thursday, November 5th at 3:30pm at Fertile Public Library

Other:

Go for a walk or take a hike at your nearest park or on any trails near your home. To find your nearest park or trail, visit your County's [Parks and Trails](#) website.

[Olmsted County](#)
[St. Paul](#)
[Minneapolis](#)
[Polk County](#)

For more information on Project Get Outdoors please visit us at mnprojectgo.org/. You can also check out all our wonderful partners on our [Partners Page](#).

