



News from the North Woods

Fall 2009

Volume 35, Issue 3

A proud leader in environmental education and renewable energy

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Upcoming Events

Open House and Trail Run
September 26, 2009

Dinner at the Lake
September 26, 2009

Women's Wellness
& Adventure Weekend
October 2-4, 2009

Dinner at the Lake
October 17, 2009

Winter Family Escape
December 27-30, 2009

Wolves & Other Large Predators:
A Northwoods Experience
January 4-24, 2010

Candlelight Ski,
Snowshoe & Skate
February 20, 2010

A Sure Thing in a World of Uncertainty

by Katie Kleese

Over the last year, we've experienced great uncertainty. More often than not, economic forecasts turn out grossly wrong, price values of houses, cars, crops – you name it – are on a roller coaster, weather patterns are changing drastically, and now Tom DeLay is on *Dancing with the Stars* and Brett Farve has signed with the Vikings. Who could have predicted that?

In a world full of these unforeseeable events, one thing that must remain steadfast is our connection and commitment to nature. Aldo Leopold writes in his forward to *A Sand County Almanac* that "There are some who can live without wild things, and some who cannot. These essays are the delights and dilemmas of one who cannot." Anyone can subsist, can maintain without nature as a part of their lives, but there are few whose lives are not enriched by the "delights and dilemmas" brought on through experiences with the wild.

I want to reassure you all that ACNW is doing well despite these difficult economic times. We continue to prepare as best we can for all of these uncertainties by creating plans for many scenarios and relying on our supporters (that would be you!) so we can sustain ourselves through any obstacles we meet.

In August I led a group of teens into the Boundary Waters Canoe Area. When we started the trip I was in a somewhat agitated state. I was concerned that everything must go right. Did we pack too much food? Enough? What would the weather be like? Would the kids complain about portaging? Did I roll up the car window? Was there an auto reply on my email? Had I done the dishes before I left?



It wasn't until the third morning that I really took in my surroundings. I woke up early and stepped out of the tent feeling the wet topsoil under my toes. One of the campers was perched on the rocks that overlooked the bay and I quietly sat down on the cold granite. The sun was rising to the east, but I noticed this camper was looking north. I followed his gaze to see a flock of 10-20 grackles along the

shore. These medium-sized black birds were walking on the sand and rocks, picking insects out of the water and making a lot of noise as they foraged. We sat for quite some time watching the gregarious birds. I took a deep breath, smelling the pine and fir of the north woods, and relaxed. I felt satisfied, content, peaceful. At that moment I realized I had been weighed down with the little stuff, getting so caught up in the details of life and work that I hadn't let myself really see and smell and feel the wilderness in far too long.

Adopt-A-Raptor

Help support the care of any of our resident education raptors through our "Adopt a Raptor" program.

Your donation goes towards housing, medical care, food and enrichment items, to help encourage natural behavior in the birds.

As part of the adoption process, you will receive a 5x7 framed photo of the bird, an "Adoption Certificate", a personal history of "your" bird, recognition in our newsletter, and a tour of the ACNW wildlife facility.

For more information, please contact Jeff Tyson, our Wildlife Coordinator or visit our website.

Participation in our Adopt-A-Raptor program is now available online (click the "DonateNow" button on our website).

Did you know...

- Terms for a group of ravens are: "unkindness," "storytelling," "bazaar," "constable," "conspiracy," and "rant." (A conspiracy of ravens.)
- The raven is nicknamed "wolf-bird" because it associates large predators with food.
- The name for a group of crows is a "murder." (A murder of crows.)
- It is common for crows to mob raptors. As an example, when American Crows are sleeping at night, Great Horned Owls prey upon them. During the day, the crows form large flocks and, kept safe by their numbers, mob the sleeping owl out of crow territory.

An Unkindness of Ravens

by Renee Therriault

The Inuit say that the Raven made the earth and the waters with the beats of his wings while the English believe that if the ravens residing at the Tower of London are lost or fly away, then the crown will fall. Ravens, and the other species belonging to the genus *Corvus*, thread themselves through the folklore of numerous cultures.

These birds are not only among the most striking, some with their iridescent black and others with their crisp blues and whites, but they comprise some of the most intelligence species among birds.

The Corvidae family is composed of 120 species worldwide including ravens, crows, jays, magpies, rooks, jackdaws, choughs, treepies, and nutcrackers. Twenty-one species are found in North-America. Corvids are omnivorous, typically feeding on carrion, fruits, seeds, and insects.

The Audubon Center is home to a Common Raven named Potter. You may notice that his mew (enclosure) in our new corvid display includes more of a natural landscape than the other birds. Because of their intelligence, ravens and crows require more area to explore and things to interact with. The Audubon Center is currently looking for an American Crow that can no longer survive in the wild to live next door to Potter.

Ravens and Crows are often underappreciated and misunderstood birds. We invite you to come out to the Audubon Center and visit the educational corvids. Learn the difference between a crow and a raven, watch them explore, play, and interact with you and the wild ravens and crows.



Corvid species from around the world exhibit amazing signs of intelligence:

- The common raven can pull fishing line out of ice fishing holes to retrieve fish on the hook.
- In Japan, a subspecies of Jungle Crows adapt well to city life, building nests out of wire hangers and placing nuts in front of cars and retrieve them after the nuts have been driven over and cracked. View a video of this behavior on YouTube.com (www.youtube.com/watch?v=Ny661wLDSn8).
- New Caledonian Crows exhibit ingenuity in their ability to retrieve food. Captives of these species have been recorded using wire to hook a small bucket at the end of a foot-long tube in order to secure food. View a video of this behavior on YouTube.com (www.youtube.com/watch?v=03ykewnc0OE).



Stop by and visit our new Corvid Display, complete with water feature and vegetation

Our new Corvid Display was possible due to grants from the Donald Weesner Foundation and the Minnesota River Valley Audubon Chapter; the water feature was installed by WoodSpirit Water Gardens, Backus, MN

Just Married...

Bryan Wood and Katharina Mueller were married Friday, August 7, 2009 at Woodenfrog Point on Lake Kabetogama in Voyageurs National Park. The couple first met at the Audubon Center of the North Woods on January 1, 2007 when Kat arrived for her internship and Bryan arrived as a teaching assistant for the Wolf and Lynx JTerm course.



In January 2008, Kat left for West Virginia University to obtain a Masters Degree in Forest Ecology and in May 2009 moved back to Sandstone. In that time, Bryan became Co-Executive Director for the Audubon Center of the North Woods and is also completing a Masters Degree in Environmental Education from Hamline University. Both expect to graduate this December.

Their wedding was the culmination of a week-long celebration of Kat and Bryan's families coming together from Germany, Minnesota, Iowa, Washington, Idaho, and Texas to stay at Island View and Thunderbird Lodges on Rainy Lake. Many outings for sightseeing, berry picking and fishing were made during the week, with the biggest fish being caught by Kat's mother on her first fishing trip ever - a 25" walleye! Friends from all over the state and country arrived at the end of the week for the wedding on the point and reception at Thunderbird Lodge.

The ceremony under the pines and on the shore of Woodenfrog Point witnessed music played by family members and friends, readings from family, and a good friend of the bride and groom as minister. To cap off a beautiful ceremony, the bride and groom loaded into their new canoe, pushed off from shore and paddled away, excited for their new journey together. Kat and Bryan wish to thank all the family members and friends who came from all over to celebrate the week, ceremony and reception with them and make it such a wonderful experience.

Congratulations Kat & Bryan!!

January Interim 2010

Wolves and other large predators:

A Northwoods Experience

January 4-22, 2010

The grey wolf has long excited the human imagination. Minnesota, with approximately 3020 wolves, is home to the largest and only continuous population of wolves in the lower 48 states. It is a center for wolf research. Countries around the world as well as other states look to Minnesota as an example of how wolves and humans can co-exist in relative harmony.



We will work on two wolf projects during the course: one to determine pack numbers, territories, and behavior through tracking surveys near Ely, MN. The second, to determine wolf pack size, territory, and the impacts of prey species on the historic Jonvick Deer Yard along the North Shore of Lake Superior (Lutsen, MN). This is also the 5th year we will be collecting data on Canada lynx in the area in cooperation with the Superior National Forest.

The preparation for surveys will include training sessions on:

- * Wolf ecology and observation
- * Lynx ecology and observation of captive lynx
- * Deer ecology
- * Coyote and Fox ecology
- * Bobcat and Cougar ecology
- * Tracking
- * Research techniques
- * Aerial radio telemetry
- * Habitat analysis
- * Winter ecology
- * Winter first aid and safety
- * Cross-country skiing
- * Snowshoeing

This course includes a visit to the Wildlife Science Center - One of the country's oldest wolf facilities dedicated to the training, research, education, and conservation surrounding this keystone predator. Also included are visits to the North American Bear Center, the International Wolf Center, and the Wildcat Sanctuary.

Course Fee: \$1599. Tuition for credit is arranged through your own institution. (This course is intensive so you should arrange for 3-4 credits.) All room and travel costs and most meals are covered once you arrive to the Audubon Center.

Summer Camp Reflections...

The following articles were submitted by two of our North Woods Wilderness Adventure camp participants and describe some of the adventures they experienced on the BWCA trip in August



North Woods Wilderness Adventures 2009 summer camp memories



by Martha Sudermann, 17 years old, Northfield, MN

I was grateful for the opportunity to go canoeing in the BWCA through the Audubon Center. The seemingly endless stretches of trees, sky, and water provided a respite from the everyday stresses of the college search and summer activities that quickly fill our schedules.

I will fondly remember sitting on rocks and logs around campfire and gazing at the lakes and trees as the sun was setting. It was a comforting scene, despite the hungry insects who took it upon themselves to make us their meal. At all parts of the day, we enjoyed playing mind and riddle games. If we were feeling sore or tired after a long portage or canoe ride, these mind games offered entertainment. They involved asking "yes" and "no" questions to solve little mysteries about anything from albatross birds to enclosed boxes with no way of escape.

The sharing of meals, canoeing together, and living in close proximity in the campsites helped form a community. It was helpful to know that other people were looking out for you, and that they would help you. Teamwork helped us successfully raise a bear bag after several failed attempts, efficiently set up camp, and allowed us to reach our destination and go back to the parking lot near Mudro Lake, even earlier than anticipated. From seeing Native American pictographs to gazing down at rapids from a rocky ledge to viewing wildlife including loons and bald eagles, nature offers respite and a time to think without distraction about our uncertain futures and who we are as individuals. This trip was an educational experience, offered time to be with friends, and time just to rest and gaze in wonderment at our precious natural areas.

by Rachel Minske, 17 years old, Northfield, MN



I'll admit it; summer had gotten the best of me. Sleeping in way past necessary, lollygagging from pointless task to pointless task, and eating as many fudge popsicles as my heart desired had really put me out of shape. So when the trip to the Boundary Waters snuck up on me, I was quite nervous about how I would be able to physically handle it. My biggest concern: portaging

The allure of canoe country was not unfamiliar to me, I had experienced it all before, and it was even more breath taking the second time. Swerving through the weeded canals and paddling through the open water can really put a person's mind at ease. I was enjoying myself so much, that when the first portage arrived I was too caught up in my own thoughts to really realize what was going on until a massive pack was thrust upon my back. In a total of ten seconds my lungs had gone from healthy seventeen-year-old lungs to eighty-year-old smoker lungs. I couldn't breathe, and I fell backwards because I lacked any upper body strength. I was eventually hoisted up and I did make it to the end of the portage; and afterwards I had never felt so challenged and successful.

Later on in the trip, my endurance was tested a second time, this time I had a canoe. I sang songs with the canoe on my shoulders, I imagined David Beckham at the end of the portage, I distracted myself with mindless things until I reached the end. When I did reach the end, I had never felt better. The boundary waters tests everyone in a different way, it is nature in its purest form. It took little energy to see the grace of the wild but so much energy to get to it.



Consider the Audubon Center when planning your holiday party or banquet

Give us a call at 320-245-2628 to reserve our beautiful lakeside dining hall with gorgeous stone fireplace for your next big event! With seating up to 200 and fantastic meals customized to your menu, it is sure to be a very enjoyable event that your guests will long remember!



Our wonderful chef, Tom Stelter, has an extensive background in the restaurant business, most recently at the Grand Casino in Hinckley. He will work with you to select a customized banquet menu, prepared fresh to satisfy every palate. Meals include a variety of exceptional cuisine with a focus on locally grown or organic items.

Our Syrup in High Places

This spring we had our highest yield of maple syrup ever – collecting a record breaking 148 gallons, and now that syrup is famous!

After his long-awaited swearing in, Al Franken hosted a breakfast in Washington D.C. for select VIPs and guests from Minnesota. On the menu was a porridge that uses maple syrup. Franken's State Director, Alana Peterson, heard that the new senator wanted local Minnesota syrup and thought of the Audubon Center. She and her husband Thom stopped by the Audubon Center, bought six large bottles and overnighted them to Franken in D.C.

We haven't heard yet how Franken liked the syrup, but if you see him you should ask! And come pick up a bottle of your own to pour over a steaming stack of pancakes. Yum!

Volunteer Spotlight

The Center has gone through a beautiful transformation this summer with the help of two very special people who have come out of retirement to volunteer one day each week. Thanks to the green thumb of Michy Wells, our little garden plot has come alive with lush green plants of towering pole beans, tomatoes, lettuce, peppers, celery, herbs and more. Chip Wells, Michy's husband, has been grooming the grounds leaving a trail of aesthetically pleasing places for all who venture to the Center to enjoy. We're extremely grateful for the dedication and commitment they have made.

Both Michy and Chip retired from jobs with the City of Minneapolis and in 2006 they sold their home in South Minneapolis to call Moose Lake their home. They had owned a cabin on Island Lake since 1987 and built a home at this location. They have two grown children and three grandchildren.

Our volunteer program has transformed this year with the help of our board members, new directors and staff. **If you are interested in volunteering some time please contact us.** We are interested to hear about your areas of expertise and we have a growing list of specific jobs we could use your help. We do not have a minimum hour requirement. Any amount of time would be a great asset.



Michy and Chip Wells, center garden volunteers

ACNW Wish List

*We are in need of the items below
Remember, your 'in-kind' donations are tax-deductible.*

- twin size mattresses in excellent condition
- excellent condition couches, loveseats, recliners, living room furniture
- electric stove
- refridgerator
- microwave
- binoculars
- HDD camcorder
- LCD computer monitors (thin, flat energy-efficient kind)
- later model television
- tree corer
- cross country skis for very small children
- backpacking expedition packs
- sleeping bags in excellent condition
- 3/4 ton diesel engine pick-up truck for plowing snow
- reliable, fuel-efficient used car for intern use
- utility trailer
- scaffolding
- pressure sprayer
- small portable generator
- industrial-size washer & dryer
- roto tiller
- large glazed planting pots
- pontoon boat
- bobcat/skidster
- electric golf cart (we plan to put solar panel on the roof)

Wildlife Barn Wish List

The following items would assist us in the care of our educational animals or enhance the visit of those who come to learn about Minnesota's wildlife. Rope comes on 100' or 600' spools, donations should be in whole spools. Raptor food is special ordered; the cash donation will go towards food purchases.

- Pressure washer
- Autoclave
- 220 V Electric Oven
- Clothes Drying Rack
- ¾" Manila Rope
- ½" Manila Rope
- ¼" Manila Rope
- Raptor Food For a Month \$150
- Bird/Wildlife Art Work

Join us and experience the Audubon Center of the North Woods

2009 Open House & Renewable Trail Run Saturday, September 26, 2009

Join us for a free, fun day filled with activities and programs for all ages!

Tour our grounds and facilities, find out about our renewable energy systems, learn how the Audubon Center got its start, visit our educational raptors, and more. A variety of exhibits and demonstrations will be available throughout the day to provide you with a wealth of information on sustainable living. For the young and young at heart, there will be adventure opportunities like our climbing wall and zip line, as well as our nature scavenger hunt, face painting and other fun learning activities such as making recycled art. Lunch will be available for purchase.

Also featuring our

2nd Annual Renewable 5k or 10k Trail Run or Walk

9:00 A.M Race Time, 10:30 A.M. Awards Ceremony

Call us to register or download form on our website

*Registered racers receive long sleeve T-shirt (first 100 registered racers),
goodie bag, post-race refreshments*

RACE VOLUNTEERS NEEDED – Volunteers receive free lunch

*All proceeds go towards the development and improvement of energy
education curriculum at the Audubon Center of the North Woods*

Back this Year – Art & Craft Fair

A number of skilled artisans and craftspeople will be on hand throughout the day to demonstrate their skills as well as sell their products.



Tentative schedule of events (subject to change)

- All day long Face painting
 Nature scavenger hunt
- 9-11:30 am
 Exhibits and demonstrations
- 9:30-noon Recycled art
- 9:30-noon Wildlife classroom open
- 9:30-noon Climbing wall
- 10-11:30 Walking tours
- Noon-1PM
Optional Chili Feed lunch (\$7 adults,
\$5 kids) 
- 1:30-3:30
 Exhibits and demonstrations
- 2-3:30 Walking tours
- 2-4:00 Wildlife classroom open
- 2-4:00 Zipline &
 high ropes course
- 2-4:00 Recycled art
- 9am-4pm Art & Craft Fair**
- 6 pm Dinner-at-the-Lake**
(Bryan & Doug Wood concert)
reservations required

54165 Audubon Drive, Sandstone, MN 55072 888-404-7743 www.audubon-center.org

Dinners at the Lake

Schedule for 2009-2010 season:

- ◆ **Saturday, September 26, 2009** *(after our Open House)-*
Our own Bryan Wood and his dad, Doug Wood in concert
- ◆ **Saturday, October 17, 2009** - tba
- ◆ **Thursday, December 31, 2009**
Larry Weber - Nature Writer
- ◆ **Saturday, January 23, 2010**
Jim Gilbert - Nature Photographer
- ◆ **Saturday, February 13, 2010** - tba
- ◆ **Saturday, March 20, 2010** - tba
- ◆ **Saturday, April 17, 2009**
Bruce, the Bug Guy
- ◆ **Sunday, May 9, 2010** -
Mother's Day Brunch - *Bill and Kate Isles - singers*



**Reservations are required for
all Dinners at the Lake
& Mother's Day Brunch.**

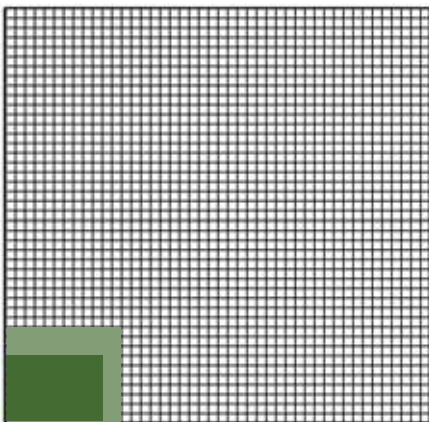
**888-404-7743 or
audubon1@audubon-center.org**

\$20/adult (12 and over) \$10 children under 12

Square by Square campaign update

Although at a snail's pace, there has been some progress on our campaign to generate support for reflooring our large dining hall with modular environmentally-responsible carpeting. With a little help from our friends, we hope to make it a reality in 2010!

Next time you are here at the Audubon Center, consider making a small contribution to our 'Dining Room Floor' campaign by dropping your loose pocket change in the Square-by-Square donation box on the fireplace mantel. Or you might consider buying just a single 'square' (\$6) or an



entire carton (\$120). If every person who enjoyed a meal in the beautiful lakeside setting of our dining hall made a small contribution, this goal can quickly become a reality.

You may also contribute to this campaign online by clicking the 'Donate' button at the top of our website. All donations are tax-deductible.

Square-by-Square campaign progress

Help us make our new dining hall flooring a reality in 2010!

Renewable Trail Run/Walk

Part of our Open House day on September 26

Register now for our 2nd Annual Renewable Trail Run/Walk! You may opt for the 5K run/walk over our trails or the 10K which is partially on our trails and then around Grindstone Lake. See more info on page 6 or visit our website for more info and online registration. Race starts at 9 a.m. Registered runners/walkers receive a long-sleeve T-shirt (first 100 registered participants), goodie bag and post-race refreshments.

We still need volunteers to help with the trail run/walk, so please give us a call at 888-404-7743 if you'd like to give us a hand for this special day.

What's on the Web:

www.huffingtonpost.com

"Those of us who identify as environmentalists today must make room in this movement for the environmentalists of tomorrow. If we don't meet people where they are -- if we can't "sell" environmentalism to poor and minority communities -- then the individuals and groups opposing action on climate change, clean energy and other critical issues will. To confront the urgent environmental challenges of the 21st century, we need to make sure that every community sees their stake in this movement."

Lisa P. Jackson, Director of The EPA
Posted: August 28, 2009

RELC News



We take great pride in the quality of the classes we offer here at the Audubon Center of the North Woods and are very pleased to have been chosen the

Official Best Environmental Education in Minnesota for 2009.

Great New Class Offered This Fall

Lake Layers & Fish Function

In this new class, students explore the origins of Minnesota's lakes; get their hands wet measuring water quality data, and make their own recycled fishing pop can fishing rod to go fishing on Grindstone Lake. (Offered Fall, Spring and Summer; through 10th grade only)

December Discounts

As we get close to the holiday season, everyone gets busy, including school staff and students. So December tends to have great RELC space availability. Early December is a really great time for schools to visit so we are offering any school who does not currently have a reservation a **40% discount off the normal cost of attendance during the first 3 weeks of December.**

Winter Family Escape December 27-30, 2009

All-Inclusive

Snow & No-Snow Itineraries

Make memories that last a lifetime

Celebrate the holiday break with your family in the north woods at this 3-night / 4-day all-inclusive retreat!

Space is limited, so don't delay

- ◆ Sleigh Rides
- ◆ Winter Survival
- ◆ Owl program
- ◆ Climbing Wall
- ◆ Candlelit ski/snowshoe
- ◆ Dogsledding
- ◆ High Ropes
- ◆ Astronomy at the Yurt
- ◆ Animal Signs
- ◆ Art activities
- ◆ Snow Sculpture
- ◆ ...and much more



Meet Our Educational Interns and Staff



Shayna Sellars - Intern & Curriculum Coordinator

I am the new Intern and Curriculum Coordinator here at the Audubon Center. I just graduated from the University of Minnesota Duluth with my Master's of Education in Environmental Education and am excited to stop writing and go to work.

I am originally from North Carolina and cannot believe that I have lived here for four years and that despite the cold winter have decided I like calling Minnesota home. After having gone through the intern program at Wolf Ridge Environmental Learning Center, I am excited and honored to be a part of the intern program here at the Audubon Center.



Amy Blake - intern

I grew up in Richfield, MN and graduated from the University of Minnesota with a bachelor's in business and minors in environment and natural resources and environmental management. I spent time working as a Wilderness Trip Leader at Camp Birchwood, completing field biology courses in Itasca State Park, volunteering at the Minnesota Wildlife Rehabilitation Center and working as an environmental education intern at Shaver's Creek Environmental Center in PA. I

am excited for the growth opportunities and skill-sets that the internship will provide me with. In my spare time I enjoy spending time outdoors in all weather conditions partaking in adventures like hiking loop trails in search of wildlife and road-biking across the Twin Cities.



Mark Pooley - Adventure Assistant

The formative years of my childhood were spent on a farm in Iowa. Summers were spent bucking hay bales. Winters involved wearing multiple layers in the house, and waking to frozen water on my nightstand regularly. Strangely these "Character Building" years didn't drive me to the equatorial regions.

I received my undergrad degree in Biology and Minored in chemistry. During undergrad I spent a semester in Chilean Patagonia with NOLS. I've spent the past four summers guiding in the BWCA, Georgian Bay, and white water guiding on the Yellowstone. When not playing outside I enjoy reading, attempting to play slide guitar or any instrument available, cooking, tea, and brand new socks.



Emily Lorenzen - intern

I was born in Moorhead, MN. My Dad is an Assistant Manager in the MN State Park system, so I grew up living in the parks he worked at. I graduated from South Dakota State University, Brookings, SD with a BS degree in Wildlife and Fisheries Sciences. I attempted to get my Biology Secondary Education teaching certificate

but realized during the second semester that I would not be teaching enough about the outdoors, which is my passion. In my free time I love to travel, read, hunt, and watch movies. I participated in a week long study in Bolivia, South America. I am very excited to join the crew at the Audubon Center.



Jess Harguth - Teaching Assistant

I graduated this past May from Northland College with a degree in Outdoor Education and a minor in Environmental Education. I grew up in the Southeast part of Minnesota and I love being outdoors hiking, camping, skiing, biking, canoeing, and exploring. On a rainy day you may find me puddle jumping or curled up in a nice, warm spot reading!

I got to know the Audubon Center as a Fall Semester student in 2007 and am thrilled to be back. I am super excited to work with the college programs this year!



Jennifer Drayna - intern

Originally from Wausau, Wisconsin, I majored in Aquatic Biology at the University of Wisconsin - Whitewater. As part of the program I studied abroad in Australia for 10 months. Following graduation, I interned in the Education Department at the International Crane Foundation where I lead tours of the headquarters. I recently completed an internship at Pickering Creek Audubon Center teaching various programs about the Chesapeake Bay.

In my spare time, I enjoy SCUBA diving, kayaking and reading. I also enjoy traveling and have a list of places I want to visit around the world. One of my favorite things to do is take day trips exploring the area where I live.

Naturalist Internship Opportunities
Interns at the Audubon Center of the North Woods have a chance to gain professional experience with the option of earning an Environmental Education Certificate offered in conjunction with Hamline University in St. Paul.



Manuela Dal Forno - intern

I'm from Southern Brazil. I graduated from the University of Santa Cruz do Sul (at my native city that is in Rio Grande do Sul State) in Biology and recently I got my Master's Degree in Botany at University of Paraná (another State from South of Brazil). I have worked with some different things during my graduation...but lichens are the great passion of my life! In my spare time I enjoy reading, watching movies and series, and learning German. I would like also to experience new things, so, in our days off we can travel around,

explore the area, hiking... My family, friends and co-workers always say that I am a friendly, flexible and organized person, and I hope you all think this too!

Alumni News

Congratulations to former intern Mollie Lewis (2001) on the birth of her new baby! Andrew Nolan Drew was born Saturday, August 1 at 8:28 pm weighing 8 lbs. 6 oz. and he was 21 inches long. Mom and family are doing well.

If you are an alumni and have some news to share about your life, please send an email to us at fenner@audubon-center.org – we'd love to share the info with our readers.

Women's Wellness & Adventure Weekend

October 2-4

A complete, holistic adventure weekend!

All-inclusive

- Comfortable lodging at our beautiful lakeside 535-acre location
- Awesome healthy meals, terrific guest speakers, fun evenings
- Indulge in some personal pampering (massage is included) and enjoy a variety of physical, mental and spiritual activities & classes

Join us at our Fall Women's Wellness & Adventure Weekend – three days of renewal and relaxation, where the beauty of nature is a balm for the soul and the setting for a complete, holistic adventure. This special event will let you greet the changing seasons with restored creativity, confidence and energy.

Our Crosby Lodge offers comfortable, quiet rooms with private bathroom facilities. Our Chef will provide wholesome, creative meals. A mix of professionals in the fields of health, exercise, crafts and nutrition will provide a variety of physical, mental, and spiritual activities.

Choose from a variety of classes and speakers, some of which include massage, reiki, canoeing, guided hikes, felting, beading, meditation, climbing wall, yoga, etc. You can also use the time to relax and reflect on all that is good in your life. A 10 minute seated massage/reiki is included in the weekend - additional massage/reiki minutes are available for an additional cost. Interesting keynote speakers in the evenings provide much food for thought and inspiration for our daily lives.

Bring a friend or come on your own. Celebrate the changing seasons with a renewed feeling of energy and creativity. Cost for the Weekend: 2 people per room /\$265 each; 3 or more in a room/\$245 each. To learn more about the weekend or to get a brochure with registration form, call us at 888/404-7743 or visit our website, www.audubon-center.org/womens_wellness.htm.

A gift certificate for this wonderful weekend retreat makes a great surprise for that special woman in your life!

—“A Sure Thing” continued from page 1—

A change came over me then. I knew that no matter how hard the next portage was (we were knee deep in mud and clay on one), how much the kids might complain (they didn't – they were a wonderful group) and no matter what unpredictable obstacle came up, we would find a way to get past it. We had planned as well as one can for a wilderness trip. Whatever dilemma we faced during the day would make a good story for later. What mattered at that moment was the delight of watching grackles gathering their breakfast.

Before going on this trip, I had wrapped myself far too tight in the details. The little things had kept me staring at the computer for hours, distracting me from life outside my window. If I can do that in the job that I have, one where nature is the central theme and purpose for what I do, then I worry about how much we all could be missing.

You don't have to go far to find these wild things that Leopold refers to in his writings. Look for birds in your backyard, count the flowers in a city park, or come up and sit on the dock at the Audubon Center and watch for loons and osprey over Grindstone Lake. Nature is everywhere, the trick is not finding it, but taking the time to see it, experience it, and connect with it.

I would love to see all of you join us in celebrating our commitment to the environment at our open house on Saturday, September 26th. Bring your family and friends or come on your own and spend the day meeting our captive raptors, learning about renewable energy, making apple cider, flying down the zip line on our high ropes course, and meeting people who share your passion. While you're here, make sure to take some time away from the festivities to walk a trail or go sit by the lake and take in the beauty of autumn in the north woods. See you there!

Thank You!

Donations, Memberships & Memorials

We would like to acknowledge and thank all those individuals and companies who have contributed to the Audubon Center of the North Woods. Through your support, we are able to provide the best environmental education opportunities for people of all ages.

Owls

- Halverson, Sheri
- O'Kelley, Joanne
- Ramey, Rick & Barb
- Shipman, Melonie
- Simkins, Jim
- Steensen, Lydia
- Wood, Bryan

Cranes

- Ameriprise Financial/
Norman Arthur match
- Belford, Bill & Fran
- Hammerschmidt, Dale & Mary
- Lagaard, Scott & Mary

Otters

- 3M Foundation/
Donald Janes match
- Andrus III, John
- Berg, Harold & Teresa
- Goyette, Anna
- Rath, Raymond & Celia
- Webster, Seth & Wendy
- Wells, Franklin & Michelene

Loons

- Fletcher, Rick
- Hensley, Rob
- Mills, Amanda

Osprey

- Bird x Bird -continuing support
for our Raptor program
- Estate of Robert L. Boelter
- Greystone Foundation/Walter
McCarthy & Clara Ueland

Memorial

- *In memory of Hya Clark*
- Jambeck, Pamela
- *In memory of Elaine Johnson*
- Achieve Language Academy

Grants

- Fleming, Peter
- Donald L. Janes Fund
- MRVAC
- Vernon, Caroline

Square x Square

- Belford, Bill & Fran
- Wellstone Action Committee

With Appreciation

for the work of Mike & Kate

- Dunn, Nancy
- Hayford, Neal

Adopt a Raptor

- Saunders, Benjamin /Gift
Donation for Eric Saunders
- Therriault, Ronald & Ginny

In-Kind Donations

- Bauer, James
- Dybvig, Lee
- Friedrich, Michael
- Jackson, Nancy
- Marcotte, Linda
- Sorensen, Roy
- Wood, Kathy

See the next page for a list of member benefits

There are many ways that people give and support us, including:

- **Become a member** - there are seven different levels of membership, see the next page for info.
- **Adopt-A-Raptor** program donations - see page 2.
- **In-Kind** donations - Every newsletter has a list of things that you can donate to help the Center. These items help by saving us an expense. See our current 'Wish Lists' on page 3 for items we need.
- **Memorial** donations
- **Scholarship** donations
- **Planned Giving and Bequests** - The Minnesota Foundation manages our scholarship funds and planned gifts. This is an extraordinary service because they will provide you with the right legal information and formats to make a gift of property, a willed donation, or any of a number of options that are allowed by the IRS. They are the professionals and their help is free. Call us or call them (800 875 6160) and they will explain your options, do the paper work and allow you to plan how you want to use your assets to invest in the future.
- **Help us market** our programs. If you have outlets where you can put up a flyer, share information on teacher training, youth camps, or retreats, let us know. Advertising is always a challenge for small businesses and we are no exception. Help us find people who want to use the Center or attend our programs.
- **Participate** in our programs, our special events, and our courses. Come and visit, bring others and introduce your friends to us.

For more information on how you can help support the Audubon Center of the North Woods, visit our website at www.audubon-center.org/support.htm or give us a call at 320-245-2648

The mission of the Audubon Center of the North Woods is to instill a connection and commitment to the environment in people of all communities through experiential learning.

Our Vision is a healthy planet where all people live in balance with the Earth.



Audubon Center of the North Woods

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Join Us...Become a Friend to the Audubon Center

If you received this newsletter in the mail, you are already a member, or you are someone who has attended one of our programs recently.

By becoming a member of the Audubon Center of the North Woods, you provide the essential support we need to continue to provide quality environmental educations to thousands of people every year.

New Membership Benefits ➤

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 - 10% off Schwyzer Lodge
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 - Our periodic printed newsletter
 - Our e-newsletter (optional)
 - Invitations to special events
-
- Members at the Loon level and above also receive a gift certificate for 2 Dinners-at-the-Lake

ACNW MISSION

To instill a connection and commitment to the environment in people of all communities through experiential learning.

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