



## National Association for Interpretation

*Buffalo Bull*: Heartland Region Newsletter

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### Bob's Bombinations

By Bob Carter, Heartland Region Director

In the Spring 2019 issue of the *Buffalo Bull* I encouraged you to attend our annual workshop in Stevens Point, Wisconsin. If you were there, you know it lived up to the Heartland Region workshop reputation, but this workshop was noteworthy for a couple of other reasons. First, it was among the most well attended of our regionals and, second, it had the highest student attendance of any regional, ever. I hope that last item bodes well for the future attendance of students at our regionals. I know the rest of the Heartland Region board members join me in congratulating the 2019 Heartland Region Annual Workshop crew for a job well done.

One of the givens of NAI is that when one workshop or conference is over, and the team that put it all together can rest on their laurels, the crew working on the next event is well into their planning. That has never been truer than for the 2020 Workshop Committee who have been working on our second workshop to be held in Manitoba. In case you don't know it, 2020 is Manitoba's sesquicentennial year, and the workshop committee will be making that celebration a part of our annual regional celebration. I still have fond memories of the last Manitoba workshop and am all ready for this one. Check the regional website and watch the *Buffalo Bull* for updates as the workshop approaches, and plan to attend. You won't regret it.

Another annual event that typically gets coverage in the summer issue of the *Bull* is NAI's annual elections. Both the national board and the Heartland Region have elections this fall. For the region, we need candidates for Director and Treasurer. Job descriptions are available on the regional website or you can also contact any current board member if you have an interest in running for regional office. The Heartland Region has been one of NAI's strongest regions ever since NAI was formed, and that is due in large part to the tradition of regional members stepping up to fill all the positions it takes to have a strong region. Think about how you might contribute to keeping the Region Formerly Known as Five as strong as it has been in the past.

As always, if you have any questions or comments regarding NAI or the region, let me or one of the other members of your regional leadership know. You can find out how to get hold of any of us on our regional website.

Until next time,  
Bob Carter  
Heartland Region Director



The National Association for Interpretation Heartland Region membership consists of interpreters from state parks, county agencies, museums, zoos, park districts, recreation facilities, and many other public and private organizations from Illinois, Iowa, Manitoba, Minnesota, Montana, Nebraska, North Dakota, Nunavut, Saskatchewan, South Dakota, Wisconsin, and Wyoming.

Our mission is to inspire leadership and excellence to advance heritage interpretation as a profession.

### Quick Links

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### Submit to Buffalo Bull!

All are welcome to submit to  
Buffalo Bull. Please read our  
[publishing policy](#) prior to  
submission.

### Submission Deadlines:

Winter Issue	December 1
Spring Issue	March 1
Summer Issue	June 1
Fall Issue	September 1

Email:  
[education@winneshiekwild.com](mailto:education@winneshiekwild.com)

## 2020 Heartland Regional Workshop

**Reflect, Engage, Inspire!**  
**April 15-18, 2020**  
**Brandon, Manitoba**  
[Workshop Website](#)

Preparations are well under way for the 2020 Heartland Regional Workshop. Be prepared to celebrate interpretation by reflecting on our past, exploring how we engage with our audiences, and the roles interpreters have in inspiring change.



**The Calls for Presenters and Posters are now open.** The workshop committee is looking for sessions that will address the many types of skills, knowledge, and techniques that interpreters need in their daily work, and posters that will highlight a recent work or research project. More information and submission forms are available on the [workshop website](#). **Deadline for submissions is September 1, 2019.**

**Don't forget to get your passport!**

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## NAI Heartland Region Elections

By Beth Waage, Heartland Region Secretary

Two of our amazing executive board members terms are ending this year. It is time to ask yourself what you have to offer NAI. The answer is the ability to run for the executive board!

This fall, NAI Heartland Region will host elections for the director and treasurer positions. These three-year-term positions involve one in-person meeting at the Regional Workshop and an additional (and fun) 2-3 conference calls per year as well as other duties specific to the job. Job descriptions can be found on the [Heartland Region website](#). You can also contact current officers Director Bob Carter and Treasurer Becky Lambert, both of whom who would be happy to tell you more. Our region is one of the strongest in the nation thanks to the volunteer spirit and dedication of our wonderful members. We can't do it without you!

**Your intent to run for a position, along with a short biography and a photo, are due to elections chair Lydia Austin by August 1st, 2019.**

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## Scheduling for Busy Interpreters

By Kelli Parke, CIG

How do we get it all done? Sometimes it seems insurmountable. But we write "To Do" lists to help us keep track of all the things that need to be accomplished. Do you write a task lists at your work? And then write lists from your lists? Do you keep a long list of things that need to be done and then prioritize your tasks for the current day?

Have you heard of Mark Whalberg? Hear me out!! Mark Whalberg, who is now a famous actor and was also known as Marky Mark, had a Funky

Bunch band (a hip hop group in the 1990's.) Mark Wahlberg has changed his life since then. He keeps a daily task list to accomplish everything he wants to in a day. It seems like he gets a lot done and is still able to act in current movies. But how does he do it all?

He actually keeps a ridiculous schedule that has been well documented on the internet (believe it!) First, he wakes up at 2:30am and for almost every hour of the day he schedules tasks from working out, to praying, eating, and spending time with his family. He does all of this until 7:30pm and then he goes to bed. For example: 2:30am-2:45am wake up, 2:45-3:15 prayer, 3:15-3:40 breakfast, 3:40-5:15 work out etc. (It is worth an internet search.)

You do not have to be like Mark Wahlberg. In fact, don't be like him: 2:30 in the morning, who does that? But have you ever tried to schedule your day, hour by hour, to accomplish your list of things to do? This can help you not only prioritize what you need to get done in a day but help you to try to manage all the things you want to achieve.

This kind of task schedule can help you to understand that your timing might not be accurate for something and you need to readjust it. You may need to skip to your next task and leave the current one to finish at another time. Even if your schedule does not work out precisely, it is a good tool to try every now and then. And you can gain some insight you may not normally see when it is all laid out hour by hour.

This can also be helpful with something that you don't always know the time needed. Emails can absorb a lot of our time. Have you ever created a time allotment just for emails? If you say that you only have two hours for emails and it takes you longer, it will give you perspective on how much time you spend on emails. This may be way more time than you realize which can help with budgeting your time in the future.

One other thing that scheduling can help you make time for is taking care of yourself!! Do you have time scheduled to make time for you? Do you always mean to take a walk or enjoy nature or take a break? A task schedule can help with that. It's important to make a priority of taking time to enjoy that which we hold dear, like nature, silence, a walk, or a break.

If you create a schedule, try to stick to it! If it doesn't work, it can guide you with time management in the future and help you try to achieve all you want to do in a day. Additionally, it can give you a viewpoint with trying to achieve some of the tasks that are hard to make time for.

Try it out! Just think you too can be like Marky Mark. And hopefully it can leave you with "Good Vibrations"!!

#### Typical daily schedule:

```
2:30am wake up
2:45am prayer time
3:15am breakfast
3:40-5:15am workout
5:30am post-workout meal
6:00am shower
7:30am golf
8:00am snack
9:30am cryo chamber recovery
10:30am snack
11:00am family time/
meetings/work calls
1:00pm lunch
2:00pm meetings/work calls
3:00pm pick up kids @ school
3:30pm snack
4:00pm workout #2
5:00pm shower
5:30pm dinner/family time
7:30pm bedtime
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Marky Mark's Daily Schedule

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Kelli Parke is a CIG and Interpretive Naturalist with Four Rivers Environmental Education Center in Channahon, Illinois.

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## Membership Grants for Full-time Students

### By Jenny Sazama, Scholarship Chair

NAI is a great organization full of opportunities for students who want to network, find employment and gain professional skills in the field of interpretation. The Heartland Region wants to encourage students to become members to take advantage of these opportunities and benefits like mini-grants for projects and scholarships to workshops by providing grants on a first-apply basis. Awardees will be selected by the Scholarship Committee through a lottery.

To be eligible for an NAI student membership grant the student must be at full-time status and must submit the following:

- A letter from a university/college faculty or staff verifying that the student is full-time
- A 200-word statement on why he/she wants to be a member of NAI

**Submit these documents along with your contact information to:**

Jenny Sazama  
LCFPD-EE Services  
1899 W. Winchester Road  
Libertyville, IL 60048  
[jsazama@lcpd.org](mailto:jsazama@lcpd.org).

Questions? Contact Jenny at 847-968-3482.

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## Heartland Region Media

Find out more about workshops, scholarships, mini-grants, and the Heartland Region in general!

- **Website:** <http://naiheartlandregion.weebly.com/>
- **Twitter:** <https://twitter.com/NAIHeartland>
- **Facebook:** [www.facebook.com/NAIHeartlandRegion](http://www.facebook.com/NAIHeartlandRegion)

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## *Around the Region:* Workshops, Resources, and Announcements

### NAI CERTIFICATION and CONFERENCE OPPORTUNITIES

#### **Certified Interpretive Guide (CIG) Training Workshops**

The Certified Interpretive Guide program is designed for anyone who delivers interpretive programs to the public. It combines both the theoretical foundations of the profession with practical skills in delivering quality interpretive programming to visitors.

#### **Brookfield Zoo**

August 12-16, 2019  
Brookfield, Illinois

[Visit the workshop website for more information.](#)

#### **The Morton Arboretum**

August 19-22, 2019

Lisle, Illinois

[Visit the workshop website for more information.](#)

### **Montana Natural History Center**

October 1-December 10, 2019

Missoula, Montana

[Visit the workshop website for more information.](#)

### **Lincoln Park Zoo**

October 21-25, 2019

Chicago, Illinois

[Visit the workshop website for more information.](#)

### **Touch of Nature Environmental Center**

November 1-4, 2019

Makanda, Illinois

[Visit the workshop website for more information.](#)

### **NAI Webinars**

Don't forget about NAI's webinars! [Check them out here!](#)

### **NAI Credits**

Members can now earn credit toward conference registration fees, membership renewals, and re-certification fees in one of two ways: referring a new NAI member or serving as a peer reviewer for certain documents. If you have ever done either of those in the past, you may have credits available. A new section on your "My Account" page on the NAI website lists credits available on your account -- Please note that they do expire.

## **EXTERNAL WORKSHOPS, CONFERENCES, and PROFESSIONAL DEVELOPMENT**

### **Midwest Environmental Education Conference (MEEC)**

October 3-5, 2019

Science Museum of Minnesota - St. Paul, Minnesota

<http://meeconference.org/>

## **ANNOUNCEMENTS**

The **Urbana Park District's Anita Purves Nature Center** will be celebrating its 40th anniversary in 2019. **40 and Flying--Connecting You with Nature** celebrates with the return of 40 programs and events from the past 40 years. Watch for details at

<https://www.urbanaparks.org/>.

## **RESOURCES**

Find out about happenings in Environmental Education and jobs in Minnesota at the [SEEK \(Sharing Environmental Education Knowledge\)](#) website. Browse all [Minnesota Department of Natural Resource events here.](#)

**Looking for a job or internship?** Don't forget to check out these great resources from NAI and the Heartland Region!

[NAI's Career Center](#) (National Office)

[NAI Heartland Region Job Board](#)

[SEEK](#) (Minnesota)

[MyCountyParks](#) (Iowa; seasonal and full-time)

## **Call for Articles: InterpNEWS**

If you are interested in submitted articles and/or research to this free,

international heritage interpretation e-magazine, please contact John Veverka (CIT, CIP, NAI Fellow) at [jvainterp@aol.com](mailto:jvainterp@aol.com). [Click here for more information on InterpNEWS.](#)

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## Contact NAI Heartland Region Leadership

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