



# Out and About Uptown's Coast

A Toolkit on Designing Coastal and  
Environmental Education



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# OVERVIEW



# EXECUTIVE SUMMARY

This toolkit documents the public educational series *Out & About Uptown: Increasing Access and Understanding of Uptown's Coastal Zone* offered from May 2017 through April 2018 by the [Institute of Cultural Affairs](#) (ICA) through its Uptown Coastal Initiative (UCI) program. The series was supported by an [Illinois Coastal Management Program](#) (ICMP) grant administered by the [Illinois Department of Natural Resources](#) (IDNR) with funding from the [National Oceanic and Atmospheric Administration](#) (NOAA).



The ICA is a 501(c)(3) organization whose mission is to build a just and equitable society in harmony with planet earth. ICA programs strengthen the capacities of individuals, organizations, and communities to build and implement innovative plans of action that draw upon assets and social capital in a collaborative manner. The Uptown Coastal Initiative began in 2016 as an ICA program focused on building awareness of Uptown as a coastal community and creating a community-based process for residents and organizations to engage with planning related to Uptown's coast. The *Out and About Uptown's Coast* series was informed by this early planning work that was also supported by an Illinois Coastal Management Program (ICMP) grant administered by the Illinois Department of Natural Resources (IDNR) with funding from the National Oceanic and Atmospheric Administration (NOAA).



IDNR's mission is to manage, conserve, and protect Illinois' natural, recreational, and cultural resources, further the public's understanding and appreciation of those resources, and promote the education, science, and public safety of Illinois' natural resources for present and future generations.



NOAA's mission is 1.) to understand and predict changes in climate, weather, oceans, and coasts; 2.) to share that knowledge and information with others; and 3.) to conserve and manage coastal and marine ecosystems and resources. *Out and About Uptown's Coast* focused on increasing awareness, access, and stewardship of the coastal zone in

# EXECUTIVE SUMMARY (continued)

Uptown, a Chicago community area. Specifically, the project aimed to a.) raise public awareness of Uptown's public lakefront and parks, b.) educate residents on ecological and environmental relevance of the area through a multidisciplinary lens, and c.) provide opportunities for residents to meaningfully engage with these resources. The project team used ICA's Image Shift theory and tools, a part of the organization's Technology of Participation (ToP®) program, to design an innovative educational series tailored to residents, workers, and visitors in the Uptown community. The educational series consisted of nine events, each featuring local experts sharing historical and present-day content expertise on a topic related to coast during 'classroom' time, followed by an experiential learning component to help embed the learning.

From May 2017 through April 2018, ICA partnered with 18 local experts across nine sessions that collectively drew in 219 participants. Through pre-event and post-event surveys, participants reported an increased understanding of environmental issues, ways to access and provide stewardship to the coast, their role in creating a more sustainable environment, and the health benefits of the coast. The area of greatest increase in understanding was regarding ways to provide stewardship to the coast.

## ABOUT THIS TOOLKIT

This toolkit provides an overview of the *Out and About Uptown's Coast* series. It provides instruction on how to use the Image Shift tools to help with all parts of your project, outlines the process of curating topics and partnerships to reach those that might otherwise not be interested in coastal-related events, describes educational content shared by partners, and provides insights resulting from pre- and post- survey response data. It may be useful for other IDNR grantees, coastal communities, and any individuals or organizations aiming to design multidisciplinary educational events that are tailored for the community or demographic they are working with, especially around issues of sustainability and environment.

Presentations and materials from individual sessions are shared in the appendices of this toolkit. It is recommended that they are used to inspire and inform content in future sessions, but they should not replace local context, content, and expertise for a given location. Those looking to implement a similar educational program are encouraged to follow the tools described in "Our Approach" to create a community responsive design to your coastal programming.

# OUR APPROACH

Many of Chicago's residents are unaware that they live in a coastal community—and thus unaware of the unique features and assets associated with the coast as well as the stewardship and care it requires. To support greater community awareness of the coast, the *Out and About Uptown's Coast* initiative was conscious about centering on the idea of Chicago's or Uptown's **Coast** throughout the series. All communications, marketing material, and educational content throughout the series used intentional language to introduce and normalize the concept of 'the Coast' to all event participants.

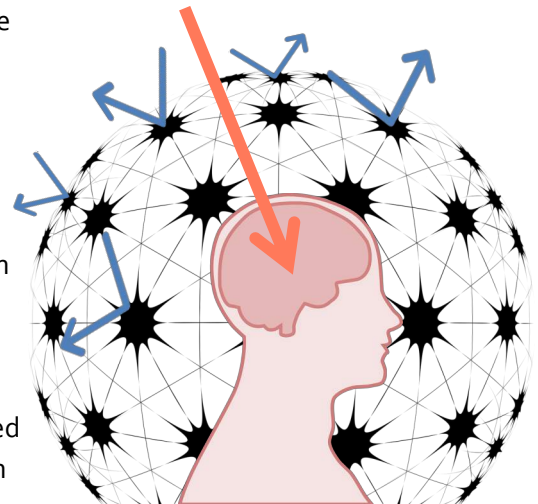
## THEORETICAL FRAMEWORK

The UCI team designed and implemented this series using a theoretical framework based on a concept of 'image' and its relationship to behavior inspired by the work of Kenneth Boulding. Boulding asserts that behavior is based on the way people see themselves in the world: through self-perception, self-story (narrative), and self-image. People continually incorporate, or discard, new messages into their accumulated understanding of themselves in the world. In order to incorporate a new message into one's self-understanding, the message must make it through the current value screen, or lens, that a person holds. Change occurs when repeated or powerful-enough messages make it through a person's value screen and replace an established image with a new self-understanding. When images change, behavior changes. This process can be summed up as 1.) Everyone Operates Out Of Images; 2.) Images Govern Behavior; 3.) Messages Shape Images; 4.) Images Can Be Changed; and 5.) Changed Images Mean Changed Behavior.

For those already working with communities on behavior change, this theory may seem intuitive; people need to be able to relate to a subject, or themselves, in a new way in order to behave in a new way. The key to this transformation is making sure that messages incorporate into a person's self-story instead of being dismissed.

ICA has taken Boulding's theory and translated it into three tools: an *Image Shift Assessment*, a *Kaleidoscope Design Tool (KD)*, and a *Session Planning Tool*. The tools apply Boulding's concept to specific questions and processes that help educators and facilitators to create session designs that will allow new messages to get through to an audience, instead of being dismissed and quickly fading away.

The UCI team used these tools with the intention of supporting a new image of the coast and new behaviors related to the coast for Uptown residents, workers, and visitors. These tools, specifically the *Image Shift Assessment* tool, helped the UCI team determine that engaging residents about topics that



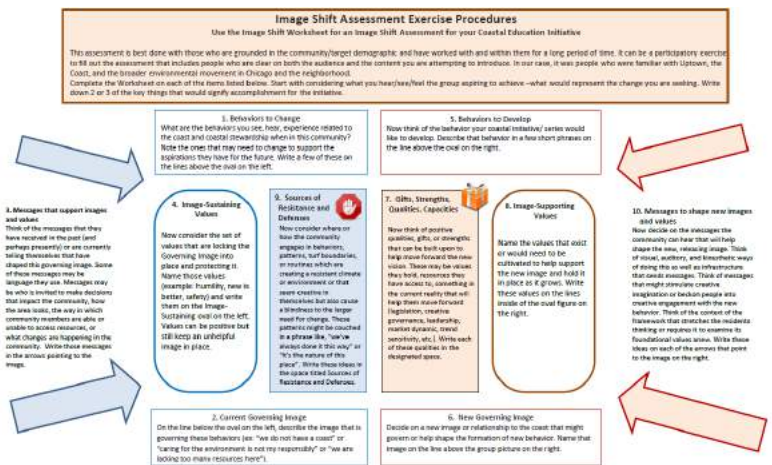
OUR VALUES SCREEN WHICH MESSAGES WE HEAR AND ACCEPT.

# OUR APPROACH (continued)

they might already be interested in—for example, urban ecology, historic landmarks, or mental health—and linking the topic to the coast would be the most effective design. Linking the coast to a topic that participants already cared deeply about or were interested in would enable them to more easily understand and incorporate new messages, for example, about their capacity to steward the coast.

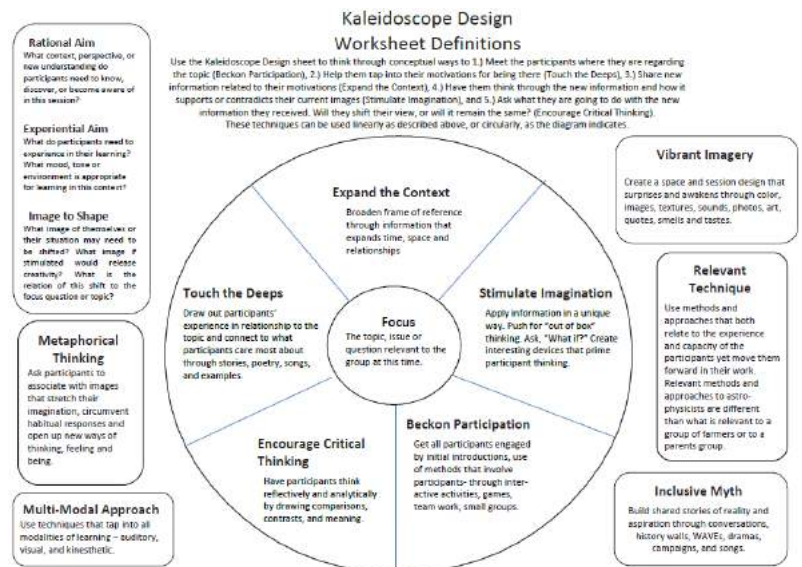
## USING THE TOOLS

The following pages show how the UCI team used the three transformational education tools to create a series design that supported transformational change for participants. First, the UCI team filled out the *Image Shift Assessment Tool*, using both the Uptown Coastal Initiative and the residents of Uptown as the 'subject'. Informed by feedback from residents and organizations as well as their own experience as Uptown residents and workers, the UCI team members completed the assessment sheet. The assessment clarifies a community's current image related to the topic compared to a new image that would serve them and the environment more effectively (e.g., from apathy toward the coast to active engagement) and indicates new messages to be sure to embed in the session design in support of this new image.



Above: Image Shift Assessment tool

Informed by the new image and supporting messages, the team used the *Kaleidoscope Design (KD)* sheet to think through conceptual ways to 1.) meet the participants where they are regarding the topic (beckon participation), 2.) help them tap into their motivations for being there (touch the deeps), 3.) share new information related to their motivations (expand the context), 4.) have them think through the new information and how it supports or contradicts their current images (stimulate imagination), and 5.) ask what they are going to do with the new information they received. Will they shift their view, or will it remain the same? (encourage critical thinking). These techniques can be used linearly as described above, or circularly, as the diagram indicates.



Above: Kaleidoscope Design worksheet

# OUR APPROACH (continued)

Finally, the *Session Plan Tool* practically combines the new image and supporting messages from the *Image Shift Assessment* with the *KD* concepts in a concrete design for the event. The session plan tool follows a specific cadence, similar to the steps described above in the *KD* plan, that meets participants where they are, taps into their motivations for being there, shares new and relevant information, encourages them to think through new information, and asks what they will do with this new information. Linking back to Boulding, all three tools connect in order to create a design that can successfully communicate new messages to resonate with an audience. In the *Out and About Uptown's Coast* series, each session followed the cadence described above to allow new messages about the coast to resonate and transmit through the participants' value screens.

Session Plan Section Descriptions and Intents					
What is the focus topic or focus question to which this session is being addressed? Are there important sub-foci?					
Dillon April 2022					
Audience/Participants	Image to Shape	Intentional Use	Experiential Use	Enhanced Capabilities	Success Products
Who are the participants? What is their experience, issue, or struggle with this focus question or topic?	What image or metaphor or their situation may need to be shifted? What image if introduced would release capacity? What is the relation of this shift to the focus question or topic?	What content, perspective, or new understanding do participants need to know, discuss, or become aware of in this session?	What do participants need to experience in their learning? What mood, tone, or environment is appropriate for learning in this context?	What do participants need to be able to do as a result of this session? What skills need to be introduced or deepened?	What are the tangible products or results that need to be generated by this session?
Attention	Motivation	Message	Exercise	Reflection/Evaluation	
Excite a way of getting the participant's attention and readiness to enter into the topic. How might the room setup or decor enhance the focus? What game, music, or incentive may be of doing. Introductions might make clear that this session is not "same old, same old" but offer something different? Avoid gimmicks or trivialization but encourage the appropriate mood or environment for the session. To set participants at ease, it is also important to state when will be the content and flow of the session.	In an activity, begin to address the deep questions that participants are likely bringing to the session. Why is this session appropriate for this time and place? This section should begin to open the deep wells of care. It might be done with a story, image, video, and/or a reflective conversation which reveals the connection with the concerns of those in the session. If there is a need to create or release ground rules or process guidelines, this might be the best place.	This section of the session is the place for new information that expands awareness of the participants. This might be shared in a brief presentation, video, story or image that brings together the essential information that frames the question. If the emphasis of the session is on the exercise this section may be brief. If participants are aware of some of the information, questions may be used to stimulate sharing of information, soliciting examples to illustrate key points.	This section is focused on application of information gained in the previous section. Participants apply or arrange the information to create a new product. In this section participants incorporate work as individuals and small groups where there is maximum opportunity for interaction and assimilation. This is the best place to do a work-show if one is planned or to work on generating a defined product. If the message section is the focus this section might center on questions in dyads or small groups.	End the session by helping the participants to remember their learning or appreciate and celebrate their product. This is also where they may take a stock of how they will use and relate to what they have produced. This might be the opportunity to raise the question of next steps and to secure agreement as to follow-up actions, documentation and responsibilities. Reflective conversation is usually appropriate, but sometimes writing or journaling are effective.	
Time: Person:	Time: Person:	Time: Person:	Time: Person:	Time: Person:	
Consider these elements of flow in creating a session plan:					
Type 1 Learner - Why? < Touch the Edge >		Type 2 Learner - What? < Expand the Context >		Type 3 Learner - How? < Stimulate the Imagination >	
Type 4 Learner - What If? < Encourage Critical Thinking >					

Above: Session Design Tool

The first hour of each session was 'classroom' time. Sessions started with introductions to the series and topic and invited participants to share associations they already had with the topic. Next, the educational program for each session included a presentation that linked the topic area to the coastal zone through history and an additional one to two presentations that offered unique insight into the topic from different backgrounds, including academic, community practitioner, volunteer steward, city department, environmental organization, eco-supportive business, and more. Midway through the session, facilitators guided a reflective conversation to process the new information from the presentations. The second hour of the sessions focused on experiential learning, using tours of the coastal zone and hands-on activities to reinforce learnings and create a comfortable atmosphere for residents and visitors to speak informally and to become more familiar with coastal assets in active ways. Finally, facilitators led reflective conversations to guide participants through their new understandings of the coastal zone and how they might take action. In the week after each session, participants received a follow-up email with detailed information about opportunities for re-engagement with the coast in ways related to all prior sessions, including the most recent.

The following pages provide examples of and instructions on application of the three image shift tools described above. Pay special note to the ways the tools inform one another, and keep in mind that the messages created through the *Image Shift Assessment* are the foundation for the *Kaleidoscope Design* and *Session Design* tools. To learn more about the Image Shift tools, contact the Program Team at the ICA.



# Image Shift Assessment Worksheet

**Name of Initiative:** Uptown Coastal Initiative

**Mission:** To increase awareness, access, and stewardship of Uptown's Coastal Zone through an environmental education series

**Aspirations for the Future:** A. Increased Awareness of Uptown's Coastal Assets B. Local residents clear on why they should—and how they can—provide stewardship to the coast

### 3. Messages that support images and values

There are only 2 coasts in the USA—East and West along oceans.

Walking to the lake is not easy—there are barriers along the way.

The 'city' is supposed to care for public spaces, and residents' role is to pay taxes for that.

Uptown is an undesirable place to live; new development and high-rises is "all good news."

### 1. Behaviors to Change

- Residents unaware they live in a coastal community and its ecological and environmental relevance
- Not enough people accessing the coast
- Residents who do access the coast have little or no sense of ownership or stewardship of it
- Residents in a rapidly gentrifying neighborhood not communicating with each other
- No mechanism for sharing the knowledge of local experts

### 4. Image-Sustaining Values

- Taxpayers take care of natural resources by paying taxes.
- The built environment is inherently at odds with the natural world; a city is for people, not for nature.
- The lake's water is too polluted, and it's not healthy to be there.
- Greater development along the lake means more money in the community and city coffers.

### 9. Sources of Resistance and Defenses



- It's not my responsibility to care for public spaces—it's the city's job.
- I have no role or agency in the decisions that are made in my community; "it is a done deal."
- Distrust of others in the community, including decision-makers and elected officials.
- Ongoing opaque decision making at government level fails to engage or respond to community.
- Unresponsive city government exacerbates narrative that local input doesn't matter and is not considered.

### 2. Current Governing Image

- Lakes do not have 'coasts.'
- Lake Shore Drive, which is a highway, is a barrier to cross to get to the lake.
- It's the city's job is to manage and keep the lakefront "maintained."
- Even if I did want to care for the coast, I wouldn't know how and don't know who to ask.
- Uptown does not have many environmental assets.

### 5. Behaviors to Develop

- Residents regularly access the coast
- Residents provide stewardship for the coast
- Residents see their actions as tied to the larger environment
- Residents understand the uniqueness and assets of their community and the coast
- Residents are friendlier with their neighbors; see the diversity of the neighborhood as a strength and become aware of local expertise

### 7. Gifts, Strengths, Qualities, Capacities



- Lots of people in Uptown care about something.
- Uptown residents already act in very sustainable ways, exercising model behaviors that are aligned with urban sustainability.
- Strong organizations exist in Uptown—block clubs, social service organizations, volunteers, religious entities.
- Uptown has very rich coastal history that is not widely known and reflects key values that correspond to the new image.

### 8. Image-Supporting Values

- Animals and environmental health are necessary to consider when making development decisions.
- Spending time in nature makes happier, healthier humans.
- We are the ones who can advocate for changes we want to see.
- A desire to feel healthier
- Wanting to be more connected to others

### 6. New Governing Image

- The coast is accessible to me and my community.
- Human action shapes the coast just as much as human inaction.
- Residents have agency, and their opinions on their community and its growth matters.
- The coast is unique asset and must be protected and care for by all.
- We have local expertise throughout Uptown, and residents can learn a lot from each other.

### 10. Messages to shape new images and values

The coast is one of Uptown's greatest assets, and I have access to it.

Uptown's coast has a powerful history and was the site of a significant municipal proof of concept for the city's public lakefront—a place reclaimed from private ownership in support of the health and happiness of all people.

Stewardship is required to maintain the ecological health of the coast; my actions have environmental impact.

The health of Uptown's coast and Uptown's community are directly related.

I should safeguard this great asset and promote everyone having good access to it.

# Kaleidoscope Design Strategy Worksheet

## Uptown Coastal Initiative Series

### Rational Aim

- Raise public awareness of Uptown's public lakefront and parks and the ability to access them
- Educate residents on ecological & environmental relevance of the area and the need for stewardship
- Provide opportunities for residents to learn from and with one another
- Show the connection between individual and community action and its impact on the coast

### Experiential Aim

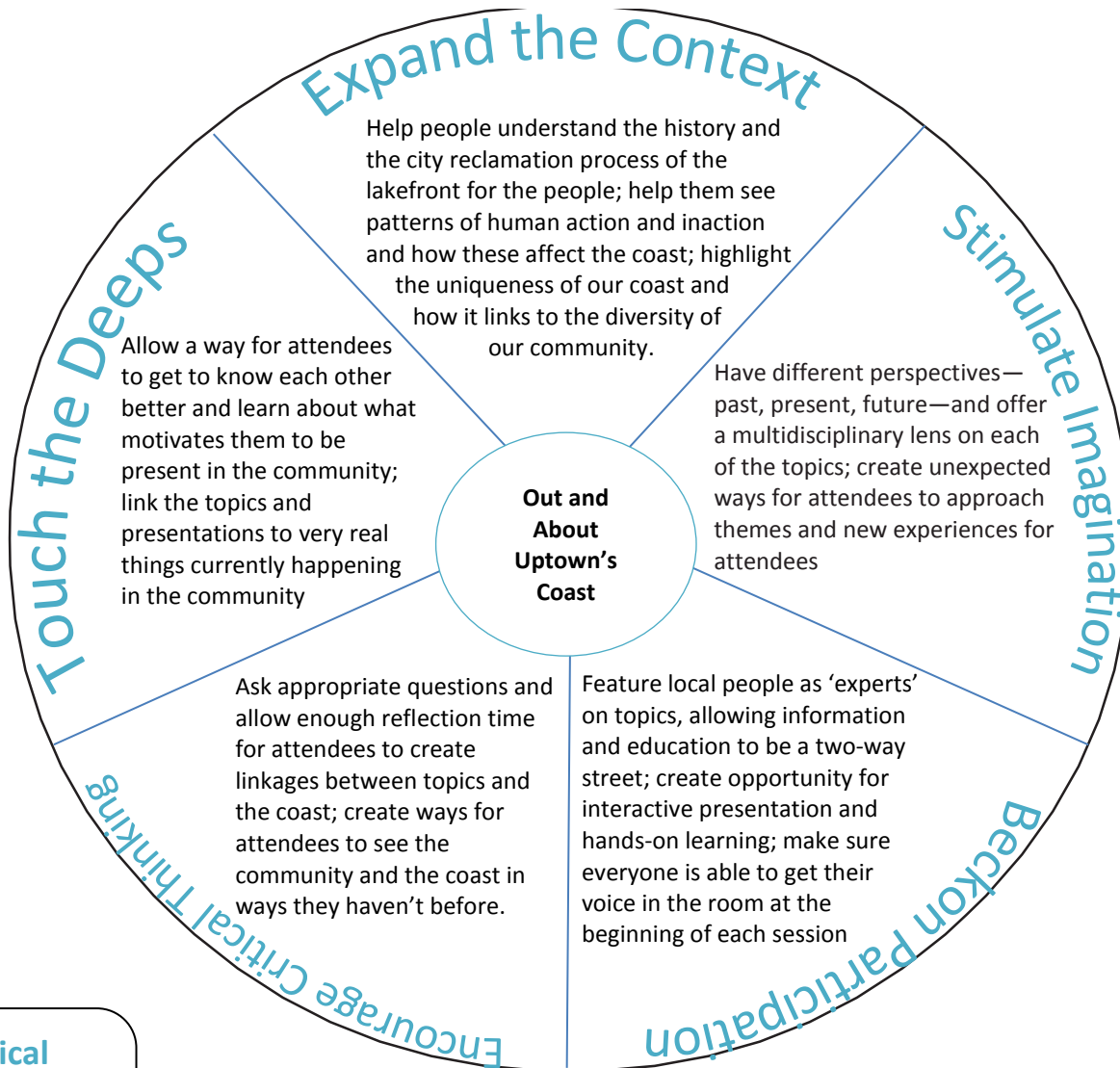
Deepened understanding of coastal issues and inspired to act

### Image to Shape

Uptown residents and other stakeholders have access to coast and can provide stewardship of it; their actions matter.

### Metaphorical Thinking

Linking the health of our community to the health of the coast



### Multi-Modal Approach

Participants of different learning styles are engaged as they listen to and see images in presentation, verbally reflect with the group, and explore the coast on a walking tour or experience a hands-on workshop.

### Vibrant Imagery

- Share a coastal Uptown map at all session to remind attendees of the geography.
- Images from the presentations that show the coast through time and space.
- The tours of the beautiful lake front and neighborhood.

### Relevant Technique

- Meet participants where they are through topics they care about and are 'relevant' to urban dwellers, e.g. green infrastructure, mental health, or historic landmarks.
- Use presentations, narratives, data, and statistics to appeal to a wide variety of attendees.

### Inclusive Myth

'Out and About in Uptown's Coast'

## Session Title: Out and About Uptown's Coast Series

Audience/Participants	Image to Shape	Rational Aim	Experiential Aim	Enhanced Capabilities	Outcomes/Product
Local experts share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown's Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

Attention	Motivation	Message	Exercise	Reflection
<p>Pre-evaluation</p> <p>Layout the agenda for our time together</p> <p>Introduction to the Series and the Space:</p> <ul style="list-style-type: none"> <li>- Define coastal zone geography</li> <li>- Define session topic</li> </ul>	<p>Introductions: attendees share name, location, and something positive related to the session topic or neighborhood</p> <p><i>Examples: what is your favorite thing about Uptown?</i></p> <p><i>What's your favorite thing to do on the coast?</i></p> <p><i>What is an underutilized space you see in our community? And what's a way you would like to see it utilized?</i></p>	<p>Presentations:</p> <p>First Presentation—Link the theme of the session to the coast through a journey in time, learning about the coast and how it has historically affected or been affected by the topic area</p> <p>Presentations from 1–2 local experts who provide distinct current approaches to or perspectives on the topic, 10 minutes each followed by questions of clarity and a reflection</p> <p>Reflection</p> <p>What is a word or phrase from the presentations that stood out? Or What's an image you recall?</p> <p>Where during the presentations did you find yourself excited? Concerned?</p> <p>What is a new insight that is emerging for you after listening to the presentations?</p> <p>What are some linkages you are able to see between the topic and Uptown's coast?</p>	<p>Tour of the neighborhood, coast, or an experiential workshop, focused on connecting to what was shared during the presentations</p>	<p>What did you see, hear, smell, or touch that stood out from the tour?</p> <p>What were you surprised by?</p> <p>How did the presentations link to what you saw on this tour?</p> <p>What is a new insight that is beginning to emerge for you?</p> <p>What is a new way you are beginning to see the coast?</p> <p>What is something different you are inspired to do as a result of what you experienced today?</p> <p>Fill out evaluations before leaving!</p>
Time: 10 min	Time: 10 min	Time: 25-35 min	Time: 60 min	Time: 10 min
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

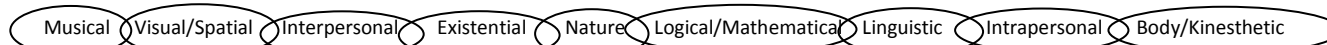
\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\*

Type 1 Learner - Why?

Type 2 Learner - What?

Type 3 Learner - How?

Type 4 Learner - What If?



## Image Shift Assessment Exercise Procedures

### Use the Image Shift Worksheet for an Image Shift Assessment for your Coastal Education Initiative

This assessment is best done with those who are grounded in the community/target demographic and have worked with and within them for a long period of time. It can be a participatory exercise to fill out the assessment that includes people who are clear on both the audience and the content you are attempting to introduce. In our case, it was people who were familiar with Uptown, the Coast, and the broader environmental movement in Chicago and the neighborhood. Complete the Worksheet on each of the items listed below. Start with considering what you hear/see/feel the group aspiring to achieve –what would represent the change you are seeking. Write down 2 or 3 of the key things that would signify accomplishment for the initiative.

#### 1. Behaviors to Change

What are the behaviors you see, hear, experience related to the coast and coastal stewardship when in this community? Note the ones that may need to change to support the aspirations they have for the future. Write a few of these on the lines above the oval on the left.

#### 5. Behaviors to Develop

Now think of the behavior your coastal initiative/ series would like to develop. Describe that behavior in a few short phrases on the line above the oval on the right.

#### 3. Messages that support images and values

Think of the messages that they have received in the past (and perhaps presently) or are currently telling themselves that have shaped this governing image. Some of these messages may be language they use. Messages may be who is invited to make decisions that impact the community, how the area looks, the way in which community members are able or unable to access resources, or what changes are happening in the community. Write those messages in the arrows pointing to the image.

#### 4. Image-Sustaining Values

Now consider the set of values that are locking the Governing Image into place and protecting it. Name those values (example: humility, new is better, safety) and write them on the Image-Sustaining oval on the left. Values can be positive but still keep an unhelpful image in place.

#### 9. Sources of Resistance and Defenses



Now consider where or how the community engages in behaviors, patterns, turf boundaries, or routines which are creating a resistant climate or environment or that seem creative in themselves but also cause a blindness to the larger need for change. These patterns might be couched in a phrase like, “we’ve always done it this way” or “it’s the nature of this place”. Write these ideas in the space titled Sources of Resistance and Defenses.

#### 7. Gifts, Strengths, Qualities, Capacities



Now think of positive qualities, gifts, or strengths that can be built upon to help move forward the new vision. These may be values they hold, resources they have access to, something in the current reality that will help them move forward (legislation, creative governance, leadership, market dynamic, trend sensitivity, etc.). Write each of these qualities in the designated space.

#### 8. Image-Supporting Values

Name the values that exist or would need to be cultivated to help support the new image and hold it in place as it grows. Write these values on the lines inside of the oval figure on the right.

#### 10. Messages to shape new images and values

Now decide on the messages the community can hear that will help shape the new, releasing image. Think of visual, auditory, and kinesthetic ways of doing this as well as infrastructure that sends messages. Think of messages that might stimulate creative imagination or beckon people into creative engagement with the new behavior. Think of the context of the framework that stretches the residents thinking or requires it to examine its foundational values anew. Write these ideas on each of the arrows that point to the image on the right.

#### 2. Current Governing Image

On the line below the oval on the left, describe the image that is governing these behaviors (ex: “we do not have a coast” or “caring for the environment is not my responsibility” or “we are lacking too many resources here”).

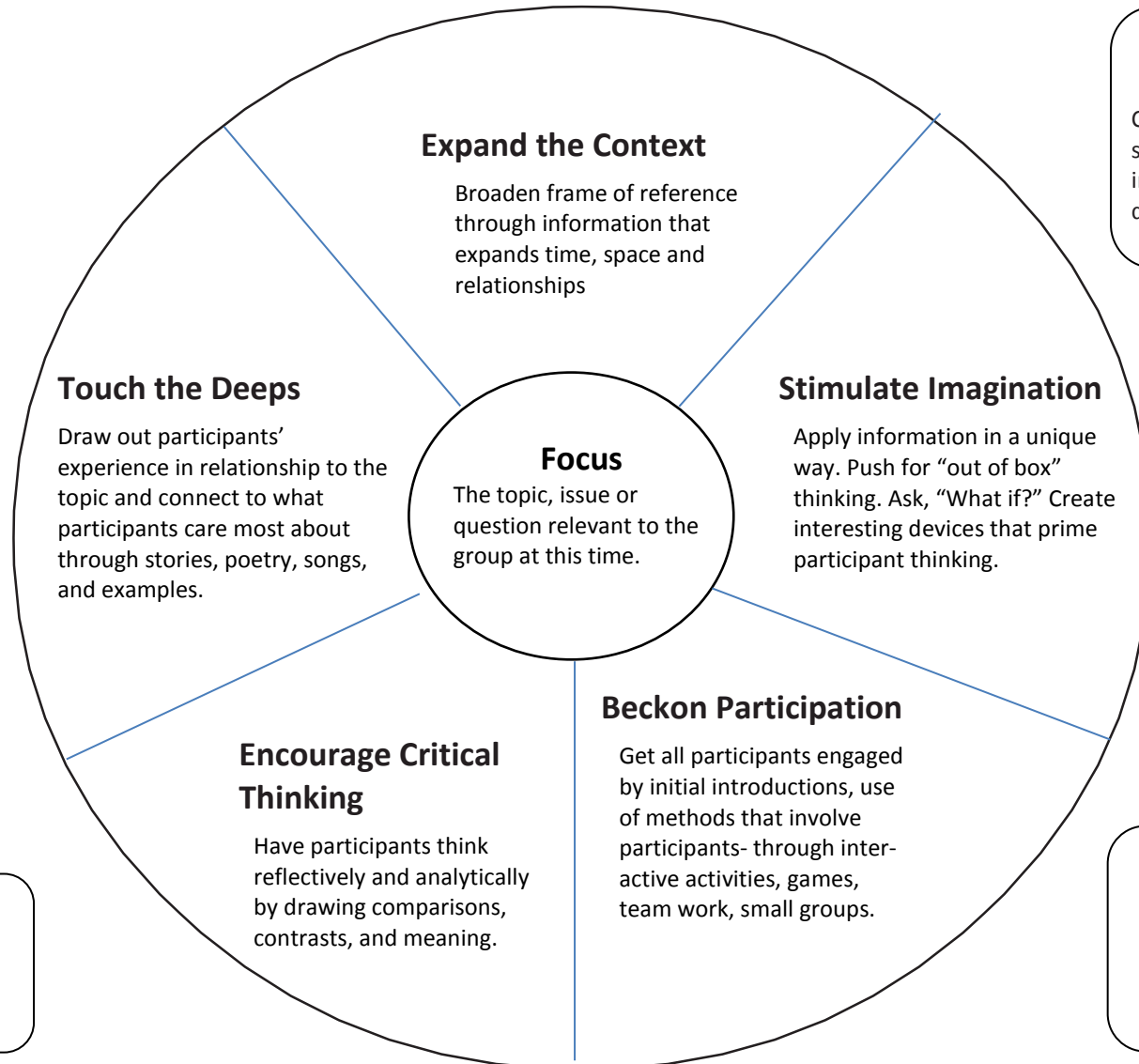
#### 6. New Governing Image

Decide on a new image or relationship to the coast that might govern or help shape the formation of new behavior. Name that image on the line above the group picture on the right.

# Kaleidoscope Design Worksheet Definitions

Use the Kaleidoscope Design sheet to think through conceptual ways to 1.) Meet the participants where they are regarding the topic (Beckon Participation), 2.) Help them tap into their motivations for being there (Touch the Deeps), 3.) Share new information related to their motivations (Expand the Context), 4.) Have them think through the new information and how it supports or contradicts their current images (Stimulate Imagination), and 5.) Ask what they are going to do with the new information they received. Will they shift their view, or will it remain the same? (Encourage Critical Thinking).

These techniques can be used linearly as described above, or circularly, as the diagram indicates.



## Rational Aim

What context, perspective, or new understanding do participants need to know, discover, or become aware of in this session?

## Experiential Aim

What do participants need to experience in their learning?  
What mood, tone or environment is appropriate for learning in this context?

## Image to Shape

What image of themselves or their situation may need to be shifted? What image if stimulated would release creativity? What is the relation of this shift to the focus question or topic?

## Metaphorical Thinking

Ask participants to associate with images that stretch their imagination, circumvent habitual responses and open up new ways of thinking, feeling and being.

## Multi-Modal Approach

Use techniques that tap into all modalities of learning – auditory, visual, and kinesthetic.

## Vibrant Imagery

Create a space and session design that surprises and awakens through color, images, textures, sounds, photos, art, quotes, smells and tastes.

## Relevant Technique

Use methods and approaches that both relate to the experience and capacity of the participants yet move them forward in their work. Relevant methods and approaches to astro-physicists are different than what is relevant to a group of farmers or to a parents group.

## Inclusive Myth

Build shared stories of reality and aspiration through conversations, history walls, WAVES, dramas, campaigns, and songs.

## Session Plan Section Descriptions and Intent

What is the focus topic or focus question to which this session is being addressed? Are there important sub-foci?

Edition April 2017

Audience/Participants	Image to Shape	Rational Aim	Experiential Aim	Enhanced Capabilities	Outcomes/Product
Who are the participants? What is their experience, issue, or struggle with this focus question or topic?	What image of themselves or their situation may need to be shifted? What image if stimulated would release creativity? What is the relation of this shift to the focus question or topic?	What context, perspective, or new understanding do participants need to know, discover, or become aware of in this session?	What do participants need to experience in their learning? What mood, tone or environment is appropriate for learning in this context?	What do participants need to be able to do as a result of this session? What skills need to be introduced or deepened?	What are the tangible products or results that need to be generated in this session?

Attention	Motivation	Message	Exercise	Reflection/Evaluation
Discern a way of getting the participants' attention and readiness to enter into the topic. How might the room set-up or decor enhance the focus? What game, music, or innovative way of doing introductions might make clear that this session is not "same old, same old," but rather something different? Avoid gimmickry or trivialization but encourage the appropriate mood or environment for the session. To set participants at ease, it is also important to state what will be the content and flow of the session.	In an activity, begin to address the deep questions that participants are likely bringing to the session. Why is this session appropriate for this time and place? This section should begin to open the deep wells of care. It might be done with a story, image, video, and/or a reflective conversation which reveals the connection with the concerns of those in the session. If there is a need to create or rehearse ground rules or process guidelines this might be the best place.	This section of the session is the place for new information that expands awareness of the participants. This might be shared in a brief presentation, video, story or image that brings together the essential information that frames the question. If the emphasis of the session is on the exercise this section may be brief. If participants are aware of some of the information, questions may be used to stimulate sharing of information, soliciting examples to illustrate key points.	This section is focused on application of information gained in the previous section. Participants apply or arrange the information to create a new product. In this section participants incorporate work as individuals and small groups where there is maximum opportunity for inter-action and assimilation. This is the best place to do a work-shop if one is planned or to work on generating a defined product. If the message section is the focus this section might center on questions in dyads or small groups.	End the session by helping the participants to remember their learning or appreciate and celebrate their product. This is also where they may take stock of how they will use and relate to what they have produced. This might be the opportunity to raise the question of next steps and to secure agreement as to follow-up actions, documentation and clarification of assignments and responsibilities. Reflective conversation is usually appropriate, but sometimes writing or journaling are effective.
Time:	Time:	Time:	Time:	Time:
Person	Person	Person:	Person	Person

+++Consider these elements of diversity in creating a session plans+++

\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\*

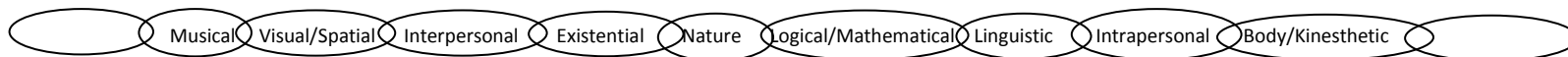
**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**

< Beckon Participation >    < Touch the Deeps >    < Expand the Context >    < Stimulate the Imagination >    < Encourage Critical Thinking >

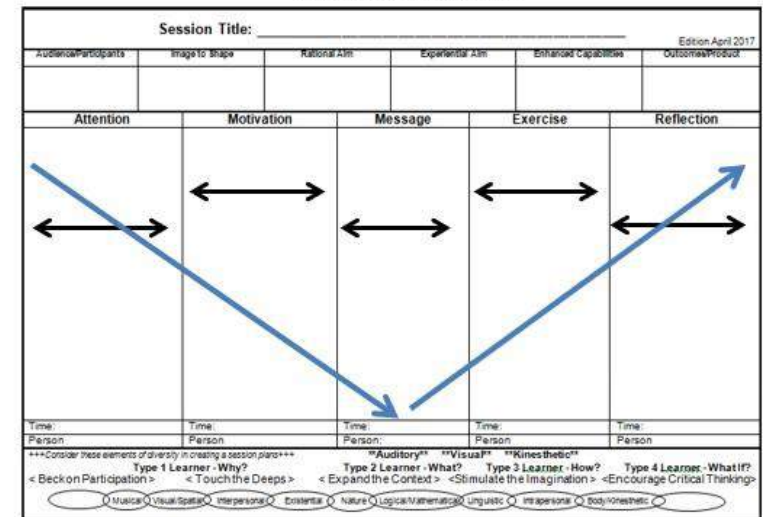


# The *Movements* in Training and Facilitation Design

The 5 Movements of a Lesson or Session design provide guidance in how to effectively engage all kinds of learners. Below are some hints regarding the intents of each of the different columns in the session plan – and as the image to the right shows, although each session is likely to vary depending on where the audience is (sideways arrows) (sometimes you may spend most of the session in attention, during a several session series) the cadence of the session remains the same (blue arrows). You always want to start and end at the surface.

The Lesson Plan - Training	Intents
<ul style="list-style-type: none"> <li>Attention</li> </ul>	Provide context – how this session or lesson fits into the overall training or event design and an overview of the session. And as Madeline Hunter would say, provides the “hook” that pulls participants into the session.
<ul style="list-style-type: none"> <li>Motivation</li> </ul>	Connects the learners/participants to the topic by communicating the importance of the topic and bringing out the participants’ direct/personal connection to the topic. (Touch the Deeps)
<ul style="list-style-type: none"> <li>Message</li> </ul>	Go in depth into the topic using whatever information, activities, experiences enable the group to understand the content of your lesson or session.
<ul style="list-style-type: none"> <li>Exercise</li> </ul>	In trainings, learners practice the concepts being taught. In facilitation, the group does planning or deliberates on an issue, generally making some decision or reaching some consensus.
<ul style="list-style-type: none"> <li>Reflection/Evaluation</li> </ul>	In either case, you want to create a sense of completion for participants. For trainings this includes a way to evaluate student learnings and the session. For facilitations this includes embedding participants in their work/work products, creating a sense of resolve about their work, and establishing next steps. May also be desirable to do a session evaluation at this juncture.

The width of every movement in session may vary depending on emphasis and need.



## Things to consider for each movement.

Session Title: _____					
Audience/Participants	Image to Shape	Rational Aim	Experiential Aim	Enhanced Capabilities	Outcomes/Product
Attention	Motivation	Message	Exercise	Reflection	
<ul style="list-style-type: none"> <li>Welcome</li> <li>Context</li> <li>Agenda</li> <li>Overview</li> <li>Intent</li> <li>Themes</li> <li>Attraction</li> <li>Opening</li> <li>Expectations</li> </ul>	<ul style="list-style-type: none"> <li>Opening ritual</li> <li>Human Connection</li> <li>Why</li> <li>Appropriate</li> <li>Ground rules</li> <li>Safety</li> </ul>	<ul style="list-style-type: none"> <li>Expand awareness</li> <li>Brief presentation</li> <li>Information</li> <li>Depth into topic</li> <li>Study</li> <li>Participatory</li> <li>Critical question</li> </ul>	<ul style="list-style-type: none"> <li>Application</li> <li>Use of information</li> <li>Experiment</li> <li>Engagement in topic</li> <li>Practice</li> <li>Assimilation</li> <li>Individual / dyad / triad</li> </ul>	<ul style="list-style-type: none"> <li>Remember</li> <li>Next steps</li> <li>How to use</li> <li>Journal</li> <li>Focused conversation</li> <li>Closing</li> </ul>	
Time: _____ Person: _____	Time: _____ Person: _____	Time: _____ Person: _____	Time: _____ Person: _____	Time: _____ Person: _____	Time: _____ Person: _____
<b>***Consider these elements of diversity in creating a session plan***</b> Type 1 Learner - Why? < Touch the Deeps > Type 2 Learner - What? < Expand the Context > Type 3 Learner - How? < Stimulate the Imagination > Type 4 Learner - What If? < Encourage Critical Thinking >					
Musical, Visual/Spacial, Interpersonal, Existential, Nature, Logical/Mathematical, Linguistic, Intrapersonal, Body/Kinesthetic					

# OVERALL PROJECT EVALUATION & DATA

To measure the effectiveness of the sessions, participants were asked to complete pre-event and post-event evaluations, documenting demographic information, their connection to the coast, and understanding of different elements of the coast and sustainability.

The **pre-event surveys** asked participants:

1. How often do you visit the lakefront?
  - a. Never
  - b. 1–2 times a year
  - c. 1–2 times a month
  - d. Weekly
  - e. Daily
2. Please rate your current level of understanding of the following on a 1–10 scale, 1 being a low level of understanding and 10 being a high level of understanding.
  - a. Understanding of current environmental issues at large
  - b. Understanding of the ways you can access Uptown's Coast
  - c. Understanding of your capacity to provide stewardship to the Coast
  - d. Understanding of your role in creating a more sustainable environment
  - e. Understanding of the health benefits associated with visiting the Coast

The **post-event surveys** asked participants:

1. How likely are you to visit the lakefront after this event?
  - a. Never
  - b. 1–2 times a year
  - c. 1–2 times a month
  - d. Weekly
  - e. Daily
2. Compared with what you knew before the walk, how much do you now know about [the session topic] in Uptown's coastal zone?
  - a. I'm more confused
  - b. About the same
  - c. A little more
  - d. A lot more
3. Today I experienced positive social interactions with fellow Uptown residents.
  - a. Yes
  - b. No
  - c. N/A
4. Please rate your current level of understanding of the following on a 1–10 scale, 1 being a low level of understanding and 10 being a high level of understanding.
  - a. Understanding of current environmental issues at large
  - b. Understanding of the ways you can access Uptown's Coast
  - c. Understanding of your capacity to provide stewardship to the Coast
  - d. Understanding of your role in creating a more sustainable environment
  - e. Understanding of health benefits of the coast
5. During today's event, I liked . . .
6. The event might have been better if . . .
7. One more thing I'd like to say is . . .
8. Because of today's event, I plan to . . .



# Map of Series Activities

A geographic overview and key points on coastal tours



INNER COASTAL ZONE

KEY SITES

# THE EVENTS



URBAN ECOLOGY



CYCLING UPTOWN



UNDERUTILIZED COMMUNITY SPACES



URBAN AGRICULTURE



ALTERNATIVE TRANSIT



HISTORIC PRESERVATION



MENTAL WELLNESS



ECO-JUSTICE



GREEN INFRASTRUCTURE



# OUT AND ABOUT UPTOWN'S COAST



## URBAN ECOLOGY

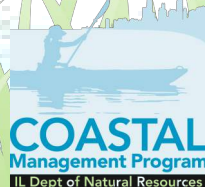
**SUNDAY, MAY 21ST, 1:00 PM - 3:00 PM**

**WHERE:** ICA GREENRISE, 4750 N. SHERIDAN, followed by walking tour of Montrose Point Bird Sanctuary and Montrose Beach Dunes

**THE URBAN ECOLOGY** session explores the ecological significance of Uptown's coast, including the unique flora and fauna that call Uptown home.

### WITH EXPERTISE FROM OUR PARTNERS:

- Animalia Project
- And more to be announced!



### JOIN US FOR THE WHOLE SERIES!

- URBAN ECOLOGY
- MENTAL HEALTH
- URBAN AGRICULTURE
- BICYCLE RIDING
- UNDERUTILIZED COMMUNITY SPACES
- ECO-JUSTICE
- HISTORIC PRESERVATION
- GREEN INFRASTRUCTURE PLANNING
- PUBLIC TRANSIT

**RSVP OR JOIN THE MAILING LIST**  
**@ [tinyurl.com/UptownICZ](https://tinyurl.com/UptownICZ)**

The **Out and About Uptown** series invites you to explore Uptown's coastal zone and learn more about how it interacts with your life and passions!

**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).

# URBAN ECOLOGY



## OVERVIEW

*Urban Ecology*, the first event of the *Out and About Uptown's Coast* series, introduced the ongoing relationship between humans in an urban setting and the coastal environment, suggesting opportunities for action regarding stewardship.

## PARTNERS



### UPTOWN COASTAL INITIATIVE, Melanie Eckner

Melanie offered a historical perspective, highlighting the use of Uptown's coast for potable water and for bathing as part of municipal efforts to stake public claim to lake and lakefront. Historic and current images illustrated the influence of urban uses and growth of coastal ecology as well as current assets for sustainability.



### ANIMALIA PROJECT, Susan Ask

[animalia project](#) is a 501(c)(3) nonprofit organization based in Chicago, Illinois, that offers educational programs and consultation on tough issues at the intersection of the built environment and the natural world, focusing on climate change and built habitats that are climate-ready.

### Unique Perspective Offered

Susan focused on the ecology of urban ecology, highlighting a broad natural history of the formation of the Great Lakes, the systemic context of how the lakes connect to birds, plants, and various coastal habitats, as well as specific flora and fauna in our local coastal habitat. She also introduced implications of climate change on the coastal region.



Above: Photos from Urban Ecology tour

## PARTNERS



**Ted Jindrich, CHICAGO PARK DISTRICT NATURAL AREA VOLUNTEER STEWARD**  
[Volunteer stewards work collaboratively with Chicago Park District](#) staff and contractors to protect, maintain, and restore the natural integrity of their adopted nature area. Coordinating and overseeing volunteer management and restoration of a Chicago Park District nature area, a steward also serves as spokesperson and advocate for the designated nature area, acting as liaison between community and Park District.

### Unique Perspective Offered

Ted led a guided walk through the [Montrose Beach Dunes](#), sharing about the unique plants and methods that volunteers use to nurture and protect vulnerable species. This perspective highlighted the ongoing importance of volunteers as well as opportunities for individuals to provide stewardship.



Above: Photos from Urban Ecology tour

## SEE IN APPENDICES



### PRESENTATIONS:

- ▶ [OUT & ABOUT UPTOWN'S COAST\(S\)](#)
- ▶ [UPTOWN ECOLOGY](#)



### HANDOUT:

[COASTAL MAP & CHICAGO PARK DISTRICT NATURAL AREAS](#)  
[MONTROSE BEACH DUNES](#)  
[OVERVIEW](#)



**Session Title: Urban Ecology, Sunday, May 21<sup>st</sup>, 2017, 1:00-3:00pm**

<b>Audience/Participants</b>	<b>Image to Shape</b>	<b>Rational Aim</b>	<b>Experiential Aim</b>	<b>Enhanced Capacities</b>	<b>Outcomes/Product</b>
Local experts from animalia project and CPD Volunteer Stewards share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it –focus on Urban Ecology and the natural and man-made coastal infrastructure	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

<b>Attention</b>	<b>Motivation</b>	<b>Message</b>	<b>Exercise</b>	<b>Reflection</b>
Pre-evaluation  Layout the agenda for our time together  Introduction to the series and the space: <ul style="list-style-type: none"> <li>- Define coastal zone</li> <li>- Define urban ecology</li> </ul>	Introductions: participants share name & one image you have about “urban ecology” on Uptown’s coast	Presentations (find in appendices): <ol style="list-style-type: none"> <li>1. <i>Out &amp; About Uptown’s Coast(s)</i> Uptown Coastal Initiative, Melanie Eckner</li> <li>2. <i>Uptown Ecology</i> animalia project, Susan Ask</li> </ol> What is a word or phrase from Melanie or Susan’s presentation that stood out? (round robin, half room)  What’s an image you recall? (round robin other half of the room)  Where during the presentations did you find yourself excited? Concerned?  What is a new insight that is emerging for you after listening to the presentations?  What are some linkages you are able to glean about the geological history and Uptown’s history?	Introduce Ted as an official volunteer Steward for Montrose Beach Dunes  Walk to starting point on southeast corner of Lawrence and Sheridan  Melanie, Susan, & Ted lead tour first through Montrose Beach Dunes and then through Montrose Point Migratory Bird Sanctuary, highlighting how volunteers nurture nature	What did you see, hear, smell, touch that stood out from the tour?  What were you surprised by?  How did the time we spent together at the ICA link to what you saw on this tour?  What is the significance of the unique ecology and people who care for it in our community?  What is something different you are inspired to do as a result of what you experienced today?  Fill out evaluations before leaving!
1:00-1:10 (10 minutes)	1:10-1:20 (10 minutes)	1:20-1:50 (30 minutes)	1:50-2:50 (60 minutes)	2:50-3:00 (10 minutes)
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**

Musical Visual/Spatial Interpersonal Existential Nature Logical/Mathematical Linguistic Intrapersonal Body/Kinesthetic

## URBAN ECOLOGY FOLLOW-UP OPPORTUNITIES

To highlight stewardship from the first session, the following opportunities and a video of local urban wildlife were shared with participants via email after the session.

---



### Greetings from Uptown's Coast!

Thank you again for joining us for Urban Ecology in Uptown!  
I'm following up with **two opportunities for stewardship Saturday, June 3rd, 2017.**



#### **Montrose Beach Dunes Stewardship Day from 9am– 12pm, 2017**

This Chicago Park District regular monthly clean up meets at the Magic Hedge, on Montrose Ave., east of Lake Shore Dr. Drive east towards the lake and as the road turns north, take the first right by the bait shop. Continue to the nature area on the left, just before the harbor parking lot.



#### **Alliance for the Great Lakes Beach Clean Up, 10am– 12pm, 2017**

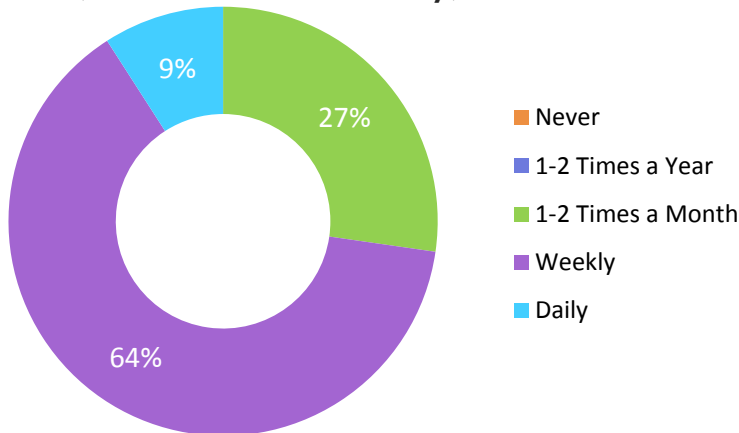
This clean-up is in partnership with Alliance for the Great Lakes, Goose Island Beer Company, and Delta Institute in celebration of World Environment Day. Meet at 10:00am near the dock (200 W Montrose Harbor Dr.) and work until 12:00pm.

Also, if you haven't already seen it, take a look at the [Weiss Waddle](#) video of the geese walk to the harbor that Ted mentioned at our session!

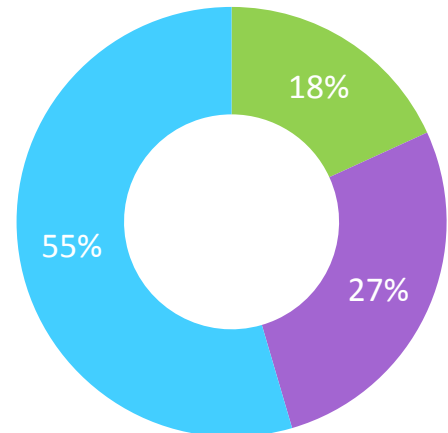


# Urban Ecology Evaluation

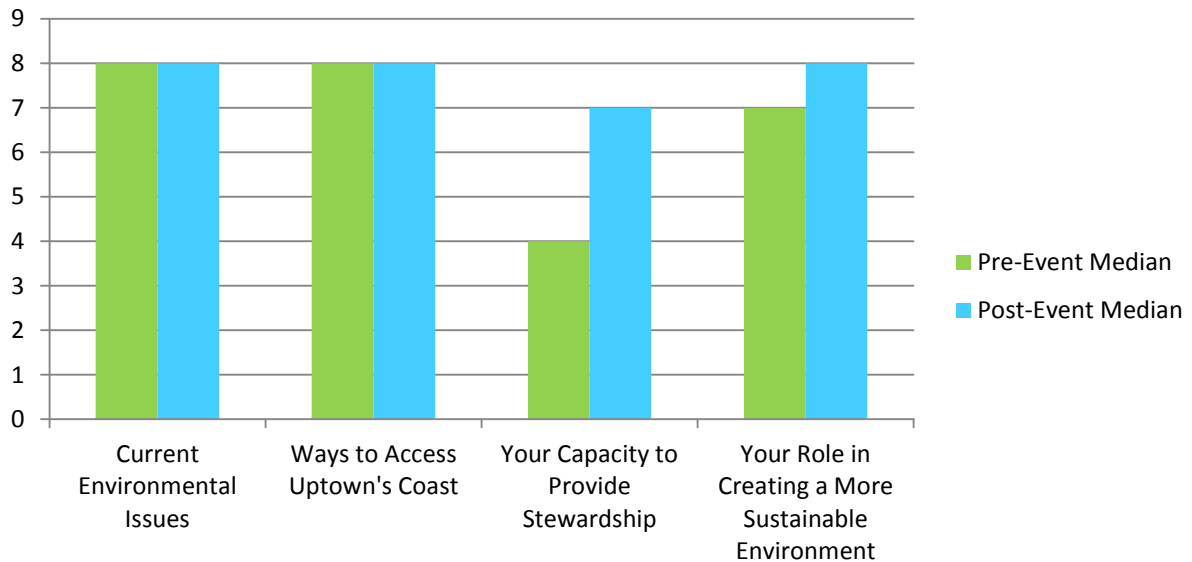
How often do you visit the lakefront?  
(from Pre-Event Survey)



How likely are you to visit the lakefront?  
(from Post-Event Survey)



Please rate your current understanding of...



This topic appealed to residents who already visit the lakefront. This comparison of pre-event and post-event surveys indicates that the area of greatest increased understanding was in “Your Capacity to Provide Stewardship,” suggesting that messages about stewardship were successfully communicated to participants. The areas of “Current Environmental Issues” and “Ways to Access Uptown’s Coast” show no change; however, participants already indicated a relatively higher competency in the pre-event survey, so there was proportionately less room to increase understanding. In the pre- and post-event comparison regarding visiting the lakefront, the “Daily” responses increased from 9% to 55%, the “Weekly” responses decreased from 64% to 27%, and the “1–2 Times a Month” decreased from 27% to 18%. These changes show an increasing intention to visit the lakefront more regularly.





# OUT AND ABOUT UPTOWN'S COAST



## CYCLING UPTOWN

WEDNESDAY, JULY 19TH, 6:00 - 8:30PM

**WHERE:** ICA GREENRISE, 4750 N. SHERIDAN, followed by a walk along US Bike Route 37 to Uptown's coast and the Lakefront Trail

**THE CYCLING UPTOWN** session introduces the biking assets of Uptown's coast, including US Bike Route 37 and Divvy. Learn about bike safety and plans for the separation of the Lakefront Trail. See a Divvy demo! Bring an ID & pay stub to sign up for Divvy for Everyone—a \$5 membership for Chicagoans ages 16 & over who earn under \$35,310 a year. Parent or guardian must co-sign for minors.

WITH EXPERTISE FROM  
OUR PARTNERS:

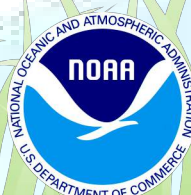
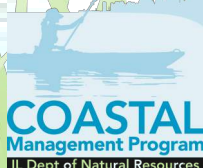


ACTIVE TRANSPORTATION  
ALLIANCE

ILLINOIS



DEPARTMENT OF  
NATURAL  
RESOURCES



DIVVY



### JOIN US FOR THE WHOLE SERIES!

- BICYCLE RIDING
- URBAN AGRICULTURE
- UNDERUTILIZED COMMUNITY SPACES
- PUBLIC TRANSIT
- MENTAL HEALTH
- HISTORIC PRESERVATION
- ECO-JUSTICE
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**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).

# CYCLING UPTOWN



## OVERVIEW

*Cycling Uptown* focused on coastal access via bicycle, aiming to broaden awareness of the different opportunities cyclists have to connect with and provide feedback on coastal assets.

## PARTNERS



### **UPTOWN COASTAL INITIATIVE, Melanie Eckner**

Melanie's historical perspective connected biking to the larger picture of Uptown's public lakefront. She highlighted early bike activism in the 1930s to improve bike access in parks and to reduce traffic injuries and fatalities.



ACTIVE TRANSPORTATION  
ALLIANCE

### **ACTIVE TRANSPORTATION ALLIANCE (ATA), Kyle Whitehead**

The [mission of ATA](#) is to promote walking, bicycling, and public transit to create healthy, sustainable, and equitable communities. ATA envisions a Chicagoland that is a fun and healthy place to live, work, and play.

### **Unique Perspective Offered**

Kyle discussed two major infrastructure updates along the coast: the Chicago Lakefront Trail Separation Project and the North Lake Shore Drive Project. With significant implications for bicycle access, the trail separation project highlighted an opportunity for residents to influence design, in particular with a sustainability lens gleaned from the series.



Above: Photos from Cycling Uptown tour

## PARTNERS



### CHICAGO BIKE AMBASSADORS (CBA), Dan Black

Since 2001, the [Chicago Department of Transportation](#) (CDOT) has promoted safe cycling and walking through the City of Chicago's Safe Routes Ambassadors and [Bicycling Ambassadors](#). The goals of the Ambassadors are safety, encouragement, and education for cyclists and pedestrians, reducing crashes, and making Chicago a safer place for active transportation.

#### Unique Perspective Offered

Dan shared CBA information about bike safety, including communication and visibility on the road. Increased capacity for safety may boost rider confidence and perceptions of accessibility.



### Divvy, Dan Black and Erik Rodriguez

[Divvy](#) is Chicagoland's bike share system, with 6,000 bikes available at 570+ stations across Chicago and Evanston. Divvy provides residents and visitors with a convenient, fun, and affordable transportation option for getting around and exploring Chicago.

#### Unique Perspective Offered

Dan discussed the ways that Divvy bike share program increases access to the coast, especially since there are stations along the inner and outer coasts. In particular, Divvy offers the Divvy for Everyone program for low-income residents to purchase Divvy memberships at reduced rates. and Erik supervised test rides on the tour, after which multiple participants signed up for memberships.



## SEE IN APPENDICES



### PRESENTATIONS:

- ▶ [OUT & ABOUT UPTOWN'S COAST: CYCLING SESSION](#)
- ▶ [ACTIVE TRANSPORTATION AND CHICAGO'S LAKEFRONT](#)



**Session Title: Cycling Uptown, Wednesday, July 19th, 2017, 6:00-8:30pm**

<b>Audience/Participants</b>	<b>Image to Shape</b>	<b>Rational Aim</b>	<b>Experiential Aim</b>	<b>Enhanced Capacities</b>	<b>Outcomes/Product</b>
Local experts from ATA, CBA, and Divvy share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all.	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it—focus on cycling and connections to infrastructure, safety, and accessibility	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

<b>Attention</b>	<b>Motivation</b>	<b>Message</b>	<b>Exercise</b>	<b>Reflection</b>
Pre-evaluation  Layout the agenda for our time together  Introduction to the series and the space: <ul style="list-style-type: none"> <li>- Define coastal zone</li> <li>- Define cycling</li> </ul>	Introductions: participants share name & one image you have about “cycling” on Uptown’s coast	Presentations (find in appendices): <ol style="list-style-type: none"> <li>1. <i>Out &amp; About Uptown’s Coast: Cycling Session Uptown Coastal Initiative</i>, Melanie Eckner</li> <li>2. <i>Active Transportation and Chicago’s Lakefront</i> Active Transportation Alliance, Kyle Whitehead</li> <li>3. Chicago Bike Ambassadors, Dan Black</li> <li>4. Divvy, Dan Black</li> </ol> What is a word or phrase from the presentations that stood out? (round robin, half room)  What’s an image you recall? (round robin other half of the room)  Where during the presentations did you find yourself excited? Concerned?  What is a new insight that is emerging for you after listening to the presentations?  What are some linkages you are able to glean about Uptown’s bike infrastructure and accessing the coast?	Walk to starting point on southeast corner of Lawrence and Sheridan  Point out Divvy Station  Walk east on Lawrence (Bike Route 37)  Stop at original coast (BP Station)  Walk to current Lakefront Trail  Walk to coast on Running Path  Walk back to Divvy station at Margate Park for Divvy demo & sign ups(15-20 minutes)	What did you see, hear, smell, touch that stood out from the tour?  What were you surprised by?  How did the time we spent together at the ICA link to what you saw on this tour?  What is the significance of accessible bike resources in our community?  What is something different you are inspired to do as a result of what you experienced today?  Fill out evaluations before leaving!
6:00-6:10 (10 minutes)	6:10-6:20 (10 minutes)	6:20-7:05 (45 minutes)	7:05-8:05 (60 minutes)	8:05-8:15 (10 minutes)
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

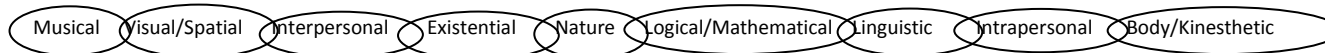
**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**



## CYCLING UPTOWN FOLLOW-UP OPPORTUNITIES

The summer months are rich with opportunities for biking and stewardship. The following events were shared with participants of Cycling Uptown & Urban Ecology.



### Greetings from Uptown's Coast!

Thanks to all the participants and presenters at the Cycling Uptown event! It's always a pleasure to learn something new about Uptown's history, connect it to our current community, and have some fun along the way.

To follow up, here are some ways that you can stay involved with cycling and Uptown's coast.



### Lakefront Trail Separation Open House

Tues., August 1<sup>st</sup>, 2017, 4:00–7:00pm | Margate Park Fieldhouse, 4921 North Marine Drive

This open house is an informational session to review the proposed trail separation with residents and get feedback.



### Fruit and Nut Roll Ride

Sat., August 5th, 2017, 9:00am–12:00pm | Douglas Park Field House, 1401 South Sacramento Dr.

Join Slow Roll Chicago and Chicago Region Trees Initiative for the Fruit and Nut Roll ride, a 10-mile bike ride of fruit and nut trees!



### Little Free Library Biking Tour

Tues., August 1<sup>st</sup>, 2017, 5:45–8:00pm | Thorndale Redline CTA

Join Edgewater Reads and Go Edgewater for a biking tour of local Little Free Libraries! The bike ride will be 4 miles long and feature some of our most unique libraries!



### Starlight Slow Roll

Mon., August 7th, 2017, 6:30–9:00pm | Harrison Park Field House, 1824 S. Wood

Join Slow Roll Chicago and Adler Planetarium for the Monday Night Signature Ride Series! Meet at Harrison Park Field House at 6:30pm, ride at 7:00pm.



# CYCLING UPTOWN FOLLOW-UP OPPORTUNITIES



## Montrose Beach Dunes Stewardship

Sun., August 6th, 2017, 9:00 am– 12:00 pm | 4400 N. Simonds Drive, Chicago  
The dunes are located at the far east end of Montrose Beach. From Montrose Avenue, travel east along the harbor as the road winds to the right. The dune habitat is next to the concrete fishing pier. Please contact Forrest Cortes at [forrest.cortes@chicagoparkdistrict.com](mailto:forrest.cortes@chicagoparkdistrict.com) for more information.



## Montrose Point Bird Sanctuary Stewardship Day

Sat., August 19th, 2017, 9:00am– 12:00pm | 4400 N. Simonds Drive, Chicago  
Meet at the "Magic Hedge." Parking is available on the street. A Divvy station is located a short distance west of the beach near Park Bait Shop. A bike rack is located on the south side of Montrose Beach House. Nearby buses include the 146 and the 78; the closest CTA 'L' Red Line stations are Wilson and Lawrence.



## Out and About Uptown's Coast: Underutilized Community Spaces

Tues., August 29th, 2017, 7:00– 9:00pm | ICA GreenRise, 4750 N. Sheridan Rd.  
Join Out and About Uptown's Coast for another evening of Uptown coastal education! Learn from local experts, discuss what we mean when we say "underutilized community space," and activate community space along the coast!

## Give Feedback & Stay in the Loop!



## North Lake Shore Drive Project Feedback

Online comments through August 9<sup>th</sup>, 2017

At our recent session, Kyle from Active Transportation Alliance shared info about the North Lake Shore Drive Project, which held a public meeting on July 12, 2017, to gather feedback on possible future changes to the Drive, including in the Uptown Coastal Zone. Community members are invited to review proposed alternatives and complete a survey and/or submit their comments through Aug. 9, 2017 at [http://www.northlakeshoredrive.org/involved\\_meetings\\_3.html](http://www.northlakeshoredrive.org/involved_meetings_3.html).



## Get Involved with Active Transportation Alliance

Thanks again to Kyle for sharing information about ATA and upcoming projects. Visit ATA's website to learn about how you can stay involved by [volunteering](#), [becoming a member](#), or [subscribing to their monthly e-newsletter](#).



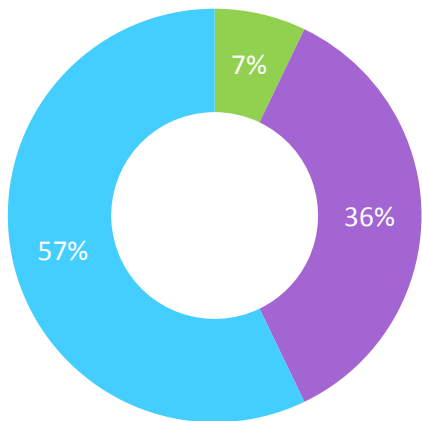
## Learn more about or sign up for Divvy!

If you didn't sign up for Divvy at the event, it's not too late! [Visit their website](#) to learn more. To learn more about Divvy and [Divvy for Everyone](#), contact Dan Black at [danblack@motivate.com](mailto:danblack@motivate.com).

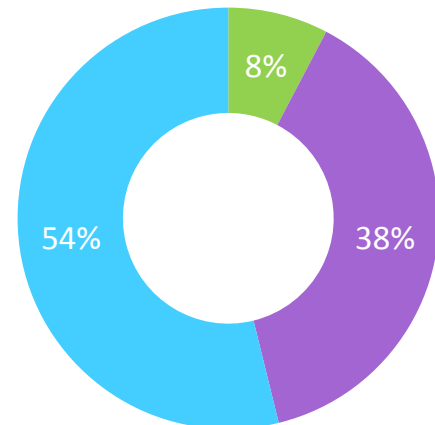


# Cycling Uptown Evaluation

How often do you visit the lakefront?  
(from Pre-Event Survey)

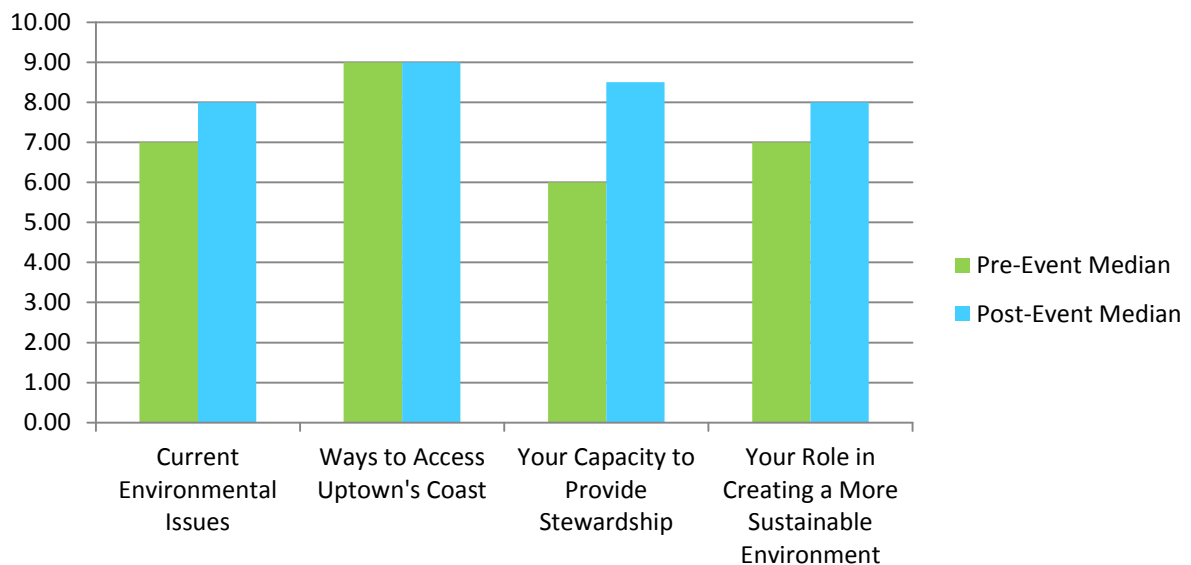


How likely are you to visit the lakefront?  
(from Post-Event Survey)



- Never
- 1-2 Times a Year
- 1-2 Times a Month
- Weekly
- Daily

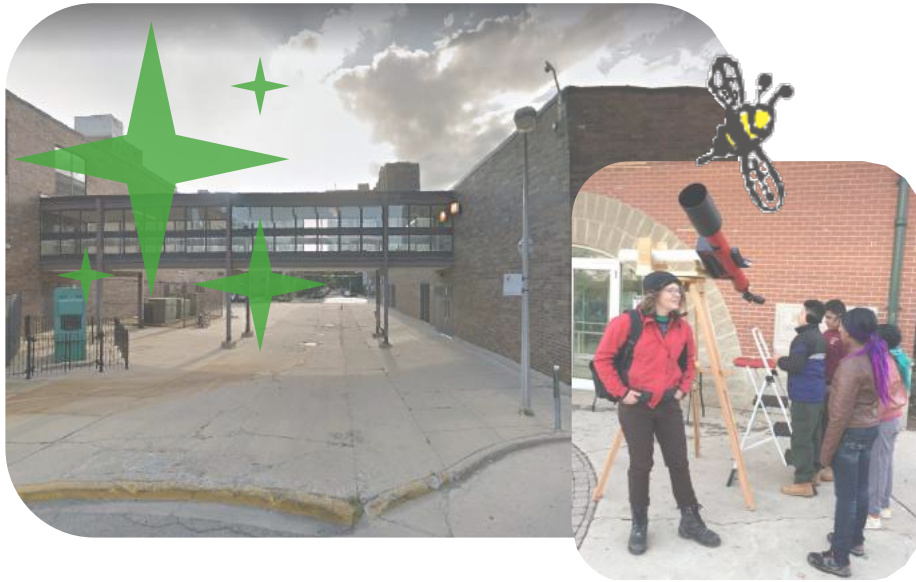
Please rate your current understanding of...



Similar to Urban Ecology, this event attracted many current users of the lakefront. Although one key focus of this session was in increasing understanding of “Way to Access Uptown’s Coast,” participants arrived with an already high understanding of ways to access the coast. The growth in “Your Capacity to Provide Stewardship” to the coast is notable, suggesting that messages about stewardship (responsibility as a cyclist, sharing opportunities to provide feedback on infrastructure) resonated with participants. The pre- and post-event comparison regarding visiting the lakefront show minimal change in intention to visit the lakefront. Notably, already more than half of attendees already visit the lakefront on a daily basis.



# OUT AND ABOUT UPTOWN'S COAST



## JOIN US FOR THE WHOLE SERIES!

- UNDERUTILIZED COMMUNITY SPACES
- URBAN AGRICULTURE
- PUBLIC TRANSIT
- MENTAL HEALTH
- HISTORIC PRESERVATION
- ECO-JUSTICE
- GREEN INFRASTRUCTURE PLANNING

## UNDERUTILIZED COMMUNITY SPACES

**TUESDAY, AUGUST 29TH**

**WHERE:** ICA GREENRISE, 4750 N. SHERIDAN RD.

**WHEN:** 7PM Presentations, 8PM Coastal Walk

**What do bees, stars, and alleys have in common?** Join the Uptown Coastal Initiative at the **Underutilized Community Space** session to find out! We will talk about community spaces we use, or don't use, and why. Local experts will share their experiences with bees, alleys, and dark skies. The event will conclude with our very own space activation — stargazing!

**RSVP OR JOIN THE MAILING LIST**  
@ [tinyurl.com/UptownICZ](https://tinyurl.com/UptownICZ)

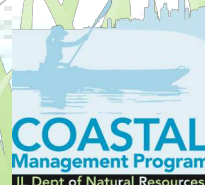
The **Out and About Uptown** series invites you to explore Uptown's coastal zone and learn more about how it interacts with your life and passions!

**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).

**WITH EXPERTISE FROM  
OUR PARTNERS:**



**LINCOLN PARK  
HONEYBEE GROVE**





# UNDERUTILIZED COMMUNITY SPACES



## OVERVIEW

*Underutilized Community Spaces* focused on expanding perceptions of space utility. Participants discussed and reflected on how they identify a space as utilized, and local presenters suggested that non-human users, like bees and birds, should also factor into the way utility of space is measured.

## PARTNERS



### **UPTOWN COASTAL INITIATIVE, Melanie Eckner**

Melanie presented historical context about political and urban planning decisions that led to the creation of Clarendon Municipal Bathing Beach and the later Lincoln Park Extension on Uptown's coast, highlighting considerations of public utility over private use.



### **FULL MOON FIRE JAM (FMJ), Mike LaHood**

[The FMJ](#) is a monthly, family-oriented, and free gathering for the community from May to October that centers on a public display of fire dancing. FMJ promotes safe practices in the fire arts via monthly community safety meetings. The Full Moon Jam is a fully permitted event through the Chicago Parks District and Chicago Fire Department, and part of the Night Out in the Parks event series.

### **Unique Perspective Offered**

Mike shared the history of Chicago's FMJ, which started as a small group of friends and expanded to a regular public gathering for artists, performers, musicians, and spectators to gather. The space provides an opportunity to learn and build community connections. This example highlights an ongoing opportunity to engage at the lakefront and serves as inspiration for individuals using coastal areas to build community.

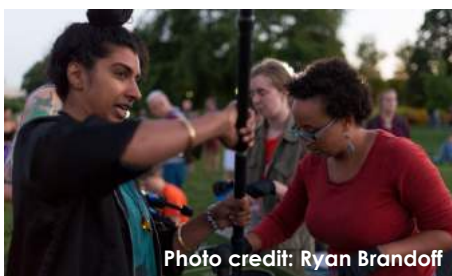


Photo credit: Ryan Brandoff

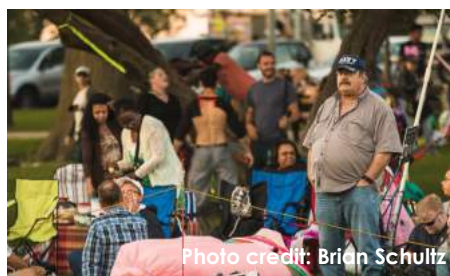


Photo credit: Brian Schultz



Photo credit: Ryan Brandoff

## PARTNERS



**INTERNATIONAL DARK SKIES ASSOCIATION (IDA), Audrey Fischer**  
[IDA's mission](#) is to preserve and protect the nighttime environment and our heritage of dark skies through environmentally responsible outdoor lighting.

### Unique Perspective Offered

Audrey presented on the dangers of light pollution and nighttime lighting on human and animal health. Given the current [Chicago Smart Lighting Project](#), she shared an opportunity for participants to contact public officials to advocate for new lighting in Chicago to conform to standards that point light downwards and with lumens below the ultra-blue spectrum.



## SEE IN APPENDICES



### PRESENTATIONS:

▶ [OUT & ABOUT UPTOWN'S COAST ~ UNDERUTILIZED SPACE](#)

▶ [FULL MOON FIRE JAM](#)

▶ [INTERNATIONAL DARK-SKY ASSOCIATION](#)



**Session Title: Underutilized Community Spaces, Tuesday, August 29th, 2017, 7:00-9:00pm**

Audience/Participants	Image to Shape	Rational Aim	Experiential Aim	Enhanced Capacities	Outcomes/Product
Local experts from FMJ and IDA share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it—with a focus on how we define and value usage of those spaces and how specific space examples demonstrate our values	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast
Attention	Motivation		Message	Exercise	Reflection
<p>Pre-evaluation</p> <p>Layout the agenda for our time together</p> <p>Introduction to the series and the space:</p> <ul style="list-style-type: none"> <li>- Define coastal zone</li> <li>- Define Underutilized Community Space</li> </ul>	<p>Introductions</p> <p>Your Name</p> <ul style="list-style-type: none"> <li>• Name a public space you think is well utilized (round robin, half room)</li> <li>• Name a public space you think is underutilized (round robin, half other half)</li> </ul> <p>If you named a well-utilized space, what were some things you visually saw in that space? If you named an underutilized space, what did you not see or what was missing when in that space?</p> <p>What was the feel of the space?</p> <p>Of the spaces and things you heard mentioned, who or what was at the center of the utility?</p> <p>What does it mean for us to expand our notions of who is at the center of utility? (often humans)</p> <p>We will continue to do that in this session and learn about neat ways folx are utilizing space in the coastal zone</p>		<p>Presentations (find in appendices):</p> <ol style="list-style-type: none"> <li>1. <i>Out &amp; About Uptown’s Coast: Underutilized Space</i> Uptown Coastal Initiative, Melanie Eckner</li> <li>2. Full Moon Fire Jam, Mike LaHood</li> <li>3. International Dark Skies Association, Audrey Fischer</li> </ol> <p>What is a word or phrase from the presentations that stood out? (round robin, half room)</p> <p>What’s an image you recall? (round robin other half of the room)</p> <p>Where during the presentations did you find yourself excited? Concerned?</p> <p>What is a new insight that is emerging for you after listening to the presentations?</p> <p>What are some linkages you are able to glean about underutilized community space &amp; Uptown’s coast?</p>	<p>Walk to starting point Eastwood along Leland Greenway</p> <p>Continue on Eastwood to Clarendon Park</p> <p>Walk to Lawrence &amp; coast, passing under Wilson</p> <p>Walk along path past drumming circle</p> <p>Stargaze at coast</p>	<p>What did you see, hear, smell, touch that stood out from the tour?</p> <p>What were you surprised by?</p> <p>How did the time we spent together at the ICA link to what you saw on this tour?</p> <p>Why does it matter to think critically about UCS in Uptown?</p> <p>What is something different you are inspired to do as a result of what you experienced today?</p> <p>Fill out evaluations before leaving!</p>
7:00-7:10 (10 minutes)	7:10-7:20 (10 minutes)		7:20-8:00 (40 minutes)	8:00-8:50 (50 minutes)	8:50-9:00 (10 minutes)
Person	Person		Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**



## UNDERUTILIZED COMMUNITY SPACES FOLLOW-UP OPPORTUNITIES

This session follow-up included events and additional research, sent to participants of Underutilized Community Spaces and prior events .



### Greetings from Uptown's Coast!

Thank you to our stellar participants and presenters at the Underutilized Community Spaces event: Mike LaHood from Full Moon Jam, Audrey Fischer from the International Dark-Sky Association, Jack Lyons from the Lincoln Park Beehive Grove. Special thanks to Larry Silvestri for sharing his amazing telescope to enjoy the final sights of the evening—Saturn and the Moon. Save the Date for our next Out & About Uptown's Coast session . . .



### Second Annual Uptown Garden Walk & Coastal Harvest Tour

Sun., September 24th, 2017, 1PM Presentations at ICA, 2PM Guided Tour  
Join ICA & Uptown Coastal Initiative for a late-season garden walk and presentations from local experts about urban agriculture initiatives in Uptown's coastal zone. To stay tuned for more information about additional spotlight gardens, the Uptown tree tour, and maps, register at [tinyurl.com/UptownICZ](http://tinyurl.com/UptownICZ).

The following is a list of events and resources to follow up on the Uptown Coastal series, including underutilized community spaces, biking, and urban ecology!



### Divvy Labor Day Sale: \$15 off Annual Membership

People who joined the Cycling Uptown tour had the opportunity to test ride Divvy bikes and sign up for memberships. If you haven't signed up yet, this is your opportunity to get \$15 in the Labor Day Sale. As a member, you'll get access to thousands of bikes around Chicagoland and unlimited 30-minute rides. Sign up by September 8th with the discount code LABORDAY at checkout to get a whole year of Divvy for only \$84 (regularly \$99).



# UNDERUTILIZED COMMUNITY SPACES

## FOLLOW-UP OPPORTUNITIES



### Full Moon Fire Jam

Wed., September 6th, 2017, 7–10:00pm | 1/4 mile South of Foster Ave. Turf Fields  
Mike LaHood shared his experience organizing the Full Moon Fire Jam at the latest Uptown Coastal session, and many group members were interested in joining the next jam! Jams take place 1/4 mile south of the Foster Ave. Turf Fields on the lakefront. [See the FMJ website](#) for more information about weather cancellations and what to expect at the jam.



### Montrose Point Bird Sanctuary Stewardship Day

Sat., September 9th, 2017, 9:00am–12:00pm | 4400 N. Simonds Drive  
Contact Alycia Klunenbergenberg at [akluenenberg@gmail.com](mailto:akluenenberg@gmail.com) for additional information. Meet at the “Magic Hedge.” Parking is available on the street. A Divvy station is located a short distance west of the beach near Park Bait Shop. A bike rack is located on the south side of Montrose Beach House. Nearby buses include the 146 and the 78; the closest CTA ‘L’ stations are Wilson and Lawrence on the Red Line.



### Mayor’s Bike Advisory Council (MBAC) Meeting

Wed., September 13th, 2017, 3–4:30pm | 121 N LaSalle, City Hall Rm 1103  
The Mayor’s Bicycle Advisory Council (MBAC) includes members representing a broad spectrum of backgrounds, from health care and enforcement and community groups. Several City departments are also represented. MBAC focuses on a wide range of bicycle issues: safety, education, enforcement, and infrastructure investment. The Council will help identify issues, discuss ideas and set priorities for bicycle planning in Chicago. See the full meeting dates and sign up for meeting notices here at [Chicago Complete Streets](#).



### Montrose Beach Dunes Stewardship Day

Sat., September 23rd, 2017, 9:00am–12:00pm | 4400 N. Simonds  
The dunes are located at the far east end of Montrose Beach. If driving, take Lake Shore Drive and exit at Montrose Avenue. Travel east along the harbor as the road winds to the right. The dune habitat is next to the concrete fishing pier. A Divvy station is located near Park Bait Shop. A bike rack is located on the south side of Montrose Beach House. Nearby buses include the 146 and the 78; the closest CTA ‘L’ stations are Wilson and Lawrence on the Red Line. Please contact Forrest Cortes at [forrest.cortes@chicagoparkdistrict.com](mailto:forrest.cortes@chicagoparkdistrict.com) for more information.



# UNDERUTILIZED COMMUNITY SPACES FOLLOW-UP OPPORTUNITIES

Learn More and Stay in the Loop!



## Light Pollution & Health

Audrey Fischer, [International Dark-Skies Association](#) and [Chicago Astronomical Society](#), talked about the implications of new blue-rich white lights in Chicago on human and ecosystem health. Below is a brief selection of further resources about lighting.

- ◆ [Current plan for lighting](#) through Chicago Infrastructure Trust's Smart Lighting Project and an [article with an overview](#) of the project.
- ◆ [Harvard study](#) on negative health consequences of blue light, especially for chronic diseases and melatonin.
- ◆ [The International Journal of Molecular Science/ NIH funded study](#) suggests that reducing light pollution would have positive effects, not only on human health, but also in terms of cultural and environmental aspects.
- ◆ Breast Cancer: Research on [light at night & cancer risk](#) and [light and night impacting Tamoxifen efficacy](#).
- ◆ [BBC on streetlight impacts](#) on cities, streetlights, health, and birds.
- ◆ [Royal Society of London, Journal](#) theme issue 'The biological impacts of artificial light at night: from molecules to communities'
- ◆ [City of Chicago study](#) says more alley lights/brighter lights show correlation to uptick in crime



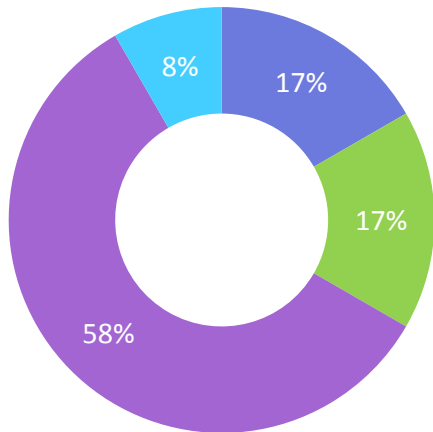
## Lincoln Park Honeybee Grove

Jack Lyons shared his soon-to-be-busy bee grove on the underutilized space coastal tour. Keep in touch with the bee grove at <https://lpbeegrove.wixsite.com/chicago>.

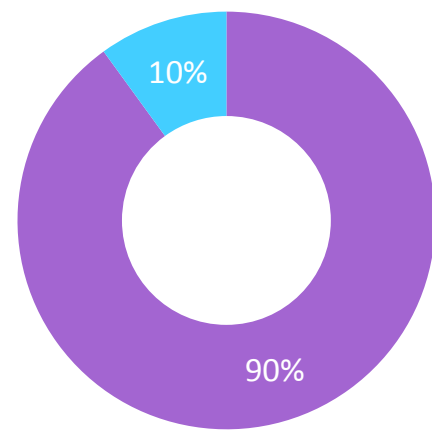


# Underutilized Community Spaces Evaluation

How often do you visit the lakefront?  
(from Pre-Event Survey)

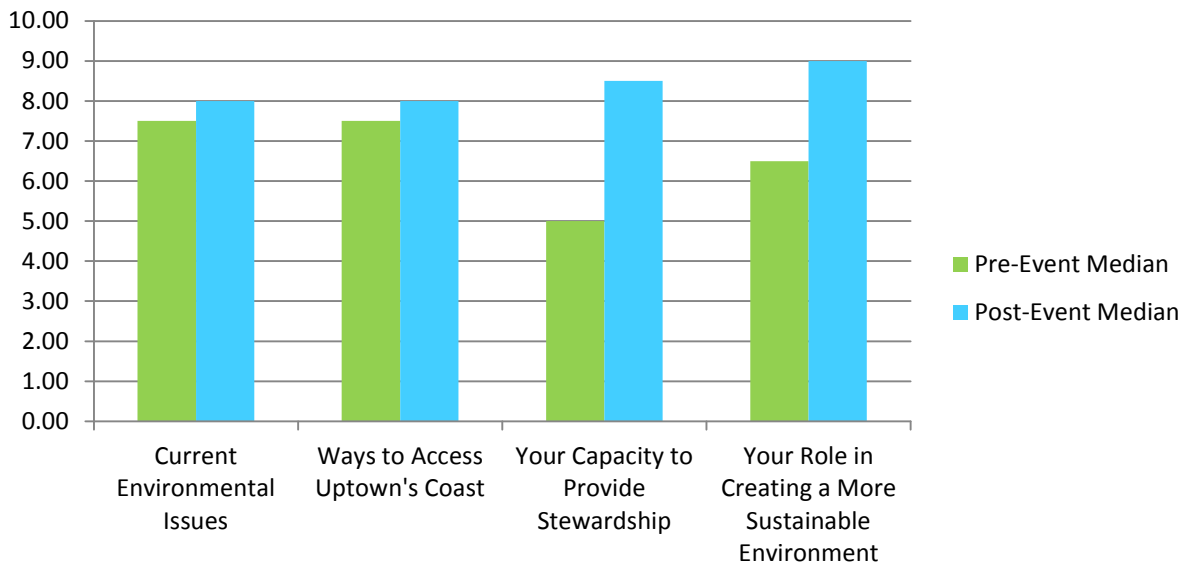


How likely are you to visit the lakefront?  
(from Post-Event Survey)



- Never
- 1-2 Times a Year
- 1-2 Times a Month
- Weekly
- Daily

Please rate your current understanding of...



While most participants frequently visited the coast, this event drew the highest percentage infrequent coastal visitors of all events to date. This event continues the trend of increased understanding of "Your Capacity to Provide Stewardship." In the comparison between pre- and post-event frequency of lakefront visits, the "Daily" responses increased from 8% to 10%, the "Weekly" responses increased from 58% to 90%, and the "1-2 Times a Month" and "12 Times a Year" decreased from 17% to 0%. These responses indicate an increase in intention to visit the lakefront more frequently.



# Sunday, September 24th, 2017



We go together! [ 1:00 PM Learn from Local Experts  
2:00 PM Coastal Harvest Tour  
4:00 PM Tree Tour of Uptown  
10:00 AM - 5:00 PM Self-Guided Tours

## Where to Meet:

ICA GreenRise, 4750 N. Sheridan Rd.

## Where to Pick Up Your Map:

ICA GreenRise, 4750 N. Sheridan Rd.  
Everybody's Coffee, 935 W. Wilson Ave.

Local experts and the gardens featured in the Coastal Harvest tour will highlight the past and present of urban agriculture in Uptown's coastal zone.

For registration, self-guided tours, and digital maps, visit [bit.ly/UptownGW2017](http://bit.ly/UptownGW2017).

Questions? Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).

Join the Institute of Cultural Affairs and the Uptown Coastal Initiative for the **Second Annual Uptown Garden Walk!**





# URBAN AGRICULTURE & GARDEN WALK



## OVERVIEW

The Urban Agriculture session combined with the Second Uptown Garden Walk to highlight existing public and community-based garden and agriculture assets as well as the people who care for these spaces.

## PARTNERS



### **UPTOWN COASTAL INITIATIVE, Melanie Eckner**

Melanie shared from the unique history of Uptown's coast, highlighting a troublesome Buena Park donkey in 1907 as representative of the transition from farmland to high density urban area.

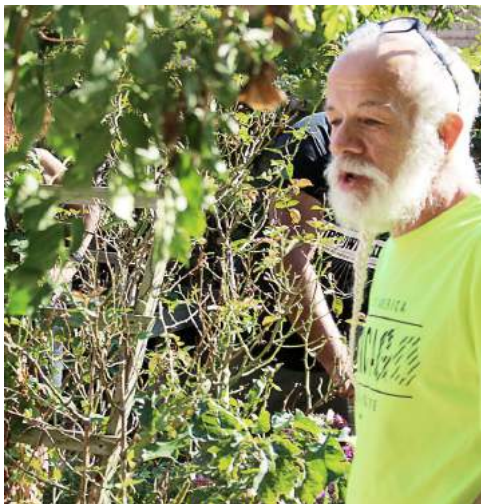


### **ANIMALIA PROJECT, Susan Ask**

[animalia project](#) is a 501(c)(3) nonprofit organization based in Chicago, Illinois, that offers educational programs and consultation on tough issues at the intersection of the built environment and the natural world, focusing on climate change and built habitats that are climate-ready.

### **Unique Perspective Offered**

Susan framed the Uptown coastal environment in a larger context of waterways down and upstream, emphasizing that water and pollution are all connected. In particular, she highlighted the unique challenges of hydrology in an urban environment as well as climate-friendly suggestions for urban gardeners and farmers.



Above: Photos from Urban Agriculture and Garden Walk



## PARTNERS

### WEISS HOSPITAL URBAN ROOFTOP FARM , Terry Tuohy

Built by volunteers in 2010, the award-winning [Urban Rooftop Farm at Weiss](#) has grown from a handful of raised beds to more than 70 raised beds farmed by local residents and community organizations.

#### Unique Perspective Offered

Terry shared the story of Weiss Rooftop Urban Farm as a creative way to use the empty rooftop of a parking garage that brings together community organizations, residents, chickens, bees, and even a family of Canadian Geese. Weiss Rooftop Urban Farm is one of the hidden gems of community agriculture in Uptown, as well as an example of creative reuse of space.



Above: Photos from Urban Agriculture and Garden Walk

## SEE IN APPENDICES



### PRESENTATIONS:

- ▶ [OUT & ABOUT UPTOWN'S COAST ~ URBAN AGRICULTURE](#)
- ▶ [WE REALLY DO LIVE DOWNSTREAM](#)



**Session Title: Urban Agriculture & Garden Walk, Sunday, September 24th, 2017, 1:00-3:30pm**

<b>Audience/Participants</b>	<b>Image to Shape</b>	<b>Rational Aim</b>	<b>Experiential Aim</b>	<b>Enhanced Capacities</b>	<b>Outcomes/Product</b>
Local experts from animalia project and Weiss share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it—with a focus on how urban agriculture connects to history, pollution, and community	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

<b>Attention</b>	<b>Motivation</b>	<b>Message</b>	<b>Exercise</b>	<b>Reflection</b>
Pre-evaluation  Layout the agenda for our time together - Context for today and how this session links to the garden walk - Agenda for 1-3pm - Mention the 4pm Tree Walk  Introduction to the series and the space: - Define coastal zone - Define Urban Agriculture	Introductions - Your Name - Your relationship to urban agriculture, What do you know about it? How do you participate in it?	Presentations (find in appendices): 1. <i>Out &amp; About Uptown’s Coast: Urban Agriculture</i> Uptown Coastal Initiative, Melanie Eckner 2. <i>We Really Do Live Downstream</i> animalia project, Susan Ask 3. <i>Weiss Hospital Urban Rooftop Farm</i> , Terry Tuohy  What is a word or phrase from the presentations that stood out? (round robin, half room)  What’s an image you recall? (round robin other half of the room)  Where during the presentations did you find yourself excited? Concerned?  What is a new insight that is emerging for you after listening to the presentations?  What are some linkages you are able to glean about urban agriculture & Uptown’s coast?	Walk to starting point - Weiss Rooftop Farm  Follow route* to JPUSA garden, LP Bee Grove, Clarendon Park, Rosie the Pig, Buena Peace Garden, Marovitz Savanna, Montrose Bird Sanctuary, and Montrose Beach Dunes  *See appendix for Garden Walk Route	What did you see, hear, smell, touch that stood out from the tour?  What were you surprised by?  How did the time we spent together at the ICA link to what you saw on this tour?  Why does it matter to think critically about urban agriculture in Uptown?  What is something different you are inspired to do as a result of what you experienced today?  Fill out evaluations before leaving!

1:00-1:10 (10 minutes)	1:10-1:25 (15 minutes)	1:25-2:05 (40 minutes)	2:05-3:20 (75 minutes)	3:20-3:30 (10 minutes)
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++      **\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**      **Type 2 Learner - What?**      **Type 3 Learner - How?**      **Type 4 Learner - What If?**

# URBAN AGRICULTURE & GARDEN WALK FOLLOW-UP OPPORTUNITIES

The following end-of-season work days and resources were shared with Urban Agriculture and prior session participants.

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## Greetings Coastal Enthusiasts!

Thank you all who attended, volunteered, and contributed to the Second Annual Uptown Garden Walk! Even the most seasoned experts learned a lot about Uptown history, gardens, and trees. Stay tuned for information on opportunities to provide continued stewardship for Uptown green space.

**Check out the following events and resources to stay involved in Uptown Coastal activities!**



### Uptown Coastal Initiative Volunteer Docents at Clarendon Park

Sat.– Sun., October 14–15, 2017 | Clarendon Park Community Center, 4501 N. Clarendon  
Put your new coastal knowledge to use as an Uptown Coastal Initiative volunteer docent at Clarendon Park! A two-day Chicago-wide event, Open House Chicago gives residents the opportunity to explore hidden gems architectural treasures free of charge. A star attraction at Clarendon Park is the [Garfield-Clarendon Model Railroad Club](#). Uptown Coastal Initiative volunteer docents will guide visitors on short building tours to help raise awareness of Uptown's coast and Clarendon Park Community Center's special history as a Municipal Beach Pavilion. Melanie will provide talking points and training. Two-hour shifts are available on Oct. 14 and 15 between 10 AM and 4 PM. To volunteer or additional info, please contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).



# URBAN AGRICULTURE & GARDEN WALK FOLLOW-UP OPPORTUNITIES



## Montrose Stewards (combined beach dunes & bird sanctuary)

Sat., October 14th, 2017 | 4400 N. Simonds Drive

This workday is the last of the growing season! During this combined workday, volunteers will work in both sites. The main activity will be planting 15 young Black Oak trees at the dunes and transplanting the remaining old (Red) oaks up to Montrose Point. Volunteers will also clear invasives, mend fences, secure plant cages, and prepare both sites for winter. Please dress for cooler weather and bring a bottle of water, sunscreen, and a wide-brimmed hat. The dunes are located at the far East end of Montrose Beach. From Montrose Avenue, travel east along the harbor as the road winds to the right. The dune habitat is next to the concrete fishing pier.



## Uptown Coastal Initiative Transit Session

Thurs., October 26th, 2017, 6:00–8:00pm | ICA GreenRise, 4750 N. Sheridan Rd.

Save the date for the upcoming Uptown Coastal Initiative session focused on public & alternative transportation! This session will share a historical perspective on transit and the coast and focus on the present day Leland Greenway that connects bike and pedestrian traffic to the coast.

### Resources



## i-Tree

One of the many tools Andrew Lueck shared on the tree tour, [i-Tree](#) is a state-of-the-art, peer-reviewed software suite from the USDA Forest Service that provides urban and rural forestry analysis and benefits assessment tools. The i-Tree Tools help communities of all sizes to strengthen their forest management and advocacy efforts by quantifying the structure of trees and forests, and the environmental services that trees provide.



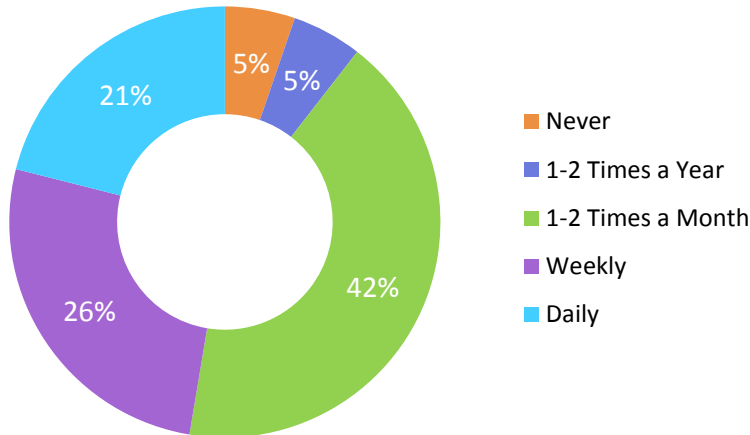
## TreePlanters

On the Tree Tour, Andrew Lueck highlighted trees in Buena Circle Park that were planted through the Openlands [TreePlanters](#) program. Each year, Openlands has two grant cycles to apply for a TreePlanters Grant. This grant is for Chicago residents who would like to facilitate a community tree planting day with their neighbors. By engaging neighbors, local businesses and organizations, the applicant will identify locations for a planting (typically 10 to 40 trees), as well as volunteers interested in planting them. Although the 2017 season is up, you can join the [Openlands mailing list](#) to stay apprised of future opportunities.

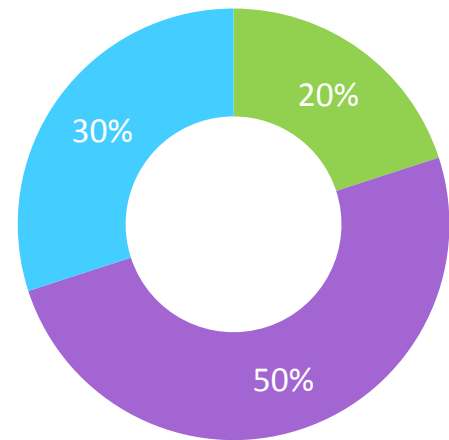


# Urban Agriculture Evaluation

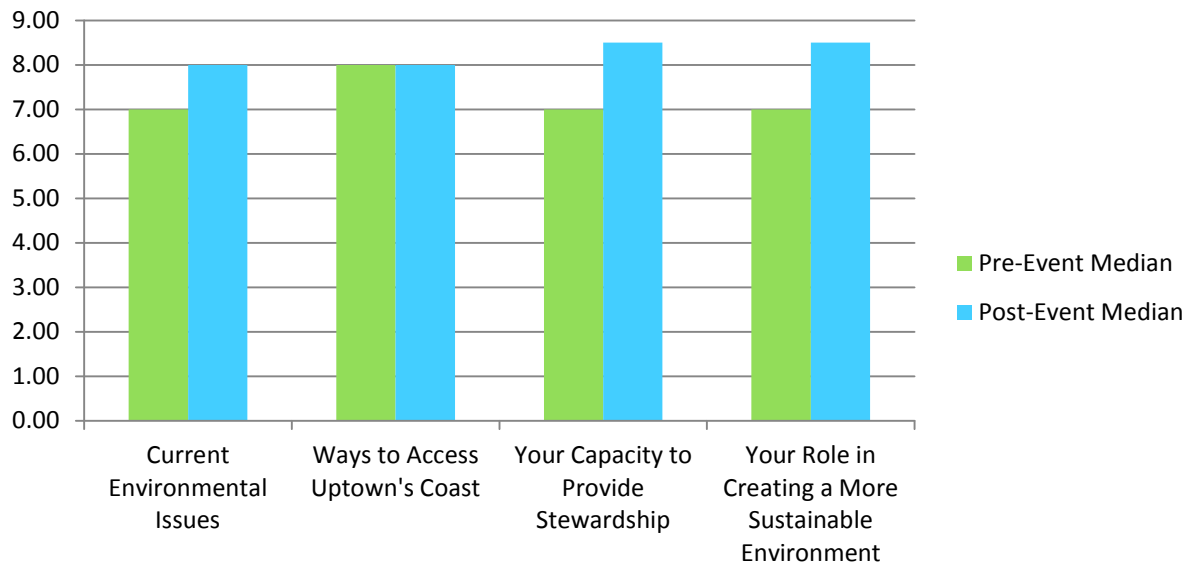
How often do you visit the lakefront?  
(from Pre-Event Survey)



How likely are you to visit the lakefront?  
(from Post-Event Survey)



Please rate your current understanding of...



Compared to previous events, this event appealed to a greater percentage of people who did not frequently visit the lakefront. This may be attributed to the connection to the Uptown Garden Walk, which highlights inner-coastal parks and gardens as well as coastal gardens. Although this event saw the highest number of less frequent lakefront users of the series to date, participants indicated a high pre-event understanding of various aspects of the coast relative to prior events. In the comparison between pre- and post-event frequency of lakefront visits, the "Daily" responses increased from 21% to 30%, the "Weekly" responses increased from 26% to 50%, the "1-2 Times a Month" decreased from 42% to 20%, and the "1-2 Times a Year" and "Never" decreased from 5% to 0%. These responses show that participants intended to visit the lakefront more frequently after having attended the event.



# OUT AND ABOUT UPTOWN'S COAST



JOIN US FOR THE WHOLE SERIES!

- ALTERNATIVE TRANSIT
- MENTAL HEALTH
- HISTORIC PRESERVATION
- ECO-JUSTICE
- GREEN INFRASTRUCTURE PLANNING

## ALTERNATIVE TRANSIT

THURSDAY, OCTOBER 26TH

**WHERE:** ICA GREENRISE, 4750 N. SHERIDAN RD.

**WHEN:** 6PM Presentations, 7PM Coastal Walk

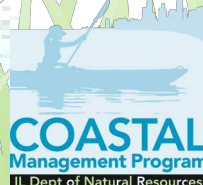
**Get around like Uptown!** Join the Uptown Coastal Initiative to learn more about how Uptown models sustainable access to its coast through alternative and public transit. Local experts will discuss Uptown's transit history and the present-day Leland Greenway project, with a focus on Uplift Plaza.

RSVP OR JOIN THE MAILING LIST  
@ [tinyurl.com/UptownICZ](https://tinyurl.com/UptownICZ)

The **Out and About Uptown** series invites you to explore Uptown's coastal zone and learn more about how it interacts with your life and passions!

**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).

WITH EXPERTISE FROM  
OUR PARTNERS:



# ALTERNATIVE TRANSIT



## OVERVIEW

The *Alternative Transit* event showcased a current community infrastructure project, the Leland Greenway, which combines stormwater abatement and safe neighborhood transit to serve residents and connect to the coast.

## PARTNERS



### **UPTOWN COASTAL INITIATIVE, Melanie Eckner**

Melanie's historic perspective highlighted Uptown's unique transit history, including a baby christened on a skydiving airplane! She also discussed the historic development of Uptown's coast that accompanied the rise of new modes of transportation.



### **CHICAGO DEPARTMENT OF TRANSPORTATION (CDOT), Kris Sorich**

The [Chicago Department of Transportation \(CDOT\)](#) is responsible for public way infrastructure, including planning, design, construction, maintenance, and management.



### **SITE DESIGN, Lara Rivera**

[site design group, ltd.](#) is an award-winning landscape architecture, urban design, and architecture firm based in Chicago, Illinois.

### **Unique Perspective Offered**

Kris and Lara gave a joint presentation about the planned [Leland Greenway](#), an incoming neighborhood greenway to connect bike and walking traffic safely from the Lakefront Trail to existing inland routes. Their perspective highlighted the design from various planning perspectives, including stormwater abatement, native planting, and community enjoyment and education.



# ALTERNATIVE TRANSIT



Credit: Site Design & CDOT, Rendering of Completed Uplift Plaza



Above: Photos from Alternative Transit tour

## SEE IN APPENDICES



### PRESENTATIONS:

▶ OUT & ABOUT UPTOWN'S COAST(S),  
ALT TRANSIT ~ COMMUNITY AS  
COPILOTS

▶ CDOT: LELAND GREENWAY



**Session Title: Alternative Transit, Thursday, October 26th, 2017, 6:00-8:00pm**

<b>Audience/Participants</b>	<b>Image to Shape</b>	<b>Rational Aim</b>	<b>Experiential Aim</b>	<b>Enhanced Capacities</b>	<b>Outcomes/Product</b>
Local experts from CDOT and Site share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it—with a focus on how alternative transit impacts accessibility & how to advocate for alternative transit	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

<b>Attention</b>	<b>Motivation</b>	<b>Message</b>	<b>Exercise</b>	<b>Reflection</b>
Pre-evaluation  Layout the agenda for our time together  Introduction to the series and the space: <ul style="list-style-type: none"> <li>- Define coastal zone</li> <li>- Define Alternative Transit in Uptown</li> <li>- Focusing on the Leland Greenway, a community project decided by Participatory Budgeting.</li> </ul>	Introductions <ul style="list-style-type: none"> <li>- Your Name</li> <li>- Neighborhood</li> <li>- An image that comes to mind for alternative transit and the coast?</li> <li>- What brought you here tonight?</li> </ul>	Presentations (find in appendices): <ol style="list-style-type: none"> <li><i>Out &amp; About Uptown’s Coast(s), Alt Transit – Community as Copilots</i> Uptown Coastal Initiative, Melanie Eckner</li> <li><i>CDOT: Leland Greenway</i> CDOT (Kris Sorich) and Site Design, (Lara Rivera)</li> </ol> <p>What is a word or phrase from the presentations that stood out? (round robin, half room)</p> <p>What’s an image you recall (round robin other half of the room)</p> <p>Where during the presentations did you find yourself excited? Concerned?</p> <p>What is a new insight that is emerging for you after listening to the presentations?</p> <p>What are some linkages you are able to glean about alternative transit &amp; Uptown’s coast?</p>	Walk to Arai Park, cut over to Eastwood  Point out where specific installations may be in the Uplift Plaza	What did you see, hear, smell, touch that stood out from the tour?  What were you surprised by?  How did the time we spent together at the ICA link to what you saw on this tour?  Why does it matter to think critically about transit in Uptown?  What is something different you are inspired to do as a result of what you experienced today?  Fill out evaluations before leaving!
6:00-6:10 (10 minutes)	6:10-6:20 (10 minutes)	6:25-7:00 (35 minutes)	7:00-7:50 (50 minutes)	7:50-8:00 (10 minutes)
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

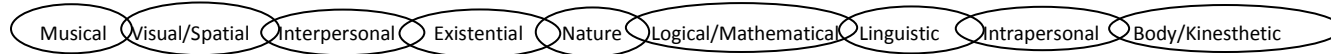
**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**



## ALTERNATIVE TRANSIT FOLLOW-UP OPPORTUNITIES

With community events slowing down in the fall months, this follow-up email shared opportunities to learn more and provide feedback; it was shared with Alternative Transit and prior event participants.



### Hello Uptown Coastalers!

Thank you to all who attended the Alternative Transit session last Thursday, with special thanks to our presenters—Kris Sorich from Chicago Department of Transportation (CDOT) and Lara Rivera from SITE! It was a special night to connect Uptown's unique transit history to its glowing transit future and to celebrate how Uptowners tread lightly on the Earth!

**Check out the following resources and events to stay involved in Uptown Coastal assets & activities . . .**



#### Clarendon Beach: Uptown's Historic Coast

Melanie Eckner shared historical coastal photos and articles from Uptown's past. For a glimpse of buried Clarendon Beach, check out the [Clarendon Park Advisory Council history page](#).



#### Complete Streets & Placemaking: Resources

At our Transit session, Kris Sorich and Lara Rivera shared about Uplift Plaza on Leland Greenway as a placemaking project. See the following resources about more information on approaches to alternative transit and placemaking in Chicago:

- ⇒ [Chicago's Complete Streets](#)
- ⇒ [Streets for Cycling Plan 2020](#)
- ⇒ [Placemaking Chicago](#)



## ALTERNATIVE TRANSIT FOLLOW-UP OPPORTUNITIES



### Leland Greenway: Making New Uptown History

Leland Greenway was one of the top six projects community members voted to fund using ward menu money in 2013. CDOT sought and won additional funding from the EPA. See the following documentation for background on the project as it has evolved in recent years.

- ⇒ [Original Leland Greenway Poster](#), initially shared at the [46th Ward Participatory Budgeting Expo in 2013](#)
- ⇒ [Streetsblog article](#) announcing the start of Leland Greenway construction in 2017



### Mayor's Pedestrian Advisory Council (MPAC) Meeting

Wed., November 8th, 2017, 3:00–4:00pm | City Hall, 121 N. LaSalle St., Rm 1103

Continue the conversation about walking like Uptown at the [MPAC](#). MPAC includes members representing a broad spectrum of backgrounds, from health care and enforcement to disability rights and community groups. MPAC focuses on a wide range of pedestrian issues. The Council will help identify issues, discuss ideas and set priorities for pedestrian planning in Chicago. To sign up for meeting notices please email [lauren@chicagocompletestreets.org](mailto:lauren@chicagocompletestreets.org) with the subject "MPAC Meeting Notice."



### Public Meeting on Transit Oriented Development

Wed. November 8th, 2017, 6:00–8:00pm | The Edge Theater, 5451 N. Broadway

The Chicago Transit Authority is hosting a public meeting for the Transit Oriented Development study of the Red Purple Modernization project. Join in giving your input for what CTA should do with empty parcels they own along the Red Line. If you have questions or need additional information, you may contact the project study group at [RPM@transitchicago.com](mailto:RPM@transitchicago.com). Para información en español, llame al (312) 681-2712. If you require an interpreter, including sign language services or other accommodations, contact Jeff Wilson, CTA Government and Community Relations Director, at 312 681 2712 or [JWilson@transitchicago.com](mailto:JWilson@transitchicago.com).



### Garfield-Clarendon Model Railroad Autumn Open House

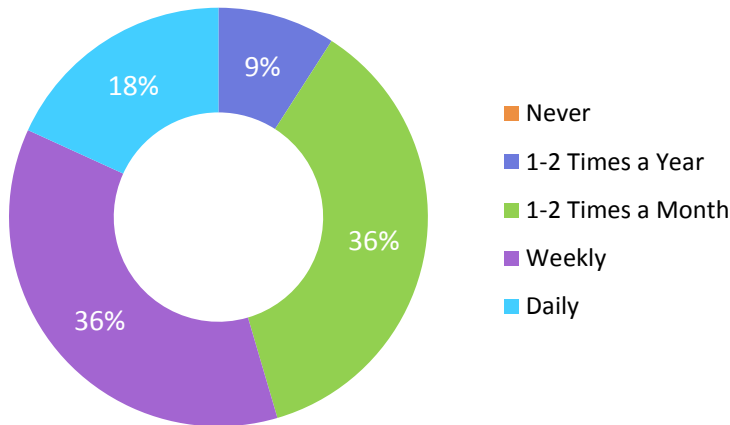
Sun. November 19th, 2017, 1–4pm | 4501 N. Clarendon

Located in the Clarendon Park Community Center—Uptown's historic beach pavilion!—the [Garfield-Clarendon Model Railroad](#) aims to build and run a true-to-life model railroad that educates the public and its members on the history and operations of railroads. The upcoming open house, which is open to children of all ages, is an ideal opportunity to explore this unique community resource!

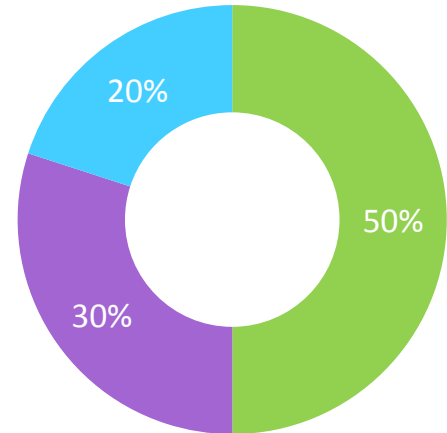


# Alternative Transit Evaluation

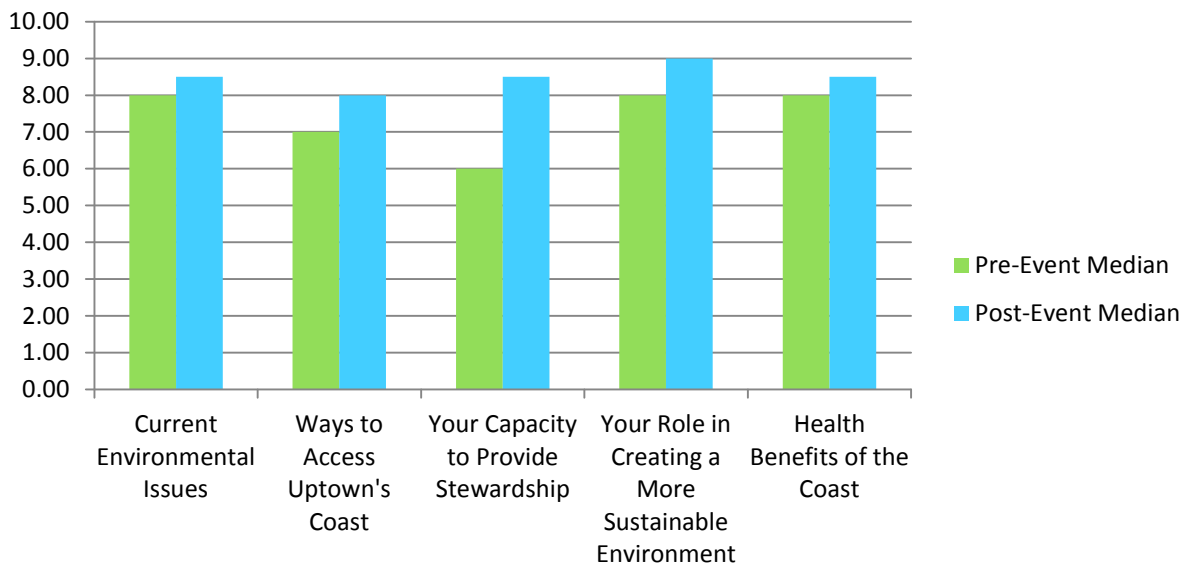
How often do you visit the lakefront?  
(from Pre-Event Survey)



How likely are you to visit the lakefront?  
(from Post-Event Survey)



Please rate your current understanding of...



Similar to the Urban Agriculture event, nearly half of the Alternative Transit participants infrequently visit the lakefront. The focus on the Uplift Plaza, a inner-coastal project, may have drawn more infrequent coastal participants to the event. Participants reported the greatest increase in capacity to provide stewardship, even though stewardship was not a primary focus of this event. In the comparison between pre- and post-event frequency of lakefront visits, the "Daily" responses increased from 18% to 20%, the "Weekly" responses decreased from 36% to 30%, the "1-2 Times a Month" increased from 36% to 50%, and the "1-2 Times a Year" decreased from 9% to 0%. These responses show that the less frequent lakefront visitors intended to visit the lakefront more frequently, and the users who already use the lakefront frequently did not indicate a significant change.



# OUT AND ABOUT UPTOWN'S COAST



## HISTORIC PRESERVATION

WEDNESDAY, JANUARY 3RD

**WHERE:** ICA GREENRISE, 4750 N. SHERIDAN RD.

**WHEN:** 11:30AM Presentations, 12:30 Tour

For **Historic Preservation** we are partnering with Christopher House's Youth Leadership program. Melanie Eckner of the Uptown Coastal Initiative will share a historical perspective on the coast, and Lesley Showers of the ICA GreenRise will share about plans to move this historic building into a bright new future. A building tour will be followed by a brisk walk over to historic Clarendon Park Community Center. Invite your favorite youth leader to join us in the new year! Come prepared to talk about a family tradition or something else that is passed down.

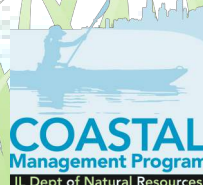
JOIN US FOR THE WHOLE SERIES!

- 🌱 MENTAL HEALTH
- 🌱 HISTORIC PRESERVATION
- 🌱 ECO-JUSTICE
- 🌱 GREEN INFRASTRUCTURE PLANNING

**RSVP OR JOIN THE MAILING LIST**  
@ [tinyurl.com/UptownICZ](https://tinyurl.com/UptownICZ)

The **Out and About Uptown** series invites you to explore Uptown's coastal zone and learn more about how it interacts with your life and passions!

**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).



# HISTORIC PRESERVATION



## OVERVIEW

The *Historic Preservation* event was planned in partnership with the [Christopher House Youth Leadership Program](#) for the youth involved in their program.

## PARTNERS



### **UPTOWN COASTAL INITIATIVE, Melanie Eckner**

Melanie reviewed the transformation of Uptown's coast, highlighting historic community assets that have survived dramatic human-generated coastal changes to the present day.



### **ICA GREENRISE CHICAGO, Lesley Showers**

The [ICA GreenRise building](#), located at 4750 N. Sheridan Road, in Chicago's Uptown neighborhood, is quite unique. The 8-floor, 166,000 square foot building is home to many, including an intentional residential living community and 25 different non-profits and social service providers. It is the largest non-profit and social services center in the Midwest, serving over 1,000 clients per week through an array of services.

### **Unique Perspective Offered**

Lesley shared an overview of the ICA GreenRise's history and current processes to renovate the building to be more energy efficient. She guided the group tour through green installations as well as hidden historic marvels. One additional emphasis for the high-school aged youth was on their opportunities as future architects as well as current day community members.

## SEE IN APPENDICES



### **PRESENTATIONS:**



**OUT & ABOUT UPTOWN'S COAST, HISTORIC PRESERVATION ~ LOOKING BACK, MOVING FORWARD**



**HISTORIC RESTORATION OF THE ICA GREENRISE**



# HISTORIC PRESERVATION

Because of cold conditions during this first winter event of the series, participants stayed inside for a historic building tour as well as a virtual coast and community tour that engaged youth in asset mapping.



Above: Presentations and building tour for Historic Preservation





**Session Title: Historic Preservation with Christopher House, Wednesday, January 3rd, 2018, 11:30am-1:30pm**

<b>Audience/Participants</b>	<b>Image to Shape</b>	<b>Rational Aim</b>	<b>Experiential Aim</b>	<b>Enhanced Capacities</b>	<b>Outcomes/Product</b>
Local experts from ICA GreenRise share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it –with a focus on historic assets in Uptown and ways that youth can continue to engage with these concepts	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

<b>Attention</b>	<b>Motivation</b>	<b>Message</b>	<b>Exercise</b>	<b>Reflection</b>
Pre-evaluation  Layout the agenda for our time together  Introduction to the series and the space: - Define coastal zone - Define Historic Preservation	Introductions Your Name - Name and a family tradition, practice, object, etc. that has been passed down, stand up and post on wall  What do you like about that tradition, practice, or item that’s been passed down?  What do you not like about it? What challenges come with it?  What is the value of having and passing down these traditions, practices, objects?  ... we will continue to think about preserving history, but now with a focus on how it relates to buildings within communities	Presentations (find in appendices): 1. <i>Out &amp; About Uptown’s Coast, Historic Preservation – Looking Back, Moving Forward</i> Uptown Coastal Initiative, Melanie Eckner 2. <i>Historic Restoration of the ICA GreenRise</i> ICA GreenRise, Lesley Showers  What is a word or phrase from the presentations that stood out? (round robin, half room)  What’s an image you recall? (round robin other half of the room)  Where during the presentations did you find yourself excited? Concerned?  What is a new insight that is emerging for you after listening to the presentations?  What are some linkages you are able to glean about alternative transit & Uptown’s coast?	Lesley leads ICA GreenRise tour, highlighting: Kitchen, Solar Panel Array, Aquaponics Greenhouse, Lobby, Lumumba Room, and Basement  Map out walk to Clarendon Park & post notable images on map with pictures (Uplift Plaza, Clarendon Park , Kuumba Lynx)  How do we use space, and what clues does that give us about what we should preserve? Add places you engage with in your daily life.  Individually: Draw one place in your community that you think we should preserve.  Share with the group - Place on the map. What is it? What do you like about it? Why is it important to the community/coast?	What did you see, hear, smell, touch that stood out from the tour?  Where during the presentations did you find yourself excited? Concerned?  How did the presentations link to what you experienced during the building tour?  Thinking back to our conversation about traditions, why does it matter to communities to preserve historic buildings?  What impact does historic preservation have on your own life?  What is something you can do to apply what you learned today?  Fill out evaluations before leaving!
11:30-11:40 (10 minutes)	11:40-11:55 (15 minutes)	11:55-12:25 (30 minutes)	12:25-1:20 (55 minutes)	1:20-1:30 (10 minutes)
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

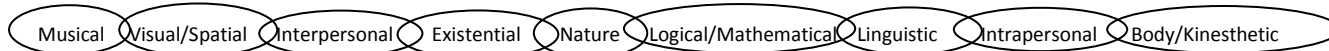
**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

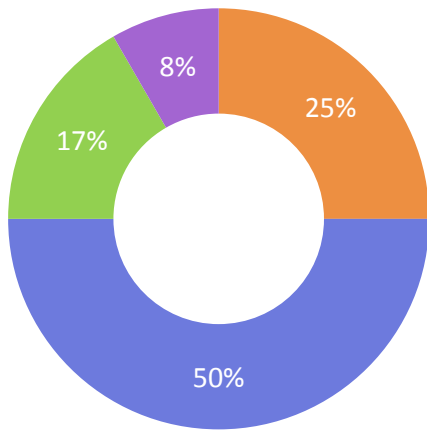
**Type 3 Learner - How?**

**Type 4 Learner - What If?**

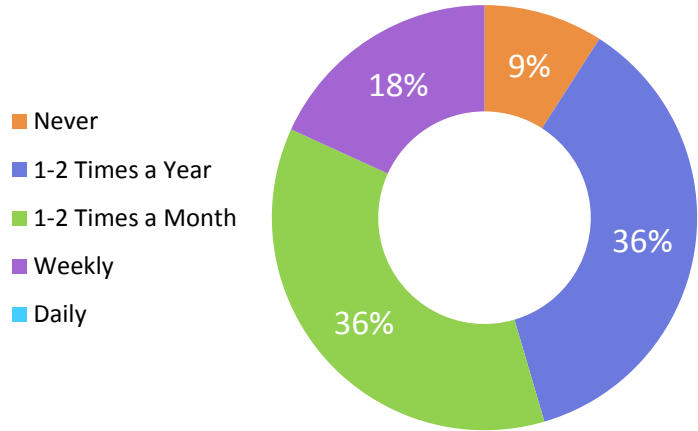


# Historic Preservation Evaluation

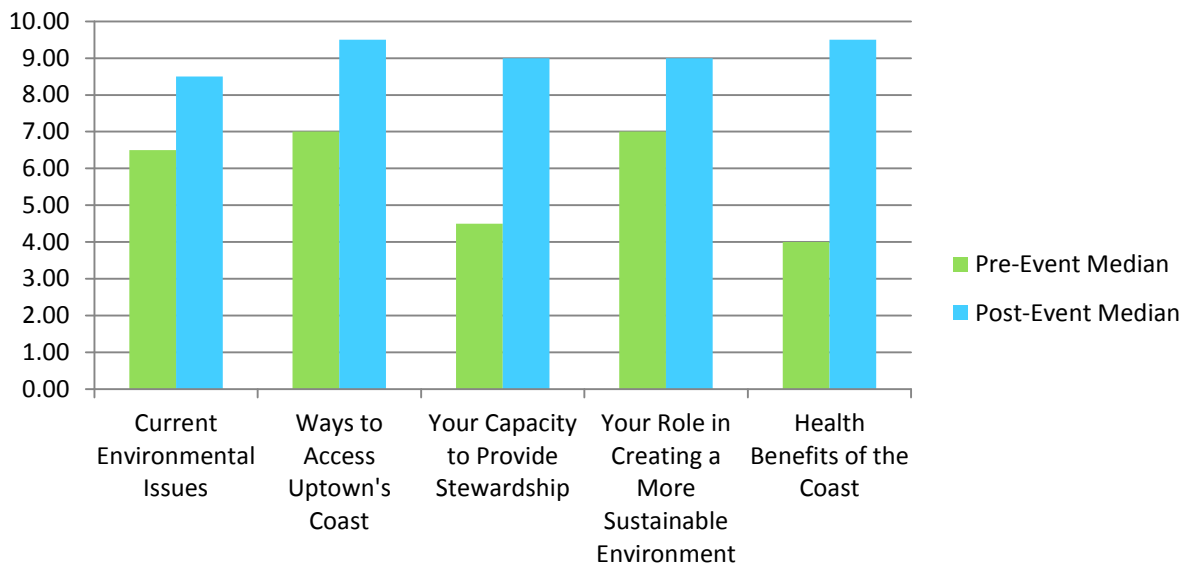
How often do you visit the lakefront?  
(from Pre-Event Survey)



How likely are you to visit the lakefront?  
(from Post-Event Survey)



Please rate your current understanding of...



This session had the youngest and least frequent coastal users. The pre- and post-survey comparison shows increased understanding in all categories, most notably in "Capacity to Provide Stewardship" and "Health Benefits of the Coast." Some of the increase may be attributed to introducing new language, such as "coast" and "stewardship," which are key messages to support active coastal values and behaviors. In the comparison between pre- and post-event frequency of lakefront visits, the "Weekly" responses increased from 8% to 18%, the "1-2 Times a Month" increased from 17% to 36%, the "1-2 Times a Year" decreased from 50% to 36%, and the "Never" responses decreased from 25% to 9%. Overall, these responses show an increase in intent to visit the lakefront more often than the pre-event frequency.



# OUT AND ABOUT UPTOWN'S COAST



## MENTAL WELLNESS & UPTOWN'S COAST

TUESDAY, FEBRUARY 27, 2018

**WHERE:** ICA GREENRISE, 4750 N. SHERIDAN RD.

**WHEN:** 6:30PM Presentations, 7:30PM Workshop

Did you know you could lower your stress level with a visit to Uptown's coast? Find out more at **Mental Wellness & Uptown's Coast**.

Learn about Chicago's legacy of promoting health and happiness on Uptown's coast and ways to achieve health benefits from the coast today! In this session, you can learn about:

- **Connecting Horticultural Therapy to the Coast** from Vince Gomez, Manager of Horticultural Therapy Services at Chicago Botanic Garden
- **Health Benefits of Nature** from Teresa Horton, Research Associate Professor in Dept. of Anthropology at Northwestern University

JOIN THE REST OF THE SERIES!

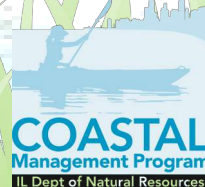
• ECO JUSTICE

• GREEN INFRASTRUCTURE  
PLANNING

**RSVP OR JOIN THE MAILING LIST**  
@ [tinyurl.com/UptownICZ](http://tinyurl.com/UptownICZ)

The **Out and About Uptown** series invites you to explore Uptown's coastal zone and learn more about how it interacts with your life and passions!

**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).



# MENTAL WELLNESS



## OVERVIEW

The *Mental Wellness* session highlighted the coast as a mental wellness resource. Despite cold weather limiting comfortable coastal access, the session illuminated documented health benefits of nature and focused on way to engage with nature even during winter months.

## PARTNERS



### **UPTOWN COASTAL INITIATIVE, Melanie Eckner**

Melanie's historical perspective highlighted the development of Uptown's coast as a demonstration of Chicago's historic commitment to public health and happiness.

### **TERESA HORTON, Research Associate Professor in the Dept. of Anthropology at Northwestern University**

The [Department of Anthropology](#), founded in 1938, is home to an accomplished community of faculty members who bring their expertise to our courses, academic programs, and research opportunities. It favors a holistic approach to anthropology, one that emphasizes the bridges between the discipline's subfields: Archaeology, Biological Anthropology, Cultural Anthropology, and Linguistic Anthropology.

### **Unique Perspective Offered**

Teresa shared a research perspective on health and nature. Citing increasing urbanization and decreasing time spent outside in the past century, she suggested that humans are increasingly out of our ideal habitat. She shared research indicating a variety of health benefits garnered from spending time in nature versus a city street.



Above: Horticulture workshop at Mental Wellness event

## PARTNERS



**VINCE GOMEZ, Manager of Horticultural Therapy Services at Chicago Botanic Gardens (CBG)**

ACBG is a world leader in providing therapeutic horticulture experiences to visitors at the Garden as well as at facilities throughout the Chicago area. The horticultural therapy department also offers certificate programs for special-education personnel, healthcare providers and administrators, and landscape professionals. These programs explore the multiple health benefits that are available in nature. [CBG professionals](#) enable participants to engage with elements of the plant world in a planned, individualized, and expertly directed manner.

### Unique Perspective Offered

Vince introduced the role of horticultural therapy in using nature for health benefits. He led a guided workshop working with succulents and floral arrangements, directing participants to immerse themselves in the sensory elements of the activity.



## SEE IN APPENDICES



### PRESENTATIONS:

- ▶ [UPTOWN'S COAST: A LAKE FRONT FOR THE PEOPLE'S HEALTH AND HAPPINESS](#)
- ▶ [GREEN AND BLUE FOR BETTER HEALTH](#)

- ▶ [HORTICULTURAL THERAPY: AN OVERVIEW](#)



- ▶ [HEALTH BENEFITS OF NATURE BROCHURE](#)



**Session Title: Mental Wellness, Tuesday, February 27th, 2018, 6:30-8:30pm**

<b>Audience/Participants</b>	<b>Image to Shape</b>	<b>Rational Aim</b>	<b>Experiential Aim</b>	<b>Enhanced Capacities</b>	<b>Outcomes/Product</b>
Local experts from NU and CBG share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it –with a focus the mental health benefits of nature	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

<b>Attention</b>	<b>Motivation</b>	<b>Message</b>	<b>Exercise</b>	<b>Reflection</b>
<p>Pre-evaluation</p> <p>Layout the agenda for our time together</p> <p>Introduction to the series and the space:</p> <ul style="list-style-type: none"> <li>- Define coastal zone</li> <li>- Define Mental Wellness</li> </ul>	<p>Introductions</p> <p>Your Name</p> <ul style="list-style-type: none"> <li>- Name and one current practice you take (or would like to take) to cultivate mental wellness</li> </ul> <p>What do you like about that practice?</p> <p>What limitations does it have?</p> <p>What is the benefit of taking the time to cultivate mental wellness?</p> <p>Mental wellness is definitely a critical component of our overall well-being. Through the rest of our session, we will unpack the various connections between mental wellness, Uptown’s coast, and nature in general.</p>	<p>Presentations (find in appendices):</p> <ol style="list-style-type: none"> <li>1. <i>Out &amp; About Uptown’s Coast: A Lake Front for the People’s Health and Happiness</i> Uptown Coastal Initiative, Melanie Eckner</li> <li>2. <i>Green and Blue for Better Health</i> Teresa Horton</li> <li>3. <i>Horticultural Therapy: an Overview</i> Vince Gomez</li> </ol> <p>What is a word or phrase from the presentations that stood out? (round robin, half room)</p> <p>What’s an image you recall (round robin other half of the room)</p> <p>Where during the presentations did you find yourself excited? Concerned?</p> <p>What is a new insight that is emerging for you after listening to the presentations?</p> <p>What are some linkages you are able to glean about mental health &amp; Uptown’s coast?</p>	<p>One table volunteer to grab material at each table</p> <p>Vince introduces Succulent Potting activity, table runners get materials from table</p> <ul style="list-style-type: none"> <li>- Highlight the habitat for the succulent</li> <li>- The sensation of the sand versus the soil versus the pebbles</li> </ul> <p>Vince introduces Floral Arrangement activity, table runners clear group table &amp; get new materials</p> <ul style="list-style-type: none"> <li>- Highlight the smells and sights</li> <li>- Visual elements of big flowers versus more delicate flowers</li> </ul>	<p>What did you see, hear, smell, touch that stood out from the workshop with Vince?</p> <p>What were you surprised by?</p> <p>How did your experience in the workshop connect to the information shared in the presentations?</p> <p>Why does it matter to think critically about the connection between mental wellbeing and the coast?</p> <p>What is something different you are inspired to do as a result of our time together?</p> <p>Fill out evaluations before leaving!</p>
6:30-6:40 (10 minutes)	6:40-6:55 (15 minutes)	6:55-7:35 (40 minutes)	7:35-8:20 (45 minutes)	8:20-8:30 (10 minutes)
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

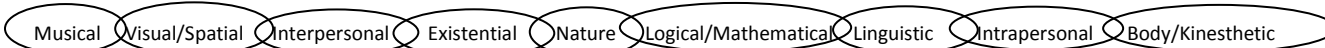
**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**



## MENTAL WELLNESS FOLLOW-UP OPPORTUNITIES

The following events were shared with participants to promote ongoing engagement and learning.



### Greetings from Uptown's Coast!

We enjoyed a relaxing and informative evening last week at our Mental Wellness & the Coast session! Many thanks to our amazing presenters, Teresa Horton from Northwestern University's Dept. of Anthropology and Vince Gomez from Horticultural Therapy Services at Chicago Botanic Gardens, for making the evening so memorable—and to the attendees for making such beautiful floral arrangements! **Couldn't make it out this time? Catch up with us at the next session . . .**



### Out and About Uptown's Coast: Eco-Justice

Sat., March 31, 2018, 2–4:30pm | Clarendon Park Community Center, 4501 N. Clarendon

This session will focus on Eco-Justice, exploring the way human engagement along the coast intersects with justice for our communities and our planet. We are delighted to be partnering on this session with the [American Indian Center](#). RSVP for the Eco-Justice session at [tinyurl.com/UptownICZ](http://tinyurl.com/UptownICZ).

Springtime stirring your spirit? Check out the following events and resources to stay involved in Uptown Coastal assets & activities:



### After the Spill: A One Earth Film Festival Screening

Wed., March 7, 2018, 6:30–8:30pm | ICA GreenRise, 4750 N. Sheridan Rd.

When the Deepwater Horizon offshore drilling rig exploded, more than 200 million gallons of oil spilled into the Gulf of Mexico in the worst ecologic disaster in North American history. Now, activist and filmmaker Jon Bowermaster takes stock and asks hard questions about the aftermath. View the film & learn from resource people about ways you can take action locally! Reserve tickets at <https://spillcultural.eventbrite.com/>



## MENTAL WELLNESS FOLLOW-UP OPPORTUNITIES



### Montrose Dunes Stewardship

Sat., March 24, 2018, 9:00am–12:00pm | 4400 N. Simonds Drive

The first workday of the 2018 growing season will be a cleanup session. The main activities will be removing winter debris, dead vegetation, and rocks, and replacing rabbit caging around the new Black Oak trees and other sensitive plants. The dunes are located at the far east end of Montrose Beach in Chicago. Workday dates for 2018 for the remainder of the season: April 21, May 19, June 16, July 21, August 18, September 22, October 13. All workdays from 9:00 am–12:00pm.



### Clarendon Park Earth Day Clean Up

Sat., April 21, 2018, 9:00am–12:00pm | Clarendon Park Community Center, 4501 N. Clarendon

Team up with Clarendon Park Community Gardeners, Clarendon Park Advisory Council, and Lakeside Area Neighbors Association in support of Clarendon Park and nearby Arai Park! Friends of the Parks' Earth Day Parks & Preserves Clean Up and Celebration began 29 years ago as a way to engage communities in their local parks and forest preserves. [Register to Volunteer at Clarendon Park!](#)

Interested in learning more about research discussed in the Mental Wellness & Uptown's Coast session?



### Nature, Culture, and Human Health (NCH<sub>2</sub>)

Join the NCH<sub>2</sub> listserv! NCH<sub>2</sub> is a network of people and organizations dedicated to fostering research on the health benefits of nature. The mission of NCH<sub>2</sub> is to advance our understanding of the benefits of nature to human health, through original research, the development of and analysis of existing evidence, programs and policy. Intrinsic to this mission is the understanding that people of different ages, genders, ethnicities and social backgrounds may engage with nature in different ways; therefore, NCH<sub>2</sub> will strive to engage diverse peoples with nature in culturally relevant and sensitive ways. E-mail [nch2.chicago@gmail.com](mailto:nch2.chicago@gmail.com) to join the listserv.



### Landscape & Human Health

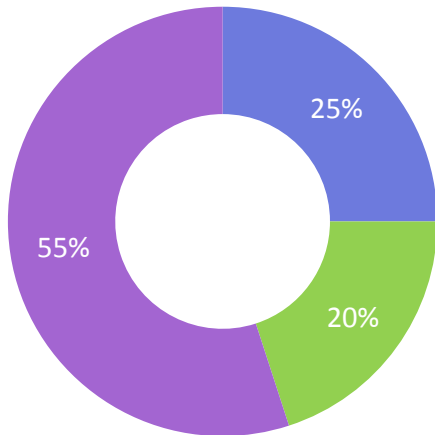
The Landscape and Human Health Laboratory (LHHL) is a multidisciplinary research laboratory dedicated to studying the connection between greenery and human health. Find compelling research stories at: <http://lhhl.illinois.edu/index.htm>



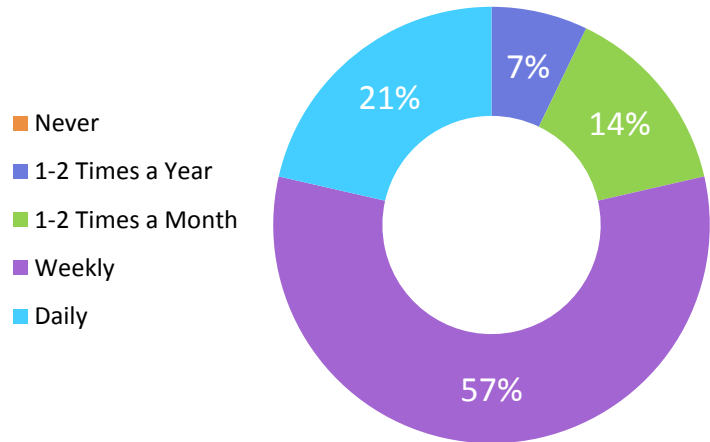


# Mental Wellness Evaluation

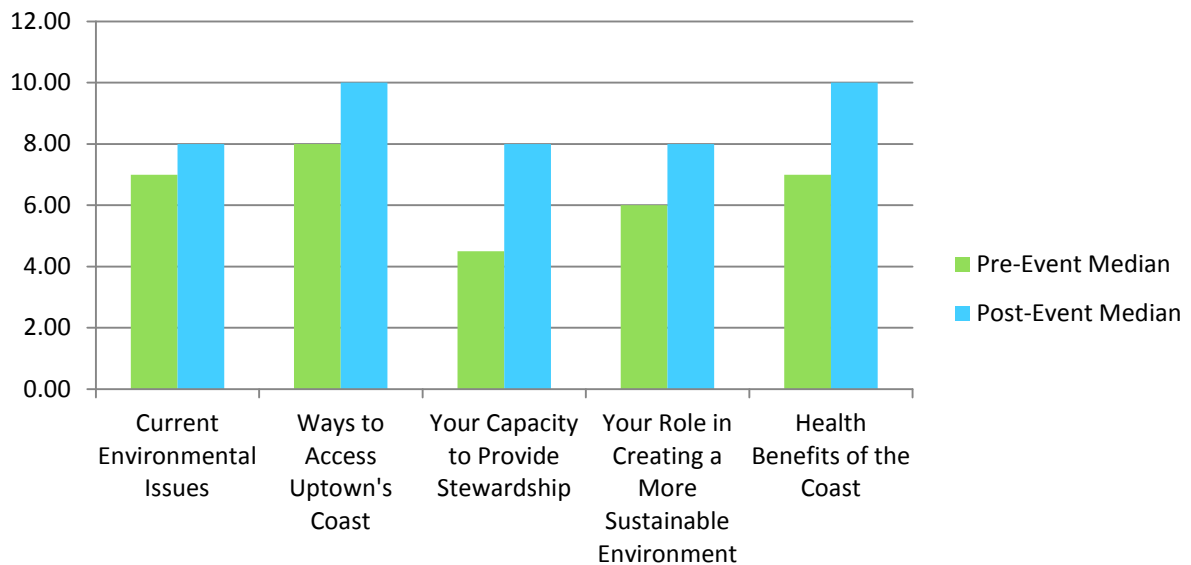
How often do you visit the lakefront?  
(from Pre-Event Survey)



How likely are you to visit the lakefront?  
(from Post-Event Survey)



Please rate your current understanding of...



Although many participants at this event already engage with the lakefront frequently, they reported increased understanding in all categories, especially in "Your Capacity to Provide Stewardship." The experiential activity during this event instructed participants in ways they could directly provide stewardship and experience health benefits on a small scale through potting succulents. In the comparison between pre- and post-event frequency of lakefront visits, the "Daily" responses increased from 0% to 21%, the "Weekly" responses increased from 55% to 57%, the "1-2 Times a Month" decreased from 20% to 14%, and the "1-2 Times a Year" decreased from 25% to 7%. Overall, these responses show an increase in intent to visit the lakefront more often than the pre-event frequency.



# OUT AND ABOUT UPTOWN'S COAST



ec-o-  
/'ēkō/  
prefix, ecology, environment, habitat  
derived from: oī-kos  
/'i.kos/  
noun, Ancient Greek for house, home

## ECO-JUSTICE: AN EXPANSIVE VIEW

SATURDAY, MARCH 31ST, 2018

**WHERE:** CLARENDON PARK COMMUNITY CENTER  
4501 N. CLARENDON AVE., CHICAGO, IL

**WHEN:** 2:00 PM MEET & EAT  
2:30 PM PRESENTATIONS  
3:30 PM WALK & TALK

In **Eco-Justice: An Expansive View**, learn how human engagement in Uptown's coast can support justice in our common environmental home. Melanie Eckner of the Uptown Coastal Initiative will offer a history of Uptown's coast, and Fawn Pochel from the American Indian Center will share about coastal eco-justice through an indigenous lens. Chi-Nations Youth Council will lead a guided walk to the Lake.

**RSVP OR JOIN THE MAILING LIST**  
@ [tinyurl.com/UptownICZ](https://tinyurl.com/UptownICZ)



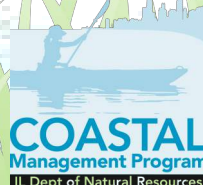
This event is a collaboration with **Nourish (comm)Unity**, a Chicago Sustainability Leaders Network series that connects people from across Chicago to explore ways that sustainability organizations nourish their communities.

Ask us about future **Nourish (comm)Unity** events including:

- Biking
- Intergenerational Connectivity
- Civic Technology

**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).

**WITH EXPERTISE FROM  
OUR PARTNERS:**



# ECO-JUSTICE



## OVERVIEW

The *Eco-Justice* event illuminated the connection between social justice and environmental justice, highlighting local expertise with an indigenous lens.

## PARTNERS



### UPTOWN COASTAL INITIATIVE, Melanie Eckner

Melanie offered context about Uptown's coastal history, sharing two stories from the press about discrimination against and activism by native people.



### AMERICAN INDIAN CENTER (AIC), Fawn Pochel

The [mission of the AIC](#) is to promote fellowship among Indian people of all Tribes living in metropolitan Chicago and to create bonds of understanding and communication between Indians and non-Indians in this city. To advance the general welfare of American Indians into the metropolitan community life; to foster the economic advancement of Indian people, to sustain cultural, artistic, and avocational pursuits; and to perpetuate Indian cultural values.

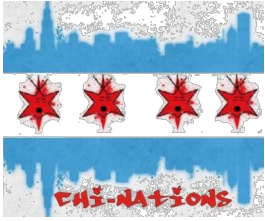
### Unique Perspective Offered

Starting with the context that North America and Chicago are stolen lands, Fawn connected the colonialist mindset of owning and commodifying land to laws that prioritize profit over nature. To re-think eco-justice, participants were encouraged to recognize humans as part of nature and responsible for ensuring that human activity does not interfere with nature's right to thrive.



Above: Photos from Eco-Justice discussion and presentations

## PARTNERS



**CHI-NATIONS YOUTH COUNCIL (CNYC), Anthony Tamez-Pochel & Naomi Harvey-Turner**

[Chi-Nations Youth Council](#) was created in 2012 and is comprised of a diverse group of youth and adults, with a mission to create a supportive open environment for Native Youth, to raise awareness of cultural identity and promote a healthy lifestyle through arts, activism, and education. CNYC works towards this goal by strengthening community through avid volunteerism, fundraising, educating and traditional values.

### Unique Perspective Offered

Anthony and Naomi led a walk to the coast, highlighting native plants and the connections to their own stories as indigenous people. One key discussion was around the park district's acknowledgement and protection of native plants that erases the influence of and connection to native people.



Above: Photos from Eco-Justice tour

## SEE IN APPENDICES



### PRESENTATIONS:

▷ [OUT & ABOUT UPTOWN'S COAST ~ ECO-JUSTICE: AN EXPANSIVE VIEW](#)

▷ [RETHINKING ECO-JUSTICE](#)



**Session Title: Eco-Justice: An Expansive View, Saturday, March 31st, 2018, 2-4:30**

<b>Audience/Participants</b>	<b>Image to Shape</b>	<b>Rational Aim</b>	<b>Experiential Aim</b>	<b>Enhanced Capacities</b>	<b>Outcomes/Product</b>
Local experts from AIC and Chi Nations share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it—with a focus on eco-justice and the connection to indigenous communities	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast

<b>Attention</b>	<b>Motivation</b>	<b>Message</b>	<b>Exercise</b>	<b>Reflection</b>
<p>Welcome participants, direct to snacks.</p> <p>Pre-evaluation</p> <p>Introduce yourself to your table, name &amp; why you’re here</p> <p>@ 2:30</p> <p>Layout the agenda for our time together</p> <p>Introduction to the series and the space:</p> <ul style="list-style-type: none"> <li>- Define coastal zone</li> <li>- Define Eco-Justice</li> </ul>	<p>Your Name</p> <ul style="list-style-type: none"> <li>- Name and one word that comes to mind about eco (first half of room)</li> <li>- Name &amp; one word about justice (other half)</li> </ul> <p>What linkages, connections, or pairs do you see between the eco &amp; justice lists?</p> <p>What do these new connections reveal about eco-justice?</p> <p>Keeping these connections in mind, we’re going to learn more about Uptown’s coast. Starting with Melanie talking about the history of the area</p>	<p>Presentations (find in appendices):</p> <ol style="list-style-type: none"> <li><i>Out &amp; About Uptown’s Coast: Eco-Justice: An Expansive View</i> Uptown Coastal Initiative, Melanie Eckner</li> <li><i>Rethinking Eco-Justice</i> American Indian Center, Fawn Pochel</li> </ol> <p>What is a word or phrase from the presentations that stood out? (round robin, half room)</p> <p>What’s an image you recall? (round robin other half of the room)</p> <p>Where during the presentations did you find yourself excited? Concerned?</p> <p>What is a new insight that is emerging for you after listening to the presentations?</p> <p>What are some linkages you are able to glean about eco-justice &amp; Uptown’s coast?</p>	<p>Chi Nations Youth Council leads walk along lakefront</p> <p>Focus on open field &amp; swamp</p> <p>Walk to Marovitz Savanna, highlighting native plants</p> <p>Walk to signage of native planting, highlight connection to native people</p>	<p>What did you see, hear, smell, touch that stood out from the walk?</p> <p>What were you surprised by?</p> <p>How did your experience on the tour link to what was shared in the presentations?</p> <p>Why does it matter to think critically about eco-justice in Uptown’s coast?</p> <p>What is something different you are inspired to do as a result of our time together?</p> <p>Fill out evaluations before leaving!</p>
2:00-2:40 (40 minutes)	2:40-2:55 (15 minutes)	2:55-3:25 (30 minutes)	3:25-4:20 (55 minutes)	4:20-4:30 (10 minutes)
Person	Person	Person	Person	Person

+++Consider these elements of diversity in creating a session plans+++

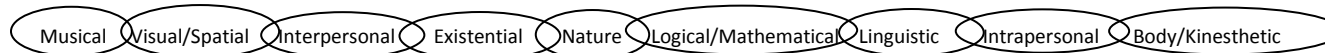
**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**



## ECO-JUSTICE FOLLOW-UP OPPORTUNITIES

The following events were shared with participants of *Eco-Justice* and all prior coastal events.



### Greetings from Uptown's Coast!

We enjoyed an engaging afternoon at the Eco-Justice event! Many thanks to folks who attended and our amazing presenters, Fawn Pochel from the American Indian Center and Anthony, Naomi, and Janie from the Chi Nations Youth Council. Please see the event list below to stay connected to these coastal partners. **Plan ahead to catch up with neighbors and friends at our next and final session . . .**



### Out and About Uptown's Coast: Green Infrastructure

Sat., April 28th, 2018, 2:30 pm–4:30 pm | ICA GreenRise, 4750 N. Sheridan Rd.,  
Curious about Green Infrastructure and how it figures in Uptown's Coast, past and present? The final session of our series will focus on the expanding world of green infrastructure. Visit Leland Greenway, and learn how you can become involved in supporting sustainability along the coast. Special guest Carl Giometti of [Chicago Ornithological Society](#) will present about bird-safe building design. [RSVP here!](#)

Check out the following events and resources to stay involved in Uptown Coastal assets & activities as well as opportunities to provide stewardship with community partners elsewhere on Earth Day!



### Montrose Beach Dunes Stewardship Day

Sat., April 21st, 2018, 9:00 am–12:00 pm | 4400 N. Simonds Drive  
Montrose Beach Dunes are located at the far east end of Montrose Beach. The dune habitat—the only vegetated part of Montrose Beach—is next to the curving concrete fishing pier. Workday dates for the 2018 season are May 19, June 16, July 21, August 18, September 22, and October 13. Please mark your calendars! All workdays are from 9 a.m. until noon.



# ECO-JUSTICE FOLLOW-UP OPPORTUNITIES



## Clarendon Park Earth Day Clean Up

Sat., April 21st, 2018, 9:00am–12:00pm | Clarendon Park Community Center, 4501 N. Clarendon

Team up with Clarendon Park Community Gardeners, Clarendon Park Advisory Council, and Lakeside Area Neighbors Association in support of Clarendon Park and nearby Arai Park! Friends of the Parks' Earth Day Parks & Preserves Clean Up and Celebration began 29 years ago as a way to engage communities in their local parks and forest preserves. [Register to Volunteer at Clarendon Park!](#)



## Indigenous Science Days: Earth Day Clean Up

Sat., April 21st, 2018, 9:00 am–12:00 pm | Dunning Read Conservation Area  
4200 N. Oak Park

Join Indigenous Science Days in celebrating Earth Day 2018 by committing to helping clean-up your local communities! This year support Friends of the Parks' 29th Annual Earth Day Clean-Up with many partners. The [Dunning Read Conservation Area Advisory Committee will be at the DRCA from 9 am–12 pm](#). The event will end with a BBQ!

Follow on Facebook to stay involved with the AIC!

- [Indigenous Science Days](#)
- [Chi Nations Youth Council](#)



## Montrose Point Bird Sanctuary Stewardship Day

Sun., May 20th, 2018, 9:00am–12:00pm | 4400 N. Simonds Drive  
Contact Alycia Klunenberga at [aklunenberga@gmail.com](mailto:aklunenberga@gmail.com) for additional information. Meet at the “Magic Hedge.” Parking is available on the street. A Divvy station is located a short distance west of the beach near Park Bait Shop. A bike rack is located on the south side of Montrose Beach House. Nearby buses include the 146 and the 78; the closest CTA ‘L’ stations are Wilson and Lawrence on the Red Line.



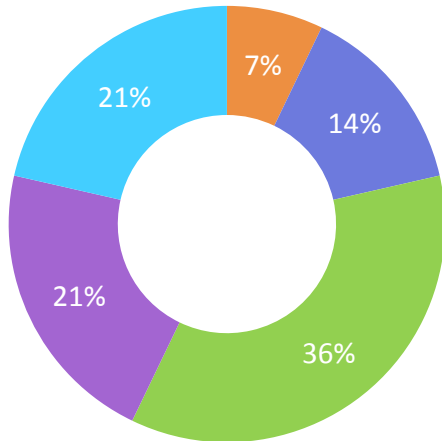
## Nourish (comm)Unity Series

A [Chicago Sustainability Leaders Network](#) collaborative series, Nourish (comm)Unity connects people from across Chicago to explore ways that sustainability organizations nourish their communities. Join the [accelerate77 listserv](#) to stay up to date about upcoming events in the Nourish (comm)Unity series as well as sustainability-focused events across Chicago.

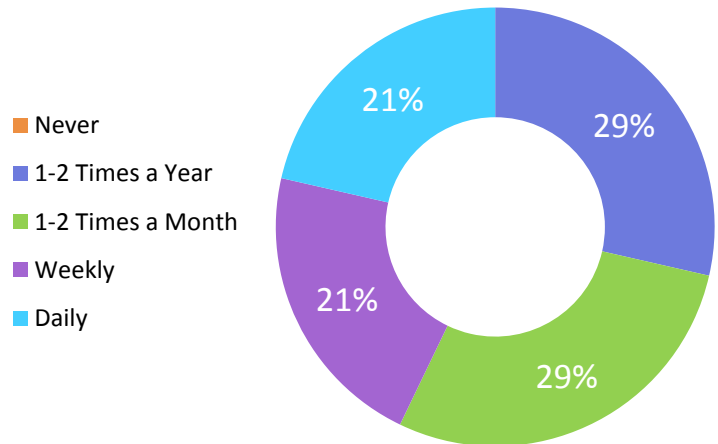


# Eco-Justice Evaluation

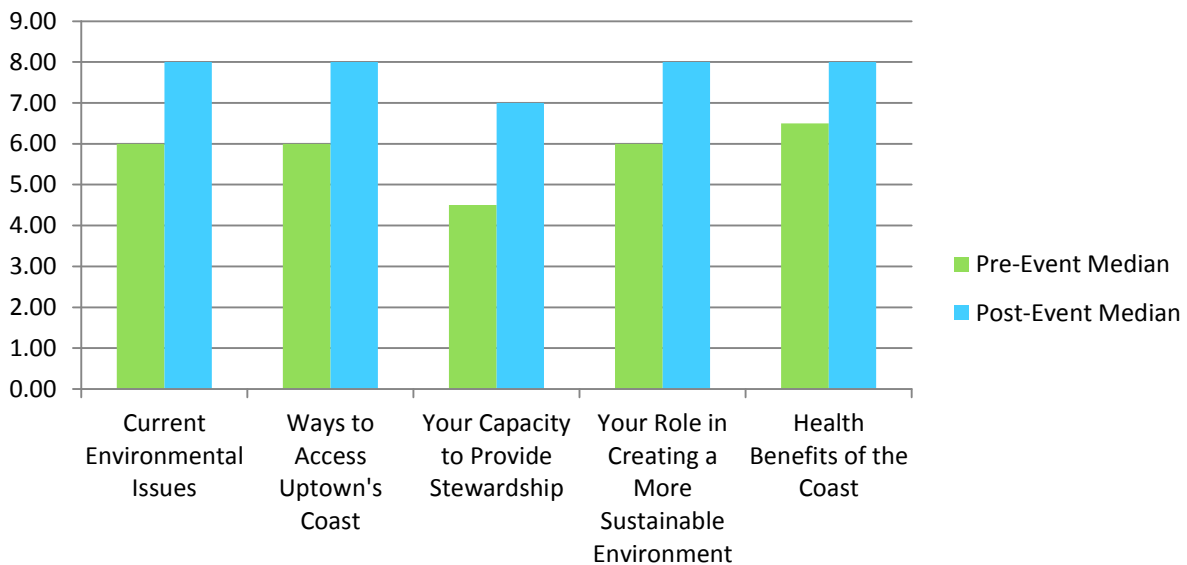
How often do you visit the lakefront?  
(from Pre-Event Survey)



How likely are you to visit the lakefront?  
(from Post-Event Survey)



Please rate your current understanding of...



More than half of the event participants infrequently visited the lakefront. Although this particular session was held at Uptown’s original beach house, Clarendon Park Community Center, it may have been that the local partners, American Indian Center and Chi-Nations Youth Council, drew more participants who infrequently visit the coast due to their particular interests and geographical location. Participants reported increased understanding in all categories, especially “Your Capacity to Provide Stewardship” to the coast. In the comparison between pre- and post-event frequency of lakefront visits, the “Daily” and “Weekly” responses stayed constant at 21%, the “1–2 Times a Month” decreased from 36% to 29%, the “1–2 Times a Year” increased from 14% to 29%, and the “Never” responses decreased from 7% to 0%. Overall, these responses show that frequent coastal visitors intended to visit at the same frequency, and less frequent visitors intended to visit the lakefront again, but not significantly more often.





# OUT AND ABOUT UPTOWN'S COAST



## GREEN INFRASTRUCTURE: BUILDING WITH NATURE

**SATURDAY, APRIL 28TH, 2018**

**WHERE:** ICA GREENRISE, 4750 N. SHERIDAN RD.

**WHEN:** 2:30PM Presentations, 3:30PM Walk

Curious about **Green Infrastructure** and how it figures in Uptown's Coast, past and present? The final session of our series will focus on the expanding world of green infrastructure.

Special guest Carl Giometti of **Chicago Ornithological Society** will present about bird-safe building design.

Susan Ask from **animalia project** and Jacquie Roig & Nelson Borelli from the **Purple Martin Monitoring Program** will lend their expertise during a walk to Montrose Point Beach Dunes via Leland Greenway, Lincoln Park Honeybee Grove, Marovitz Savanna, Purple Martin Houses, and Montrose Point Bird Sanctuary.

**RSVP OR JOIN THE MAILING LIST**  
@ [tinyurl.com/UptownICZ](http://tinyurl.com/UptownICZ)

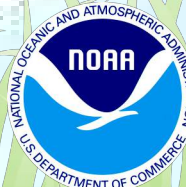
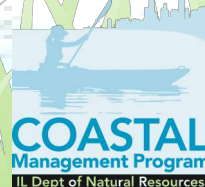
The **Out and About Uptown** series invites you to explore Uptown's coastal zone and learn more about how it interacts with your life and passions!

**Questions?** Contact Melanie at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).

**WITH EXPERTISE FROM  
OUR PARTNERS:**



**animalia  
project**



# GREEN INFRASTRUCTURE



## OVERVIEW

The *Green Infrastructure* event defined and explored different elements of green infrastructure in Uptown, with a focus on bird safety in building design and bird infrastructure along the coast.

## PARTNERS



### UPTOWN COASTAL INITIATIVE, Melanie Eckner

Melanie shared a history of coastal infrastructure, including the cribs, pumping stations, and the Montrose bathing beach. Connecting with the theme of bird-safety, she compared historic use of and access to the coast to current day birds that utilize coastal infrastructure



### CHICAGO ORNITHOLOGICAL SOCIETY (COS), Carl Giometti

Founded by professional ornithologists in December 1912, [Chicago Ornithological Society](#) is engaged in promoting public appreciation of birds and the restoration of bird habitat in the Chicago region.

#### Unique Perspective Offered

Carl outlined the scope of the problem of bird-safety and buildings, starting with identifying why bird collisions happen with buildings, sharing solutions to the building problems, and describing ways to evaluate bird-safe buildings.



### ANIMALIA PROJECT, Susan Ask

[animalia project](#) is a 501(c)(3) nonprofit organization based in Chicago, Illinois, that offers educational programs and consultation on tough issues at the intersection of the built environment and the natural world, focusing on climate change and built habitats that are climate-ready.

#### Unique Perspective Offered

Susan led the walking tour through the Montrose Bird Sanctuary and Beach Dunes. She described the unique context of the sanctuary and dunes in relation to the urban environment and the man-made infrastructure changes that enable the locations to continue to thrive.

## PARTNERS

### PURPLE MARTIN MONITORING PROGRAM, JACQUELINE ROIG AND NELSON BORELLI

The [Purple Martin Monitoring Program](#) is a Chicago Park District volunteer program to care for purple martins along Chicago's lakefront. It is one of many similar programs in North America, which is where purple martins breed annually.

#### Unique Perspective Offered

Nelson and Jacqui described the scope of the volunteers' work, including preparing starter material for nests and clearing out opportunistic species' nests in the bird houses. They demonstrated the process of lowering and raising the bird houses and opened one of the vacant houses for participants to see. They also shared information about how event participants could get involved as volunteers.



Above: Photos from Green Infrastructure Tour

## SEE IN APPENDICES



### PRESENTATIONS:

▶ [OUT & ABOUT UPTOWN'S COAST ~ ECO-JUSTICE: AN EXPANSIVE VIEW](#)

▶ [BUILDING BIRD SAFE BUILDINGS PRESENTATION](#)



**Session Title: Green Infrastructure, Saturday, April 28th, 2018, 2:30-4:30pm**

Audience/Participants	Image to Shape	Rational Aim	Experiential Aim	Enhanced Capacities	Outcomes/Product
Local experts from COS and CPD Volunteers share expertise and join the learning community with 25+ Uptown residents, workers, and visitors	The coast is a unique and fragile ecosystem that should be accessible to and stewarded by all	Raise awareness and understanding of the importance of the coast, how it relates to the environment at large, and the roles that people can play to support it—with a focus on green infrastructure and bird safety	Attendees are proud of this asset in Uptown; excited to meet their neighbors, co-workers, and visitors; and motivated to care for the coast	To be able to articulate the uniqueness of Uptown’s Coast and have a greater understanding of what is needed to care for it	Pre- and Post-evaluation documenting increase in awareness and understanding of issues related to the coast
Attention	Motivation	Message		Exercise	Reflection
<p>Pre-evaluation</p> <p>Layout the agenda for our time together</p> <p>Introduction to the series and the space:</p> <ul style="list-style-type: none"> <li>- Define coastal zone</li> <li>- Define Green Infrastructure</li> </ul>	<p>Introductions</p> <p>Your Name</p> <ul style="list-style-type: none"> <li>- Name and one word that comes to mind about green (first half of room)</li> <li>- Name &amp; one word about infrastructure (other half)</li> </ul> <p>What linkages, connections, or pairs do you see between the green &amp; infrastructure lists?</p> <p>What news insights do we have after seeing these connections?</p> <p>Keeping these connections in mind, we’re going to learn more about Uptown’s coast.</p>	<p>Presentations (find in appendices):</p> <ol style="list-style-type: none"> <li>1. <i>Out &amp; About Uptown’s Coast Presentation: Green Infrastructure: Building with Nature</i>, Uptown Coastal Initiative, Melanie Eckner</li> <li>2. <i>Building Bird-Safe Buildings</i>, Chicago Ornithological Society, Carl Giometti</li> </ol> <p>What is a word or phrase from the presentations that stood out? (round robin, half room)</p> <p>What’s an image you recall (round robin other half of the room)?</p> <p>Where during the presentations did you find yourself excited? Concerned?</p> <p>What is a new insight that is emerging for you after listening to the presentations?</p> <p>What are some linkages you are able to glean about green infrastructure &amp; Uptown’s coast?</p>		<ol style="list-style-type: none"> <li>1. ICA</li> <li>2. Leland Greenway</li> <li>3. Honeybee Grove                             <ol style="list-style-type: none"> <li>a. Location from which to view 811 Uptown</li> </ol> </li> <li>4. Marovitz Savanna</li> <li>5. Purple martin houses</li> <li>6. Montrose Point Sanctuary</li> <li>7. Dunes</li> </ol>	<p>What did you see, hear, smell, touch that stood out from the walk?</p> <p>What were you surprised by?</p> <p>How did your experience on the tour link to what was shared in the presentations?</p> <p>Why does it matter to think critically about green infrastructure along Uptown’s coast?</p> <p>What is something different you are inspired to do as a result of our time together?</p> <p>Fill out evaluations before leaving!</p>
2:30-2:40 (10 minutes)	2:40-2:55 (15 minutes)	2:55-3:25 (30 minutes)		3:25-4:20 (55 minutes)	4:20-4:30 (10 minutes)
Person	Person	Person		Person	Person

+++Consider these elements of diversity in creating a session plans+++

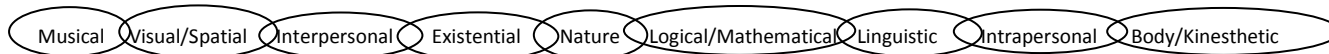
**\*\*Auditory\*\*    \*\*Visual\*\*    \*\*Kinesthetic\*\***

**Type 1 Learner - Why?**

**Type 2 Learner - What?**

**Type 3 Learner - How?**

**Type 4 Learner - What If?**



## GREEN INFRASTRUCTURE FOLLOW-UP OPPORTUNITIES

The following events were shared with attendees of *Green Infrastructure* and all prior coastal events.



### Greetings from Uptown's Coast!

Much thanks to everyone who joined us for the last event of the Out and About Uptown's Coast series. We appreciate Carl Giometti of Chicago Ornithological Society and Susan Ask of animalia project for sharing their expertise at this final session, focused on Green Infrastructure. We also thank Jacqueline Roig and Nelson Borelli for sharing about their volunteer stewardship of the Montrose Harbor Purple Martin houses. **See below events for ways to follow up on this event and other ways to continue engaging with the coastal environment!**



#### Jarvis Bird Sanctuary Walk

Tues., May 8th, 2018, 7:30–8:30am | 3550 N Lake Shore Drive

Join Chicago Ornithological Society for a trip led by Aerin Tedesco and Jill Niland to Bill Jarvis Bird Sanctuary in Lincoln Park. Warbler migration will be in full swing, and we'll avoid the weekend crowds. To get to the Sanctuary, walk or by bike, take the Lake Shore Trail to West Addison Drive. By bus, take the 151 or 146 to N Lakeshore Dr. and Addison and cross using the pedestrian tunnel. By car, take Recreation Drive to the pay parking lot. Meet at the platform on the east side of the sanctuary.



#### North Pond Bird Walk

Wed., May 9th, 2018, 7:00–9:00am | 2430 N. Cannon Dr.

Nearly 350 kinds of birds have visited Chicago's Lincoln Park, one of the region's best places to see birds. Join Geoff Williamson and other experienced bird watchers from the Chicago Ornithological Society on weekly bird walks around North Pond to observe and learn about our feathered neighbors. Each week may bring a different assortment of birds to view. Dress for the weather and bring binoculars. The group meets by the Peggy Notebaert Nature Museum at the southeast corner of North Pond.



## GREEN INFRASTRUCTURE FOLLOW-UP OPPORTUNITIES



### Mayor's Pedestrian Advisory Council (MPAC) Meeting

Wed., May 9th, 2018, 3:00–4:00pm | City Hall, 121 N. LaSalle St., Room 1103

MPAC includes members representing a broad spectrum of backgrounds. MPAC focuses on a wide range of pedestrian issues. The Council will help identify issues, discuss ideas and set priorities for pedestrian planning in Chicago. The general public is welcome to attend. To sign up for meeting notices please email [lauren@chicagocompletestreets.org](mailto:lauren@chicagocompletestreets.org) with the subject "MPAC Meeting Notice."



### Montrose Beach Dunes Stewardship

Sat., May 19th, 2018, 9:00 am–12:00 pm | 4400 N. Simonds Drive

Montrose Beach Dunes are located at the far east end of Montrose Beach. The dune habitat—the only vegetated part of Montrose Beach—is next to the curving concrete fishing pier. Workday dates for the 2018 season are June 16, July 21, August 18, September 22, and October 13. Please mark your calendars! All workdays are from 9 a.m. until noon. Please contact Forrest Cortes at



### Indigenous Science Days Presents: Community Potluck and Planting

Sat., May 19th, 2018, 11:00 am–2:00 pm | 3401 W. Ainslie

The American Indian Center organizes Indigenous Science Days every 3rd Saturday of the month from March–October. Join them for the 2nd annual planting day for their Angie Decora Medicinal Garden from 11:00–12:30 followed by a community potluck from 12:30–2:00. For more information contact Education Coordinator Fawn Pochel–[fawn@aicchicago.org](mailto:fawn@aicchicago.org).



### Montrose Point Bird Sanctuary Stewardship Day

Sun., May 20th, 2018 from 9:00 am–12:00 pm | 4400 N. Simonds Drive

Contact Alycia Klunenbergl at [aklunenbergl@gmail.com](mailto:aklunenbergl@gmail.com) for additional information. Meet at the "Magic Hedge." Parking is available on the street. A Divvy station is located west of the beach near Park Bait Shop. A bike rack is located on the south side of Montrose Beach House. Nearby buses include the 146 and the 78; closest CTA 'L' Red Line stations are Wilson and Lawrence.



### Full Moon Fire Jam

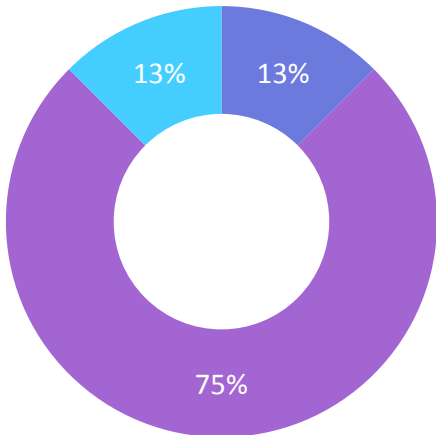
Tues., May 29th, 2018, 7–10:00pm | 1/4 mile South of Foster Ave. Turf Fields

Mike LaHood shared his experience organizing the Full Moon Fire Jam at the Underutilized Community Spaces Coastal session, and many group members were excited to take part! The Full Moon schedule is set for 2018: May 29, June 27, July 26, August 27, and September 24. See the FMJ website for more information about weather cancellations and what to expect at the jam.

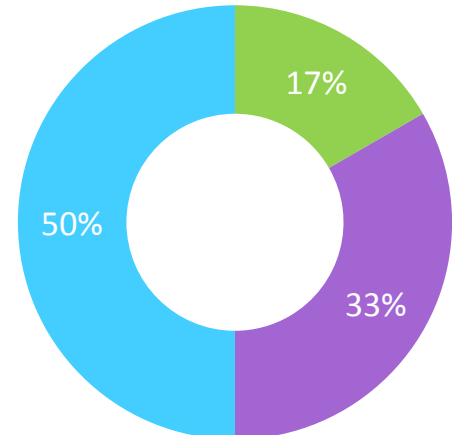


# Green Infrastructure Evaluation

How often do you visit the lakefront?  
(from Pre-Event Survey)

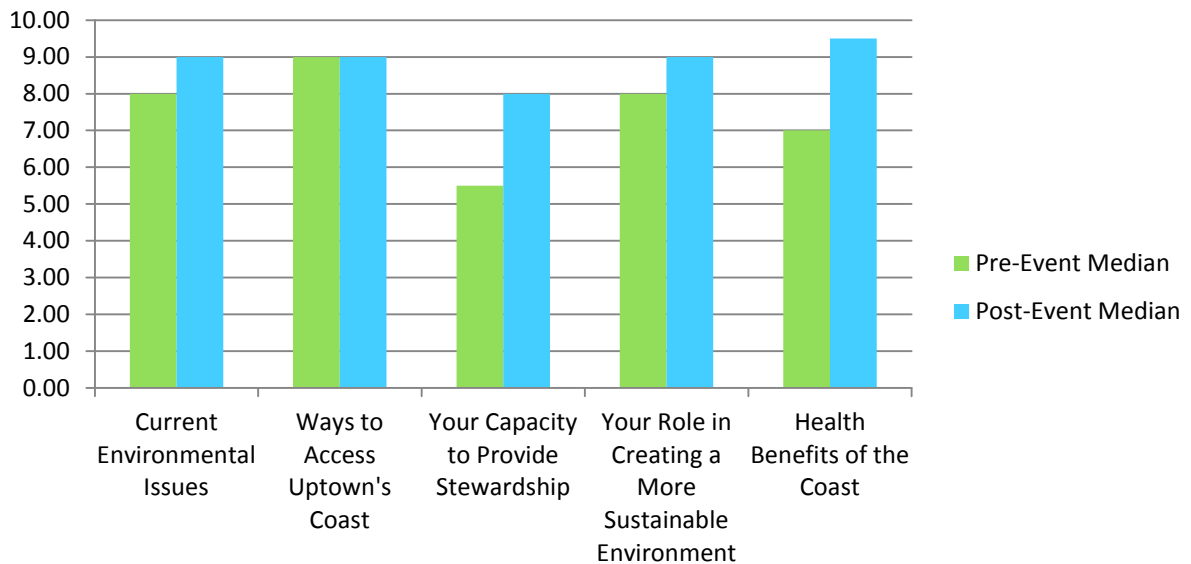


How likely are you to visit the lakefront?  
(from Post-Event Survey)



- Never
- 1-2 Times a Year
- 1-2 Times a Month
- Weekly
- Daily

Please rate your current understanding of...



Most of the participants at the Green Infrastructure event already visit the lakefront regularly, which may account for the steady pre- and post-event response to "Ways to Access Uptown's Coast." Notably, the greatest increase in understanding was in "Your Capacity to Provide Stewardship." Even though participants already engaged with the lakefront, they weren't necessarily exposed to stewardship opportunities through those visits. The on-site presentation from the Purple Martin volunteers may have contributed to this increased understanding of "Capacity to Provide Stewardship." In the comparison between pre- and post-event frequency of lakefront visits, the "Daily" responses increased from 13% to 50%, "Weekly" responses decreased from 75% to 33%, the "1-2 Times a Month" responses increased from 0% to 17%, and the "1-2 Times a Year" decreased from 13% to 0%. Overall, these responses show that participants at this event intended to visit the lakefront more frequently after having attended the event.



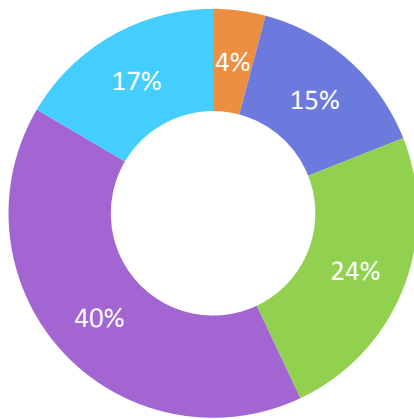
# EVALUATION



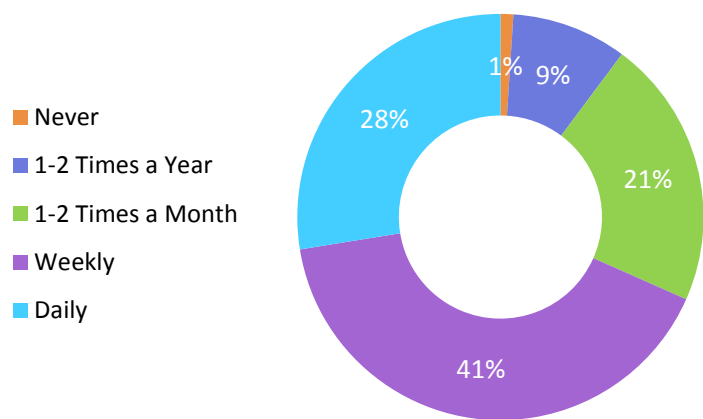


# OVERALL PROJECT EVALUATION & DATA

How often do you visit the lakefront?  
(from Pre-Event Survey)



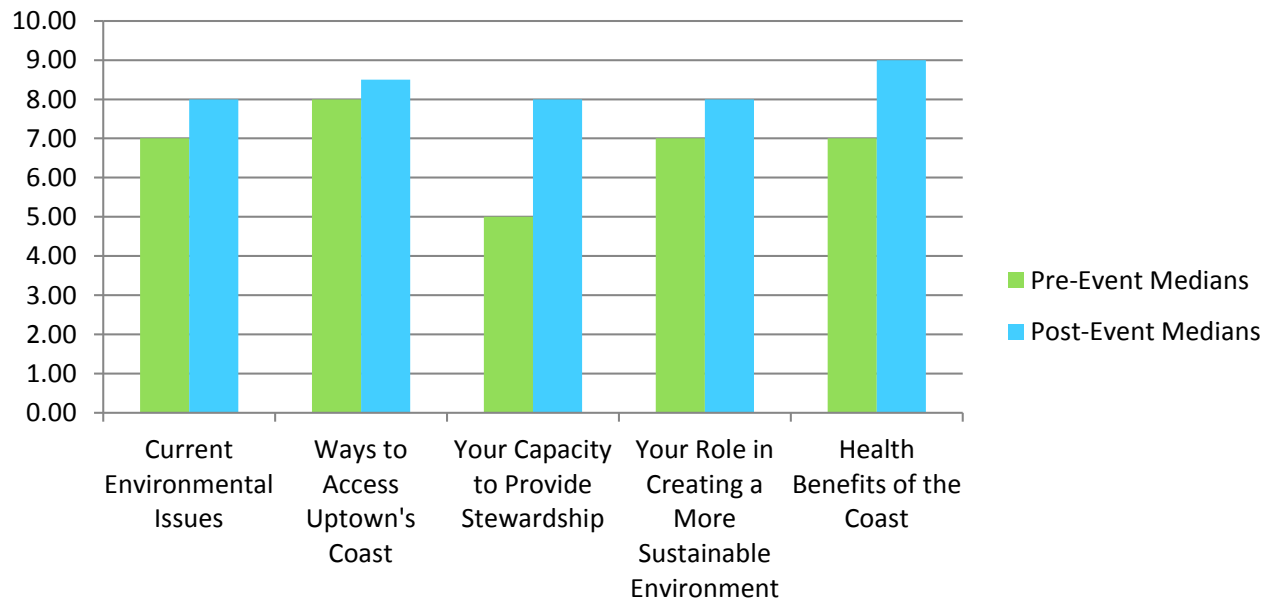
How likely are you to visit the lakefront?  
(from Post-Event Survey)



Participants indicated 9% increase in those who intend to visit the lakefront daily and a 3% increase in those who intend to visit the lakefront weekly. Participant responses of “1–2 Times a Month,” “1–2 Times a Year,” and “Never” decreased by 4%, 5%, and 3% respectively. The one “Never” response in the post-evaluation was from an out-of-town participant. It is clear that the messages about the coast as an accessible and valuable asset resonated with participants enough to compel them to plan to visit in the future.

# OVERALL PROJECT EVALUATION & DATA

Please rate your current understanding of...



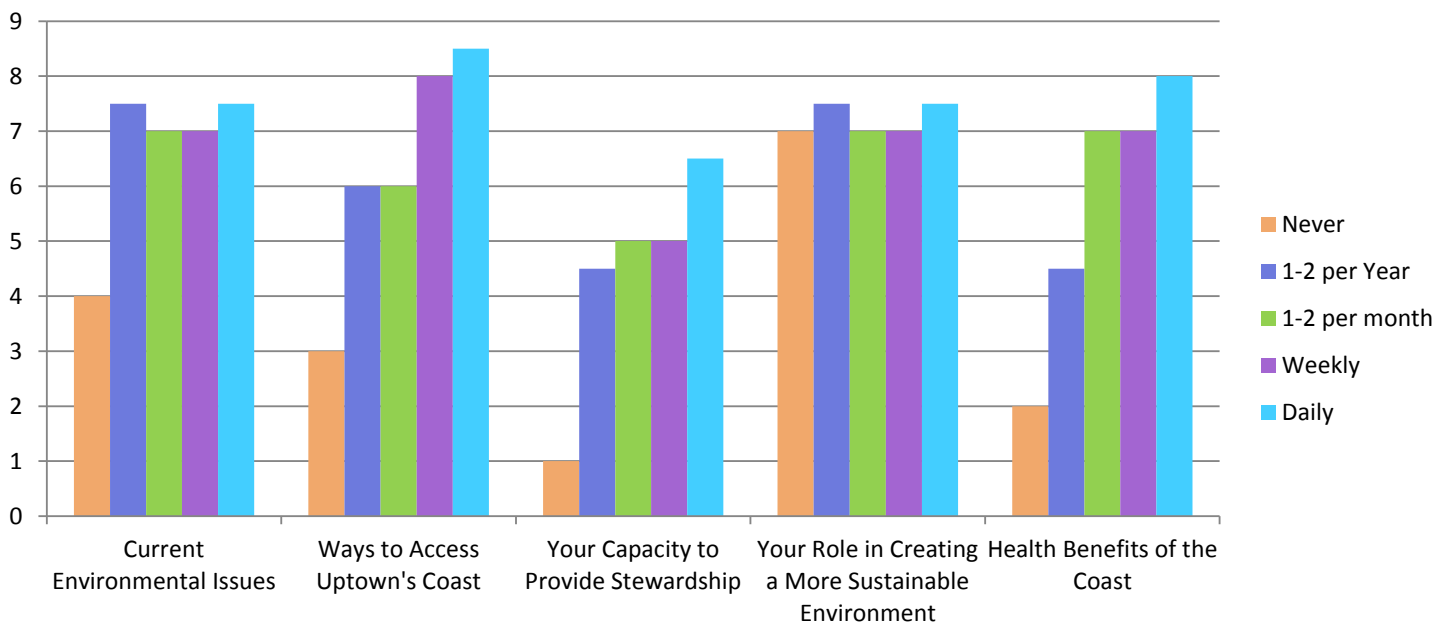
This graph shows the median responses from pre- and post-event surveys from all event participants. The bars show that the median response to understanding of “Current Environmental Issues” increased by 1 point, from 7 of 10 to 8 of 10; “Ways to Access Uptown’s Coast” increased by 0 points, remaining at an 8 of 10; “Your Capacity to Provide Stewardship” to the coast increased by 3 points, from 5 of 10 to 8 of 10; “Your Role in Creating a More Sustainable Environment” increased by 1 point, from 7 of 10 to 8 of 10; and “Health Benefits of the Coast” increased by 2 points, from a 7 of 10 to a 9 of 10.

The most significant change is regarding current understanding of “Your Capacity to Provide Stewardship” to the coast. The messages from the Image Shift Assessment Tool, such as “I should safeguard this great asset and promote everyone having good access to it” and “Stewardship is required to maintain the ecological health of the coast; my actions have environmental impact,” support this change. From the Kaleidoscope Design, “Expanding the Context” through patterns of human action and inaction, “Encourage Critical Thinking” through reflection time, and “Touch the Depths/Relevant Technique” created space for participants to personally relate to the topic.

Because there was minimal change in the relatively high understanding of “Ways to Access Uptown’s Coast,” it is possible that the UCI team underestimated perceptions of access in the Image Shift Assessment Tool and/or the series was not successful in attracting residents, workers, and visitors who had a low understanding of “Ways to Access Uptown’s Coast.”

# OVERALL PROJECT EVALUATION & DATA

Please rate your current understanding of...by Frequency of Coastal Visits



The graph above shows how frequency of visits correlated to pre-event understandings of various coastal and environmental facets. As may be expected, daily visitors reported the highest level of understanding of “Ways to Access Uptown’s Coast,” and participants who had never visited the coast reported the lowest level of understanding in this respect.

Notably, individuals who had never visited the coast reported 7 of 10 to “Your Role in Creating a More Sustainable Environment.” These responses suggest that people can understand their “Role in Creating a More Sustainable Environment” and “Current Environmental Issues” without visiting the coast frequently (most participants responded a similarly high level of understanding of “Current Environmental Issues”). This level of understanding supports the community strength “Uptown residents already act in very sustainable ways, exercising model behaviors that are aligned with urban sustainability” that can be directed towards sustainable action in relation to the coast.

Frequency of visits does correlate to understanding of “Capacity to Provide Stewardship,” which may be because individuals who visit the coast daily do so because they already provide stewardship.

## FINAL TAKEAWAYS / LESSONS LEARNED

Overall, the series engaged a total of 219 participants featuring 18 presenters across 9 different sessions. The UCI considers the *Out and About Uptown's Coast* series successful in having met its goals of a.) raising public awareness of Uptown's public lakefront and parks, b.) educating residents on ecological and environmental relevance of the area through a multidisciplinary lens, and c.) providing opportunities for residents to meaningfully engage with these resources. The greatest successes of the series were increased awareness of ways to provide stewardship, changed perceptions of the coast, and improved community connections.

Participants' responses in post-event surveys supported the multidisciplinary and multi-modal approach to education. Responses to the post-event survey prompt "Something I liked was . . ." varied, highlighting the historical perspective, the various presentations, the tour or hands-on activity, meeting people, and the fact that the structure of the event combined the former facets. This variety of responses suggests that, as expected, the multimodal sessions engaged different interests.

In post-event follow-up surveys completed in the months after attending the session, participants responded favorably about new perceptions of the coast. Most notably, one participant responded to the prompt "How has your perception of the coast changed since attending the *Out and About Uptown's Coast* session(s)?" with "I've become more passionate about protecting and utilizing our lakefront. I have become more proud to be an Uptown resident." This was only one of many similar responses about increased awareness and connection to the community and the environment. We attribute these changed perceptions to the event design informed by Image Shift Theory.

As we continue to engage with the Uptown community through transformational education, the following are some key learnings the UCI team will be sure to incorporate in future programming:

### **Finding and engaging local expertise is worth the effort**

In large cities, locally-based expertise is always nearby but sometimes takes work to find. Having presenters and tour leaders who were from Uptown and the surrounding neighborhoods helped create almost immediate buy-in and trust among participants. The atmosphere of the sessions was less formal and more participatory when they became conversations among neighbors about the coast. Beginning each of the sessions with introductions of all participants, not just presenters, and a brief reflection about the community and/or the session topic helped create a welcoming learning environment for all. Some participants began to realize their own expertise and

## FINAL TAKEAWAYS / LESSONS LEARNED

contributions they could make to the conversation and the series as a whole.

### **Sharing history helps create pride and collective ownership**

Starting each session with history of the coast helped create shared context and, more importantly, allowed others in the room who had related information to share their knowledge. Sharing history also gave participants meaningful stories about their community to in turn share with others and supported a sense of deeper connection to the neighborhood to the coast. Specifically, the history of the city's reclamation of the lakefront for the people and of Clarendon Beach as a proof of concept for the public lakefront that received worldwide recognition provided a powerful backdrop to consider modern assets and actions. Comparing historical and present-day photos of Uptown's coast resonated with participants, supporting the image that Uptown and its coast haven't always been the way they are today and also suggested that, depending on how humans continue to intervene, the lakefront may look differently in the future.

### **Accessible language is key**

The Historical Preservation session, which was designed for a younger audience, required intentional planning and adjusting to be accessible; some changes were anticipated before the session, and some changes had to be adapted mid-session. The pre- and post-event surveys needed a 'key words' conversation to make sure everyone understood the words on the surveys, and presenters prepared more context in language and historic data as well. Some terms, such as 'landfill' 'water-cribs' and 'river reversal,' required clarification, regardless of age group. It was helpful to actively check in with groups to check understandings and perceptions during the sessions rather than assuming a baseline understanding of the coast/lake or its history.

### **Make time for collective reflection**

Our session designs disseminated a lot of information in a relatively quick amount of time. Intentional group reflection time was necessary in order for ensure retention and depth understanding of the information shared. Often during reflections participants were able to gain more clarity and probe for further understanding, and participants and presenters were able to share information that others missed. Having time to reflect both after the presentations and after the experiential learning component were necessary to help participants embed information.

# PROJECT TEAM



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Samantha Sainsbury, *Program Coordinator*



## Uptown Coastal Initiative

Melanie Eckner, *Coastal Zone Liaison*

# PROJECT SUPPORTERS



**Illinois Department of  
Natural Resources**



**Coastal Management  
Program**



**National Oceanic and  
Atmospheric  
Administration**

# PROJECT PARTNERS



**Urban Ecology**  
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*Founding Director*  
**Montrose Dunes Natural Area**  
**Volunteer Steward**, Ted Jindrich



**Historic Preservation**  
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*Christopher House Youth Leadership Coordinators*  
 ICA GreenRise, Lesley Showers,  
*Property Manager*



**Cycling Uptown**  
**Active Transportation Alliance**,  
 Kyle Whitehead



**Chicago Bike Ambassadors**, Dan Black



**Divvy**, Dan Black and Erik Rodriguez



**Underutilized Community Spaces**  
**Full Moon Fire Jam**, Mike LaHood  
**International Dark Skies Association**,



Audrey Fischer



**Lincoln Park Honeybee Grove**,  
 Jack Lyons



**Urban Agriculture & Garden Walk**  
**Animalia Project**, Susan Ask,  
*Founding Director*



**Weiss Hospital Urban Rooftop Farm**, Terry Tuohy



**Alternative Transit**  
**Chicago Department of Transportation**, Kris Sorch, *CDOT Senior Landscape Architect*



**Site Design**, Lara Rivera, *Site Design Project Designer*



**Mental Wellness & Uptown's Coast**  
**Teresa Horton**, *Research Associate Professor in the Dept. of Anthropology at Northwestern University*  
**Vince Gomez**, *Manager of Horticultural Therapy Services at Chicago Botanic Gardens*



**Eco-Justice: An Expansive View**  
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*Education Coordinator*  
**Chi-Nations Youth Council**,  
 Anthony Tamez-Pochel &  
 Naomi Harvey-Turner, *Co-Presidents*



**Green Infrastructure: Building with Nature**  
**Animalia Project**, Susan Ask,  
*Founding Director*  
**Chicago Ornithological Society**, Carl Giometti  
 Purple Martin Monitoring Program, Nelson Borelli and  
 Jacqueline Roig, *Volunteers*



For more information about the *Out and About Uptown's Coast* series and project partners, contact the ICA at [coastalinitiative@ica-usa.org](mailto:coastalinitiative@ica-usa.org).