



Fall 2010

Volume 36, Issue 3

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## Upcoming Events

Dinner at the Lake with Al Batt  
September 18

Women's Wellness Weekend  
October 1-3

Autumn at the Audubon &  
Renewable Trail Run  
October 9

Dinner at the Lake with Don  
Shelby October 30

Winter Family Escape  
December 27-30

Dinner at the Lake with Kate  
Crowley & Mike Link  
December 31

January Interim  
January 3-21

Audubon Center of the North Woods

# News from the North Woods

*A proud leader in environmental education and renewable energy*

## Signs of Change

by Melonie Shipman, Co-Director

Our family was thrilled to throw the windows open and let the cool, dry air soothe us to sleep one night in late July. We welcomed the reprieve from the constant summer humidity. We also welcomed the reminder that fall will soon be upon us. Like many people, fall is one of our favorite seasons. In our household, fall means a return visit to Alaska, camping and fishing in Wyoming, bird hunting with our canine kids, and sleeping with the windows open lulled by the gentle rustle of leaves in cool, dry air.

As those signs of change come upon our natural world and home life so, too, there are many signs of change in our newsletter. You will see several new regular features

as we give you a bigger picture of the many faces and activities here at the Center. You will read of the many people who help experiential education expand the world of thousands of adults, families, and school children every year. Learn how the seeds of "nature connection" sprout into action to help preserve our natural world and further scientific efforts in the "Spotlight on Schools" column.

Helping fund our education efforts are your Nature Store purchases, donations, and memberships. Need to find a unique, earth-friendly, reasonably priced gift? Check out the "Shopping Spree" section featuring new and sales items carried in the Nature Store. "Cooking



## A Challenging Year of Opportunity

by Bryan Wood, Co-Director

For most of us living in the western world the New Year starts January 1st, celebrated with food, champagne, fireworks, resolutions that last a month, the mouthing along to Auld Lang Syne, and the ball dropping in Times Square. Others recognize the first day of the year as December 21, where a conifer tree is brought into the home and adorned with lights. The green tree serving as a reminder that life will come back in the spring, and the lights signify the lengthening of days about to commence. Still others hold March 21 as the most logical day of the new year as it is the first day of spring, where life is bursting at the seams with the

birth of young, the return of migrating birds, buds popping open, and snow and ice giving way to green forest floors and flowing water.

For the Audubon Center, our New Year begins July 1 with the start of our budget and strategic plan. These documents will provide guidance and focus for our operations for the next 12 months, helping us stay fiscally responsible while accomplishing tasks and reaching goals. This year is an exciting year for many reasons. Our new Co-Director Melonie Shipman has been doing a marvelous job since she joined the team in late May and I look forward to this coming year with all the energy and ideas she is bringing to the Center. This year we will be implementing significant

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— continued on page 10 —

## Fall Raptor Migration by Jennifer Drayna & Ian Collins

As fall approaches, the raptors we see will slowly begin their winter migration. While we usually think of songbirds and waterfowl migration, some raptors also take part in long trips south during winter. We will explore a few of the species that we have here at the Audubon Center and how their migrations differ from other raptors and birds.

Red-tailed Hawks belong to a class of hawks known as the *buteos*. This group of hawks is known for soaring in large circles on thermals. Thermals are air patterns created by the uneven heating of the Earth's surface. For each unit up the hawk goes on a thermal, they can glide for seven units. This saves the hawk a lot of energy during migration! A large number of Minnesota's red-tailed hawks migrate south around



October but some individuals with a good territory and food supply will spend the winter.

Similar to the Red-tailed Hawks, Bald Eagles will ride thermals to more suitable habitat and food supplies as winter approaches. These thermal wind patterns play a significant role in the eagle's flight pattern. Some eagles may migrate while others, such as eagles in Florida, will remain there year-round. Newly fledged juvenile eagles, who have never migrated before, will begin to migrate before mature eagles.

Each September, the majority of Minnesota's American Kestrels will migrate south to the southern half of the US and Mexico. Unlike other raptors, most of the kestrels do not take advantage of the thermals during migration. These small falcons migrate with the Green Darter Dragonfly and are often seen grabbing the dragonflies and eating them in mid-flight. Once south, the male and female kestrels use different habitats. It is thought that

the females migrate earlier, claiming all of the ideal territory and forcing the males in less preferred territories. The kestrels will return to Minnesota in March and April.

Owl migration is a little less dramatic than other birds of prey. Many will recall the Great Grey Owl migration of 2005. The Great Greys, like many owls, 'migrate' when food is scarce or harsh winter weather makes hunting too difficult. If prey is available, Minnesota owls are well adapted for winter weather and are often year-round residents.

So as we transition back into fall and winter be sure to look out for raptors and take notice of those that stay behind. In the spring we can expect the return of the soaring red-tails and kestrels, while we can appreciate owls year-round. If you are interested in raptor migration the internet has a wealth of resources for more information as well as tracking raptors during migration.

### 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).

## Winter Family Escape

### December 27-30, 2010

**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

















**All-inclusive package 2010 pricing** (includes meals, lodging, and all programming):

\$220.00 for adults; \$175.00 for children 5–18 year old; no charge for children 4 and under.  
Family discounts: Families of 4 = \$695; (each additional child = \$125)

**2010 Commuter rate** (meals & programming only, no lodging):

\$145 adult; \$110 children 5-18 years old; no charge for children 4 and under.

[www.audubon-center.org](http://www.audubon-center.org) • 888-404-7743

## Dinners at the Lake

*Schedule for this season:*



### ◆ Saturday, September 18, 2010

Al Batt - writer, speaker, storyteller and humorist

### ◆ Saturday, October 30, 2010

Fundraising dinner with Don Shelby - WCCO news anchor

### ◆ Friday, December 31, 2010

Kate Crowley & Mike Link - Full Circle Superior comes full circle

### ◆ Saturday, January 22, 2011

Greg Lais - Founder and Executive Director of Wilderness Inquiry

### ◆ Saturday, February 12, 2011

Mike Lynch - astronomer, meteorologist and WCCO radio personality

### ◆ Saturday, March 19, 2011

speaker to be determined

### ◆ Saturday, April 9, 2011

Lori Arndt - from the Minnesota Raptor Center

### ◆ Sunday, May 8, 2011 Mother's Day Brunch

Live entertainment

### ◆ Saturday, June 4, 2011 Concert at the Lake

BBQ & live entertainment

**Reservations are required**

888-404-7743 or  
[audubon1@audubon-center.org](mailto:audubon1@audubon-center.org)

Visit our website at [www.audubon-center.org](http://www.audubon-center.org)  
for more information



**Follow us on Facebook at**  
**[www.facebook.com/AudubonCenter](http://www.facebook.com/AudubonCenter)**

## Alumni News

**Congratulations** to Alex Mastroianni and Amy Chang on their marriage! Both were interns here at the center - Alex was here from August 1998 to May 1999 and Amy from January 1999 until September 1999. They only had a brief time together, but that was all they needed! They both currently live in Alameda, CA (near San Francisco), but they came back to the Audubon Center, where they met, to hold a wonderful wedding retreat with family and friends. Alex works in the bay area called Life Technologies, on DNA sequencing tools and Amy is getting her master's degree in Ecology at San Francisco State University. After the wedding retreat, they'll be honeymooning in Salvador, Brazil.

*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](mailto:fenner@audubon-center.org) — we'd love to share the info with our readers.*

## Volunteer Spotlight

*As a non-profit organization, we depend on volunteers for help with everything from routine maintenance to special projects. All of the special people who selflessly donate their time and talents to the center are deeply appreciated. The following is about one of summer volunteers, Rose Cook. She has generously donated many hours over the summer in our Wildlife Barn.*

Think of someone with the shyness of Cica, the dedication of Dakota, and the smarts of Mob and you have summer volunteer, Rose Cook. Rose volunteered, on average three hours a day, at the barn on Tuesdays and Saturdays, from May 25, 2010 till early September. Among the many tasks that Rose assisted with were prepping food for the birds, cleaning raptor mews, and filling raptor water — no task for the meek as Woody, our bald eagle, critiques you from a few feet away!

Rose was attracted to volunteering by hearing about the Audubon Center through her college and then checking the website. "I've always loved animals and when I found I could volunteer to work with some, I jumped at the chance", explained Rose, who lives in Pine City.

Her favorite memories when she returned to college were of working with the wildlife staff and the animals. An unforgettable highlight was going along on a visit to the Raptor Center (wildlife staff was picking up West Nile Virus vaccine for all the birds and having the very delicate beaks of the kestrels trimmed during the visit) and getting a behind-the-scenes look at the veterinary care and off-display birds.

Rose looks forward to a career in which she works closely with animals as she did during her summer as an Audubon Center volunteer. Our staff will not forget her quiet dedication to helping the wildlife care at the Audubon Center continue its high-quality ways. Rose's volunteer efforts alone provided 90 plus hours of help that freed up wildlife staff to apply for more grants, improve summer camp activities, and present a taxidermy class.

Rose would like other young people to realize that they have an amazing opportunity to volunteer at the places like the Audubon Center, which all are greatly in need of volunteer help. She wrapped up her volunteer time with these words, "I am very glad to have had this experience and I am grateful to the Audubon Center for the opportunity."

*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 (see page 7 for examples). We do not have a minimum hour requirement. Any amount of time would be a great asset.*

## ACNW Wish List

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

- reliable, fuel-efficient car for interns
- twin mattresses in excellent condition
- handheld GPS units
- electric stove
- refrigerator
- portable PA/speaker system
- industrial-size washer & dryer
- binoculars
- HDD camcorder
- LCD computer monitors (thin, flat energy-efficient kind)
- late model television
- tree corer
- dock suitable for Grindstone Lake
- Automatic External Defibrillators (AEDs)
- Two-drawer file cabinets
- cross country skis for very small kids
- backpacking expedition packs
- sleeping bags in excellent condition
- 3/4 ton diesel engine pick-up truck for plowing snow
- utility trailer
- scaffolding
- pressure sprayer
- small portable generator
- roto tiller
- large glazed planting pots
- pontoon boat
- bobcat/skidster
- electric golf cart
- riding mower/tractor

## Wildlife Barn Wish List

*Assist us in the care of our educational animals or enhance the visit of those who come to learn about Minnesota's wildlife by donating any of the following items. 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
- ¾" Manila Rope
- ½" Manila Rope
- ¼" Manila Rope
- Raptor Food For a Month \$150
- Live minnows (left-over from fishing is fine)
- Parrot/dog toys (new or gently used)
- Potted evergreen trees (less than 3' tall)

**Women's Wellness & Adventure Weekend** **October 1-3**  
*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

## Renew, Relax, Rediscover...

at this all-inclusive, complete holistic retreat offered every spring and fall—comfy lodging, wonderful food, interesting speakers, and a variety of classes and activities are offered in the areas of Adventure/Challenge, Wellness & Nature, and Creative Expressions.

Spend this weekend with your friends or take the opportunity to get away by yourself, meet new people, and learn new skills. Choose from a variety of physical, mental, and spiritual activities.

Below are some examples of past and future classes to give you an idea of the range of offerings—not all are offered every season and new classes are added each season:

- \* Adventure & Challenge (examples include high ropes course, low ropes course, climbing wall, canoeing)
- \* Wellness & Nature (examples include yoga, massage, reiki, meditation, healing, guided hikes, bird banding)
- \* Creative Expressions (examples include art classes, crafts classes, food, journaling, music, quillwork)

Lodging, meals, all programming and 10 minutes of massage or reiki are included in the weekend fee (additional massage or reiki are available for an additional fee). All-inclusive weekend package rates \$245-\$295. (Commuter rates also available).

*Offered each spring and fall*

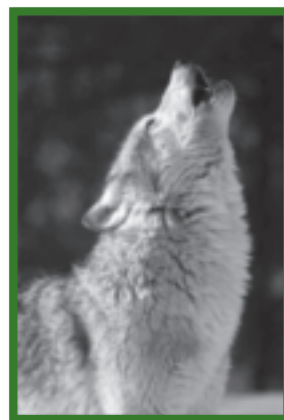
**This fantastic weekend makes an excellent gift for that special woman in your life...she deserves it!**

## January Interim 2011

### Wolves and other large predators: A Northwoods Experience

**January 3-21, 2011**

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                 | * Research techniques         |
| * Lynx ecology and observation of captive lynx | * Aerial radio telemetry      |
| * Deer ecology                                 | * Habitat analysis            |
| * Coyote and Fox ecology                       | * Winter ecology              |
| * Bobcat and Cougar ecology                    | * Winter first aid and safety |
| * Tracking                                     | * 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: \$1675 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.

# Shopping Spree

Our Nature Store carries unique, earth-friendly fun items – giving you a readily accessible, reasonably priced, opportunity to find holiday gifts that bless those you give to and nature at the same time. There are several items produced from the grounds of the Center (maple syrup) or from the efforts of the staff (maple syrup balsamic dressing, raptor note cards). Increasingly we are focused on items that are reusable, nature-oriented, and often found only in bigger communities. Reduce your holiday stress by visiting the Nature Store at the Audubon Center of the North Woods, M-F 9:00-3:00, during all events, and at other times upon request. SPECIAL HOLIDAY EXTENDED HOURS: Thursday, 3:00-6:00 p.m. December 2, 9, 16, and 23.

Check out the Nature Store sales table during the Open House on Saturday, October 9th from 9 a.m.- 4 p.m.

## Sample items from the Nature Store at the Audubon Center of the North Woods

*NOTE: Store items may vary in appearance from those pictured, depending on items in stock. Sales prices are effective immediately.*

Enjoy your always hot, delicious, organic Audubon Center coffee in this fun-looking, all stainless steel travel mug.



- 16oz. stainless steel outer wall
- Color rubber accent hand grips
- Double wall stainless steel insulation
- Chrome lid with a spill prevention slide
- No slip rubber grip bottom

**\$9.99 each**

Slip this fun-stocking stuffer on to your belt and read the wild as you discover new animal tracks and signs in the snow.



- Features 22 different animals found in the north woods
- Each of the tags measures 1 1/4 x 4"
- Bound together on a ball chain and fan out easily for quick comparison.
- Each tag is has a ruler.
- A separate keychain guide for tracks and for scat.

**\$9.99 each**

Entertaining your children pets

- Hand puppet
- Washable
- Easy to pack

**Sales price \$6.00 – a savings of over 20%**

Curl up with a great read on a chilly winter night, read a fun educational story to your children, and/or expand your own nature education



- Well-known authors
- Nature-based stories
- Wide range of titles
- Adult and children's books
- Fiction and non-fiction titles

*Prices vary by title and author*

Stuff those Christmas stockings and holiday packages with fun wildlife socks –warms the heart and the toes!



- Wild habitats socks
- Colorful, nature scenes
- Infant to adult sizes
- Lightweight and thick pile

**Sales price \$3.00-\$4.00 a pair – a savings of 30-40%!**

Show the beauty of nature and follow through on that New Year's resolution to "drop a note" to friends and family

- Large postcards and note cards
- Wide variety of images
- Printed on recycled paper

**Sales price starting at \$.50 – a savings of 20%! Varies by format**

Beautify your tree now and your garden in the Spring



- Envelope included for easy mailing
- Handmade from organic, natural or recycled fibers and
- Embedded with certified organic seeds

**Sales price \$4.00 – a savings of over 25%!**

Cuddle up with a new wildlife friends



- Travel well
- Varied animals
- Existing and new species
- Fun facts about animal included

**Sales price starting at \$5.00 – a savings of 25%! Varies by size and type of animal.**



## Help Needed!

It's starting to get a little chilly and dark out there. Come inside and warm your heart and your spirit while giving the gift of time this winter. Contact Heidi to discuss helping with any of the following tasks. She will provide you with any requirements or special skills needed and set you up with task-specific leader. Thank you.

### SPECIFIC- one time tasks

- Sort through, organize, label: photograph and slide archives, digital photos, videos
- Scan slides and photo to disk
- Transfer videos to DVD
- Create a photo album of events for staff reference with visitors
- Paint conference room walls
- Mount tarps for covering fire wood
- Mount hooks and install grommets for dining hall window coverings
- Remove hard drives from discard computers so they can be recycled
- Sew lightweight, pocketless, zipperless vests with ACNW logos for volunteer use at community events

- Research how to make retired climbing rope into useful objects
- Clean out charter school paper archives- shred, recycle, organize remaining
- Web Development Assistance - help with CMS web build and website functionality, including e-commerce, assist with CRM database functionality
- Internet Research/Marketing Assistance - online search/research for annual conference and additional online marketing opportunities, regular submission of material for online calendars, e-newsletter assistance.
- IT Support/Geek needed - periodic troubleshooting and improvement of office network (wireless and LAN PC

environment), new application installs, email troubleshooting, consultation.

- Flash mentor - short-term assistance in getting marketing coordinator up to speed on the efficient use of Adobe Flash in creating web banners and ads.
- Grant Research and Submission Assistance — paper and online search/research for potential grant opportunities, periodic compilation and submission of grant applications.

### GENERAL HELP -ongoing

- Assist with mailings, answer phones
- Count inventory, stock items, make sales in Nature Store
- Serve meals, wash dishes
- Fill bird feeders

- Substitute teach EE programs
- "Anchor" climbers on climbing wall
- Care of barn and wildlife
- Transport orphaned/injured animals
- Groom ski trails

### Open House Assistance

- Serve lunch
- Wash dishes
- "Catch" for high ropes course
- Direct parking
- Assist with Run logistics
- Press apple cider

### Off-site Community events

- Man booth at community event
- Walk in parade and hand out items
- Drive Eco RV in parade

## Annual Fall Open House & Art/Craft Fair

### Autumn at the Audubon

**Saturday, October 9**

**9 a.m. - 4 p.m.**

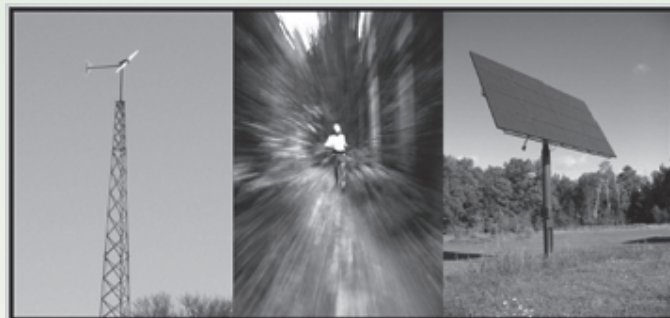
*Join us for a free, fun day filled with activities and programs for all ages!*

- ◆ 5k/10k Renewable Trail Run/Walk
- ◆ Birds of Prey programs
- ◆ Hay ride tours of the Center
- ◆ Apple Cider Pressing
- ◆ Face painting
- ◆ Arts & Crafts Fair
- ◆ High ropes course/zip line
- ◆ Climbing wall
- ◆ Wildlife barn and demos
- ◆ Scavenger Hunt

*NEW this year!*

- ◆ Voyageur Canoe (10 passenger) rides
- ◆ Up close and personal encounters with Mob, our crow

## Renewable Trail Run/Walk



### Part of 'Autumn at the Audubon' day

**October 9 ◆ 9 a.m. start, 10:30 awards**

Register now for our 3rd Annual Renewable Trail Run/Walk! Proceeds help support our renewable energy installations and education curriculum.

Choose either the 5K route over our trails or the 10K which is partially on our trails and then around Grindstone Lake. Visit our website for more info and registration form. Race starts at 9 a.m. Awards ceremony at 10:30.

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 our open house and trail run. If interested in helping out, please call or email us at 888-404-7743 or [audubon1@audubon-center.org](mailto:audubon1@audubon-center.org).



— continued from page 1 —

## Spotlight on schools

*The Audubon Center presented programs for 65 public and charter schools in 2009-2010.*

*Helping students and teachers to see the natural world with new eyes spurs them to further environmentally-focused actions in their schools. We celebrate this seed sprouting into a world in which we all live in balance with nature. If you know of a school, that attends programs at the Audubon Center, and is to be celebrated for its science and/or environmental actions please let us know so we can turn the spotlight on them in future columns.*

### Aurora Charter School are winners in national engineering contest!

#### The Potato Chip Challenge

In the spring of 2010, 32 eighth grade students at Aurora Charter School in Minneapolis participated in a nationwide engineering contest.



They were challenged to design a package that could send a potato chip through the mail without breaking, using the smallest mass and volume possible. Aurora

students placed second out of 626 chips sent in grades 5-12, from states like Kansas, Pennsylvania, New Jersey, Georgia, Florida, Ohio, and Massachusetts, to name a few. Compared only to other 8th graders, Aurora students scored 1st, 3rd, 6th, 9th and 11th. That's 5 students in the top 20!

**Way to go, Aurora!**

Wild" will give you recipes for using our delicious maple syrup, direct from Audubon Center trees, or maple balsamic dressing that you can purchase at our store.

When you come to the Center to make your purchases, attend our Open House, or feast at one of the Dinners at the Lake, you will see other changes springing from the solid, long-established roots that have been the Audubon Center. In the main lodge, catch up on the most recent wildlife sighting and review the "Meet the Staff". At the raptor mews, read the individual life stories of our captive birds, as told from the birds' point of view. Based on input from our wonderful housekeeping staff there are recycling buckets in each of our rooms and a posting of "Leave No Trace" standards for outside and inside the facility. In the rooms, at the front desk and on our website, you will also see a new dedication to the core values that guide the high quality efforts made every day by a small and dedicated staff – one of the things that I am most thankful for in any season.

A financially, logistically, and physically healthier Audubon Center is what the changes are all about. We are committed to helping the best of the Audubon Center of the North Woods shine forth and letting you know your donations and memberships are well spent. In the process we will be developing new ways to benefit our local communities and provide the opportunities that you seek for yourself and your family. We welcome your suggestions, energy, and dollars that help us move into the light from being 'the best kept secret in the state of Minnesota'!

### ACNW Core Values

- We demonstrate respect, care and passion for the earth, all people and all living things
- We strive for excellence in everything we do through integrity, open communication and teamwork
- Individuals are valued, engaged and appreciated for their unique contributions
- We believe in life-long learning through positive shared experiences with the natural world
- Our efforts encourage others to recognize their interconnectedness with the earth through their actions



## Cooking Wild

Here is an easy and flavorful way to use the delicious maple syrup from Audubon Center trees and available in the Nature Store.

### North Country Basting Sauce

1 cup ketchup  
 2/3 cup apple cider vinegar  
 1/2 cup vegetable oil  
 1/2 cup pure Audubon Center of the North Woods maple syrup  
 1 tablespoon Worcestershire sauce  
 1 tablespoon Dijon mustard  
 1/2 teaspoon chili powder  
 1/2 teaspoon salt  
 1/4 teaspoon cayenne pepper

Bring ingredients to a boil over medium heat, stirring occasionally. Reduce heat and cook for ten minutes, stirring from time to time. Cool. Refrigerate. Use as a basting sauce for your favorite meat.

## Wild Things

Most recently seen at ACNW (as of August 5, 2010)

Hen turkey	Osprey carrying fish
Barred owl	Raccoon
Heron	Bald Eagle
Grey fox	White-tailed deer fawn

Songbirds (TNTC – too numerous to count the species...at our bird feeders and around the Center)

*Come see for yourself!*

For a current listing of wildlife sightings at the Audubon Center, see the postings board just inside the main doors of dining hall/office.

## So Long, Dear Friend

Marion B. Borell, along with her husband Marv, had a very special, long-term relationship with the Audubon Center of the North Woods. As a couple, they were both committed to the Center from the very start and contributed much in the way of friendship and support. Marion recently passed away and will be greatly missed.

Marion was admired for her work with Camp Fire USA (MN Council) and various environmental causes and conservation groups; Minneapolis Audubon Society, Audubon Center of the Northwoods, preservation of the Boundary Waters Canoe Area and the rebirth of Hunt Hill Audubon Sanctuary in Sarona, WI. She was a lifelong member of Diamond Lake Church, serving in various groups and supporting Luther Park.

An active woman, Marion went camping until she was 80 years old, and she survived Marv's passing by 25 years. She loved all the hearty camp fire songs, yet had a favorite from 1938 – "I've Got a Pocketful of Dreams" (John Burke/James Monaco.)

Marion was a person of true grace, charm and humor and we were all moved and inspired by our association and friendship with her.

## Memories of Marion

by Craig Prudhomme, ACNW Naturalist and Associate Director, 1980 - 2006

I first met Marion Borell and her husband Marv on an Audubon Center Snowshoe weekend in February of 1980 when I was an intern. Then-Director Mike Link was having some back problems at the time and I took the lead for the Saturday events out on the snow. One of Marion's favorite stories happened the next morning when Mike loaded the food packs for the big strong interns to carry. It wasn't until lunch when we pulled out multiple cans of juice that Marion and the other participants realized, along with the interns, that Mike had set us up to be pack-mules. Everyone had a good laugh and Marion used to love a little good-natured teasing about that.

Marion and Marv would become great friends, as well as wonderful mentors of the center. They made this naturalist with no local family feel like I had another set of grandparents - my Minnesota grandparents. Another humorous anecdote that demonstrates Marion's character came about when we were helping field test a Wilderness Advanced First Aid course. It was full of life-like simulations. Marion and Marv were participants. I was set up to simulate a choking victim during breakfast. Halfway through the meal I started "choking", turning purple. Thinking I was just being silly, Marion looked at me and exclaimed, "Oh really Craig! Not at the table!", at which point I pitched onto the floor. Realizing this was either a good simulation or the real thing, Marion knelt down and immediately started first aid for an unconscious choking victim. She was impressive.

— continued from page 1 —

## Meet Our New Educational Interns



### Jane Riley – Wildlife/Naturalist Intern

I am from Minneapolis, MN. For my Bachelors degree in Cultural Studies and Comparative Literature I went to the U of MN-Twin Cities campus. While attending college I worked a strenuous part-time job, and also represented my community as their Ambassador volunteering, fundraising and helping out wherever they needed me. I relish in a great adventure and love to have fun. My imagination always keeps me occupied in coming up with new ideas and innovative ways of logistics. I also enjoy volunteering for different organizations that support youth involvement in their communities. I spend most of my time outdoors and love to travel, cook, create art, read, play outside, skateboard, dance and naturally spend time with friends and family.

### Eddy Ngangi – Curriculum Development/Naturalist Intern

I am from Cameroon, located in Central Africa. Born in a small town called Kumba in the South West Region but my parents originate from the North West Region in the Donga and Mantung Division. I like watching action movies, listening to music or writing drama scripts or songs during my leisure time. I went to Dschang University, Western Region in Cameroon.



### Sarah Markegard – Wildlife/Naturalist Intern

I grew up in the tiny town of Hettinger, North Dakota. After high school I attended the University of Minnesota, Twin Cities, where I received my B.S. in Ecology, Evolution, and Behavior in December of 2009. Even before I came to college I knew the outdoors and wildlife were important to me, but after taking a few classes I discovered that these were the things I wanted to pursue as a future career. I would eventually like to get a master's in wildlife biology, but I'm also hoping to travel a bit before going back to school. In my free time I enjoy playing volleyball, reading, camping, discovering new music and spending time with my friends and family.

### Jenna Moon – Wildlife/Naturalist Intern



I'm 21, and I am from Rochester, MN. I recently graduated from St. Olaf College in Northfield, MN with degrees in biology and Spanish. In my free time I love to travel (anywhere really!), read, spend time with my family (mom, dad, 19 year old brother, and 2 really cute dogs), hang out with friends, do different boating activities, spending time outdoors, and sometimes I enjoy simply lounging around and doing absolutely nothing worthwhile. Also, I'm a very musical person so I love to sing and can play numerous musical instruments. I'm also a master at making

friendship bracelets, and I tend to wear mostly bright-colored clothing. I can't wait to meet you all, and hope you're having a great summer!

### Emily Wartman – Wildlife/Naturalist Intern

I'm 21 years old and graduated this year from Hamline University with a degree in Environmental Studies with a concentration in Mathematics and a minor in Religion. I have a deep interest in Buddhism but lack discipline, so I studied it in college in hopes that enough spiritually-infused information would bring me to enlightenment through osmosis (it didn't). I also loved mathematics during college because I hoped that it would answer whatever the Buddha couldn't, but it also didn't. I grew up in Duluth, Minnesota and I love the woods. I like to spend my summers and weekends up north in the BWCA or on the Superior Hiking Trail. I love hiking, biking, canoeing, swimming, and watching animals in the woods. I currently live in Finland, Minnesota where I have a summer job working at Tettegouche State Park and living at Eckbeck campground as the campground host. I am really excited to start in the fall!



### Luke Miller – Adventure/Naturalist Intern

I recently graduated from Winona State University located in the beautiful bluff country of SE Minnesota with a degree in Biology/Environmental Science. While in school I spent my summers guiding youth canoe trips within the BWCAW. I enjoy canoeing, hiking, fishing, mountain biking, camping and exploring the great outdoors. My favorite tv show is Red Green, I like eating freezie pops and remembering when I used to eat dunkaroos. When it gets chilly, nothing feels better than drinking hot tang. I don't own an I-pod, but my music needs are more than satisfied by the couple of Brent Holmes tapes I have in my car. I am from Coon Rapids, MN.



energy efficiency, conservation and renewable technology upgrades at the Center buildings through funding from the Department of Energy and the Legislative Citizen Commission for Minnesota's Resources. This year we will have several new schools visiting our site for residential programs, and on October 30 will be hosting our first-ever fundraiser Dinner at the Lake with WCCO's Don Shelby.

With all the excitement for this year though, we will also be facing several challenges. Last year we enjoyed our largest enrollment for Northland College's Fall Block since 2003, and were glad to host Concordia Language Camp during the summer months for the fourth straight year. But due to restructuring of both organizations we will unfortunately not have either program coming to the Center this year. The loss of these programs creates a large void in our budget that will make this year challenging, resulting in some very difficult staffing decisions that have already had to be made. Unlike county, state or federal organizations, we as a private non-profit do not receive regular public funding and must annually figure out how to generate enough revenue to make it through the year.

Every year we have individuals who believe in our organization and make the decision to become a member of the Audubon Center of the North Woods. Every year we also have existing members who deepen their commitment to us and increase their level of support. This year especially will be one where every contribution to the Center will be extremely appreciated. At the Center, we all take tremendous pride in the work we do, our mission, and the positive environmental experiences we create for people who attend our programs.

It is through the tremendous dedication of our staff that we are able to continue to improve and succeed as an organization even as we are faced with economic hardships. Every year brings many things to look forward to and as stated earlier, this year has many. We are looking forward to a challenging, yet very exciting year ahead. We hope you will join us along the way and look forward to sharing it with you.

# Thank You!

*We would like to acknowledge and thank all those individuals and companies who have contributed to the Audubon Center of the North Woods (since our last newsletter) as well as the schools who visited us this academic year. Through your support and patronage, we are able to provide the best environmental education opportunities for people of all ages.*

## Donations, Memberships & Memorials

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- Melvin & Kathleen Aanerud
- Beth & Bill Blank
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### Cranes

- Karen & Louis Geislinger
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- James Simkins
- Albin & Louise Sterner

### Friends

- Vern Kaufert

### In Memory Of

- Shirley Ashby  
*In memory of John Ashby*
- Kathleen Aust  
*In memory of Henriette Fey*
- Mark, Stephanie & Kirsten Christianson  
*In Memory of Karl Keffer*
- Wally & Susan Aho
- Winnifred Arimond
- John & Carl Sharp  
*In memory of Jack Sharp*

### Grants

- Peter Fleming
- Bruce Holcomb & Caroline Vernon of the St. Paul Foundation
- Natural Resource Conservation Service (N.R.C.S.)

### Employee Matching

- Norfolk Southern Foundation

### Adopt-a-Raptor / Wildlife

- Kaitlin Bloom
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- Jaclyn Lewine

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- Mary Beck
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- Young's Greenhouse, Jerome & Rhonda Young

### We Rely on Our Donors

The Audubon Center of the North Woods receives its unrestricted revenue from the following sources. As you can see below, the input from donors like you (represented by the darkest section on chart) is a significant resource to helping the Center meet its mission. We appreciate your faith and support in our mission and efforts.



## Ways you can help

- **Become a member**
- **Adopt-A-Raptor** program donations .
- **In-Kind donations** - See our current 'Wish Lists' on page 4 for items we need.
- **Memorial donations**
- **Scholarship donations**
- **Planned Giving and Bequests**
- **Help us market our programs.** If you have outlets where you can put up a flyer or share information on any of our programs, let us know. 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 the support page of our website or give us a call at 320-245-2648*

See the next page for member benefits >>





## Northwoods Audubon Center

*A proud leader in environmental education and renewable energy*

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### News from the North Woods

Volume 36, Issue 3—Fall 2010

Melonie Shipman and Bryan Wood, Co-Directors  
Laurie Fenner, editing/layout

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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.

**Membership Benefits ➤**

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### All Members receive:

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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

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

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