



Lullaby Currents

News and Current Events from *Lullaby of the Rivers*

Vol. 1 No. 1
January 2023

WALK WITH LULLABY OF THE RIVERS

DATE: Saturday, January 21

TIME: 9:00am - 1:00pm

LOCATION: Vilano Beach Fishing Pier Pavilion

LENGTH: approximately 3 miles round-trip

The mission of the Lullaby of the Rivers Festival is to awaken and nurture connections to nature in gatherings of all ages, by using music and stories that inspire environmental awareness and consciousness.

The Lullaby Walk is an opportunity to explore the backstreets of Vilano Beach, learn about the history and ecology of this historic town, and connect with nature. Register at the pavilion at Vilano Beach Fishing Pier where you'll receive detailed maps and other handouts. The cost is \$10; children and pets are free. There will be water to fill reusable bottles at the registration table and also at North Shores Park. We'll have bottles to give away if you need one.

You are free to walk on your own, or with friends and family and pets, or you can join one of our guided walks. Some of our guides are historians who can tell you about landmarks in this historic town. Other guides will teach you about plants and wildlife. Live music and storytelling by some of St. Augustine's favorite performers will entertain you along the way.

Connecting with nature is one of the greatest benefits of walking outdoors. When you walk outdoors you're breathing fresh air, absorbing Vitamin D from the sun, and engaging your senses with new sights, new sounds, and new smells. And walking is good exercise! According to a special health report from Harvard Health, "Start walking, and you'll be helping to make your community stronger, too. Social scientists have found that as more people take to the streets, neighborhood crime rates fall and the local economy improves. It's also a wonderful way to meet new people and connect with neighbors."

Register on Saturday at the pavilion, or pre-register using QR Code or link:
<https://form.jotform.com/230114896656058>



BE A LULLABUDDY!

Lullaby Buddies are members of the Lullaby team that makes it all happen. We invite you to be part of that team and help make the Lullaby of the Rivers Festival the best ever. Be an Instant Buddy by making a one-time contribution right now, or a Running Buddy that makes monthly contributions. <https://form.jotform.com/222906582535157>

What do Lullaby Buddies do?

- ☆ Tell stories
- ☆ Sing together
- ☆ Play outdoors
- ☆ Get their feet wet
- ☆ Get their hands dirty
- ☆ Hug trees
- ☆ Smile a lot



NEW WEBSITE!

We're excited about launching a new website <https://www.lullabyoftherivers.com/>
Many thanks to Shaun Aunchman and the Visit St. Augustine team!

THE LULLABY OF THE RIVERS FESTIVAL

DATES: April 21, 22 and 23, 2023

LOCATION: North Shores Park, Vilano Beach

120 Meadow Avenue, St. Augustine, FL 32084



SAVE THE DATE!

The third annual Lullaby of the Rivers Festival will take place on Earth Day weekend in Vilano Beach at North Shores Community Park. This year a second stage in the Community Center offers entertainment by Storytellers and an Open Mic. On Sunday, a new Earth Day Tasting Tent offers locally grown, organic, or sustainably raised products.

Exhibitors and vendors can apply at our website or with this form:

<https://form.jotform.com/222905612776157>

The festival relies on volunteers, and we are grateful to have the best of the best! If you would like to be a Lullaby volunteer, you can apply at our website or use this form:

<https://form.jotform.com/222492822874160>

FOOD FOR THOUGHT

"What It Would Take to See the World Completely Differently" by [Anelise Chen](#)

In 1962, Carson's book *Silent Spring* laid out the harms that human pesticide use was wreaking on the natural world. But as Anelise Chen wrote in *The Atlantic*, Carson's body of work was equally focused on inspiring awe at nature's beauty. People need to feel invested in protecting what they love about the planet, not just sad about its destruction.

<https://www.theatlantic.com/books/archive/2022/05/rachel-carson-book-sea-trilogy-wonder/629842/>

LULLABY LYRICS by Bob Patterson

We all need to experience wilderness, not just visually, but physically and emotionally. Neuroscientists claim that we'll never know the feeling of freedom without knowing wilderness. The medical community has identified physical anomalies associated with living life without experiencing nature. It's now a medical diagnosis called Nature Deficit Disorder.

It's a wonderful experience to be a part of a team, LullaBuddies, who want to create and spread the feeling of wilderness by creating outdoor events and using tools like music and storytelling to enhance the experience. Yes, it is about wellness, not just personal wellness, but wellness for our families, community, and the planet.