JMA

**CONSERVE**
- Keep it simple - keep it active!
- Try to sign up to projects in the chosen area if poss
- Explore values that support positive actions for environment: act!
  - try to improve carbon footprint
- Litter pick as small group?
- Categorise litter?
- Explore values that support positive actions for environment: act!
  - healthy nature=healthy people? or vice versa?
  - continue to support health walks in NP

**EXPLORE**
- EXPLORE
  - * tune in
  - explore sights, sounds and feelings of the SEASONS
  - * appreciate
  - * understand
- PHOTOGRAPHS AS SEASONS CHANGE
  - fixed point photography to record seasonal changes, at least once a month or preferably twice...
- ID flora, fauna and landscape features
  - * get out there!
  - * notice detail
  - * tune in
- PHOTOGRAPHS AS SEASONS CHANGE
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**DISCOVER**
- Ways of looking and noticing
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- walk in the NP with friends, husband, fellow volunteers, others, but also alone at times
- walk at different times in a few months - times of day, weather, seasons
- info on the area eg J Mitchell: Loch Lomondside, eg Drymen Historical Society/Drymen Library
- Balmaha to Milarrochy Bay

**SHARE**
- • creativity?!
- • celebrate, learn
- • make a stitched object inspired by JMA? Art/Craft in Nature
- • organise a walk (or presentation - but walk better) for peers with photos on iPad/slideshow; make a blog
- • write something for V about the process - review experiences of group?
- make a stitched object inspired by JMA? Art/Craft in Nature
  - organise a walk (or presentation - but walk better for peers with photos on iPad/slideshow; make a blog
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**JMA**
- http://discoverjohnmuir.com etc
- eg Relative Wildness Map of LLTNP; LLTNP Wildness Study Report
- background re-read/remind self of reading about JM and wildness

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Audit food packaging; re-focus on less packaging, fewer food miles and food seasonality
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