Welcome back to RYH news!

We're pleased to share with you another RYH newsletter thanks to our most recent funders - REAP CEP and the UNI EPSCoR project. We'll offer some tried & true ways to help you engage your audiences in Reclaim Your Holidays, plus new ideas to encourage people to plan more meaningful, fun holidays that are easier on the environment. You may even see us at community events or farmers markets! As always, we welcome your ideas! Send them to carole.yates@uni.edu.

Why I Use Reclaim Your Holidays resources

Karen Phelps, naturalist, Benton County Conservation, says:

"We partnered with ISU Extension last holiday season and used several RYH resources in a Family Evening at the local roller skating rink, including reading The Gift of Nothing book to participants. I have used other RYH resources for several years and find them to be excellent tools for helping my audiences think about what's important at the holidays and how they can consume more environmentally friendly products."

Dinner table talk idea for families
One of our most-used RYH resources offers a chance to think of past holidays and make plans for this year—a key ingredient to successful change. The Five Minute Assessment Tool gives families great discussion topics for the dinner table and also works for a congregation study group/class, library parent group during kids’ story hour, and other groups. Consider offering a few handouts at your library check-out desk or nature center gift shop.

**Introduce Mooch & Earl to family, friends**

Meet Mooch, the cat looking for the perfect gift for his dog friend, Earl, in The Gift of Nothing. This heart-felt book will bring smiles & laughs for all ages. Try it as a read-aloud after the Thanksgiving meal, another family meal in late November or in early December. What is one way you could be more like Mooch?

**Try the REI Challenge on Nov. 27!**

REI, the U.S. outdoor gear and sports retailer, plans to pay its entire staff of 12,000 to get outdoors on Black Friday - Nov. 27 - typically the biggest shopping day of the year. Plus, REI is suggesting that customers also opt for the outdoors that day rather than being in stores. Take a hike or a snowshoe walk.

**Resources for healthy, holiday communication**

Spoiling Grandkids - A Guide for Parents will help your audiences learn ways to set limits, preserve relationships, and find meaningful gifts to give. Now is the time when you may get questions from your audiences about these topics. This RYH resource gives specific ideas to share or to try personally. Let us know how they work!

We wish our RYH trainers and other readers a meaningful season with fun, environmentally friendly celebrations,