



Winter/Spring 2010

Volume 36, Issue 1

Audubon Center of the North Woods



News from the North Woods

A proud leader in environmental education and renewable energy

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Why the Environment?

by Bryan Wood

I am regularly asked just what we do here at the Audubon Center of the North Woods. When I explain that we offer K-12 classes, outreach programs, Post-Secondary field courses, family and youth camps, Exploritas (formerly Elderhostel, Inc.) programs, teacher trainings, community programs and sponsor charter schools, it can seem like there is something lacking in common for all of these programs. But you don't have to look hard to see the thread that connects them – the environment.

No matter what course, class or program we offer, our goal is to have people leave the center excited and having a deeper understanding about the environment around them. So why do we teach about the environment? Why does it matter?

I recently returned from a trip to the Black Hills with our Fall Block students of Northland College. The focus for many of the students on the trip were the Native American cultures that for centuries have called that area home. The Lakota have a saying, "Mitakuye Oyasin". It means we are all related. To follow this phrase demands consideration and respect for all things. It asks us to examine what impacts our actions have on the Earth. Along the way in life, we sometimes lose sight of this simple yet incredibly truthful prayer.

For our K-12 students, their visit to the Audubon Center is the first time some of them have been

out of the city and into a forest, on a prairie or near a lake. These experiences show students there is much more in the world than their familiar urban landscape. We have the chance to foster students' passion for the environment.

For the first time in history, more people live in cities than in rural areas. This means there are less people who have a direct connection to the land and more people who may see the environment as a foreign concept that bears no relevance to their daily life. But what befalls the earth ultimately befalls us. All of us use resources, eat food and drink water. Without an environment that provides, and will continue to provide, these things for us, we cannot survive. And so, it is each of our responsibilities to be a steward of the Earth,

to make sure we are not taking away anything from future generations. As has been said, we do not inherit the Earth from our ancestors, we borrow it from our children.

The word 'environmentalist' can have a negative connotation for some people. It may bear the perception of someone who cares more about trees and animals than people. But environmentalists are not misanthropes. Being an environmentalist means you care enough about the Earth, its future and ours, that you base your decisions on the impact they will have on the planet. To care about the environment means you are ensuring a healthy future for



Upcoming Events

- Dinner at the Lake with Jim Gilbert
January 23
- Dinner at the Lake with Lynn Rogers
February 13
- Candlelight Ski, Snowshoe & Skate
February 20
- Dinner at the Lake with Kate Crowley & Mike Link
March 20
- Dinner at the Lake with Bruce the Bug Guy
April 17
- Maple Syrup Day
March 27
- Women's Wellness & Adventure Weekend
April 23-25
- May Term
May 3-21
- Mother's Day Brunch
May 9

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).

Meet the newest member of our wildlife family

'Mob', American Crow

Family: *Corvidae*
Species: *Corvus brachyrhynchos*
Age: *Hatched in 2009*
Sex: *Unknown*
Weight: *~400g*
Found: *Quechee, VT*

Injury: Raised by humans from a very young age. Extremely habituated to humans, and approximately 20% smaller than your average American Crow.

History: Kept in a small wire cage and fed earthworms and milk. The bird suffered a lot of feather damage, malnourished and did not achieve full size, and became habituated to people. The bird was forfeited to the Vermont Institute of Natural Science where it was cared for until placed at ACNW.

Named "Mob" after the behavior that crows have towards raptors particularly Great Horned Owls, where a large group of crows vocalizes and harasses the raptor till it leaves their territory.

Lead Poisoning in Birds

by Jeff Tyson

Many people are aware that lead can be harmful to people. Lead is phased out in many parts of life including gasoline and residential paint. Yet few people think twice about hunting with lead shot or fishing with lead sinkers and jigs.

Lead poisoning in birds was first documented in 1842 in a scientific paper published in Berlin, Germany. The United States first published reports of lead poisoning in birds in sporting and scientific publications in the late 1800s. Lead poisoning was initially observed in waterfowl. Lead shot that was used for waterfowl hunting was picked up by ducks and other water birds during the course of feeding or to be used as grit. The lead slowly degrades in the bird and enters the circulatory system. Lead poisoning causes the following symptoms in birds: lowered food intake, weakness, weight loss, drooping wings, inability to fly, green watery diarrhea, and eventually death.

After years of observing increasing lead poisoning in waterfowl, action to begin reduction of lead shot began. The first non-toxic shot requirements for waterfowl hunting in the United States began in 1972 and eventually to a nationwide ban in 1991. Canada followed suit with a ban in 1999. A study five years after the nationwide ban concluded that the ban led to a 64% decrease in lead poisoned mallards and that it prevented the premature deaths of 1.4 million waterfowl in the 1997 fall flight of 90 million ducks.

Although great progress has been made in reducing lead in the environment, lead is still a big problem for birds. We still commonly use lead for hunting certain species of upland game birds and for deer hunting. The use of lead sinkers and jigs is still widespread among fisherman. These practices in Minnesota are found to be particularly harmful to Bald Eagles and Common Loons. Every year here at the Audubon Center we receive Bald Eagles



Radiograph of immature bald eagle containing numerous lead shot in its digestive tract (Jacobson et al. 1977). (courtesy of Journal of the American Veterinary Medical Association)

that are suffering from lead poisoning, and this year we received a Trumpeter Swan (threatened species) that was diagnosed with lead poisoning.

There are simple steps that we can all do to reduce the amount of lead in the environment. Hunters can choose to use lead free ammunition. Fishermen have many alternatives to lead sinkers and jigs available. If your local sporting goods stores do not carry lead free alternatives, ask them to consider adding it to their products. If you are not a hunter or a fisherman, talk to your friends and family who are, many sportsmen are not aware that lead is a problem for wildlife.

Other resources:

Choose ammunition wisely to avoid/ minimize bullet fragmentation:

www.dnr.state.mn.us/hunting/lead

Lead-free fishing tackle suppliers:

www.pca.state.mn.us/oea/reduce/sinkers.cfm

Alumni News

Deise Nizzola from Brazil (intern '95) came back to MN to visit in December and brought her family (Ricardo, Bianca and Taine) so that they could see the Audubon Center and experience winter. She got that accomplished, since the temperatures reached below zero on several days and it snowed too. All four loved Minnesota in winter.

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.

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 from one of our wildlife volunteers, Lonne Strand.

How did I come to be involved at the ACNW? I would say the birds brought me here; the hawks I saw along the highway, the injured crane that showed up on our acreage, my flock of guinea fowl that I've been learning from for several years, and finally, an injured thrush caught in our chickenwire fence. I brought the thrush to the Audubon Center for rehabilitation, and called the next day to check on it.

The center's wildlife assistant Julia told me the bird had not survived. Then I told her I was interested in volunteering to care for the wildlife. Julia described the barn chores; cleaning the mews, and gutting and cutting up rats and mice to feed the raptors. I said, "I can do that". And so I began to help care for the wildlife in the barn about one year ago.

While I clean the bird mews (cages/houses), and cut up and weigh food for them and the bird's trainers, the birds watch me, and I watch them. I see how they move, and fluff, and blink their eyes. I see their absolutely beautiful feathers. I see when they show they are relaxing around me. And I move slowly, breath deeply, and look at them. I feel sad they suffered injuries so they could not survive in the wild. But I also feel gratitude in being able to be close to them, and to learn from them.

I was educated to be a teacher, I worked in the restaurant industry in New York City, and worked 25 years in insurance claims. Now I raise guinea fowl to eat wood ticks, insects and weed seeds, and help my husband build our "homestead" on 80 acres of woodland overlooking a small river. And I am blessed every time I hold a small kestrel on glove, in order to clean the bird's mew.



Lonne Strand, center wildlife volunteer

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.

Women's Wellness & Adventure Weekend

- 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 a variety of physical, mental and spiritual activities & classes

Spring
April 23-25

Fall
October 1-3

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.

Located on the shores of Grindstone Lake, the Audubon Center's 535 acres of beautifully varied landscapes provide the perfect setting for this complete holistic adventure. 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, shamanic healing, guided hikes, bird banding)
- * Creative Expressions (examples include art classes, crafts classes, gardening courses, 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 \$240-\$270.

Ski, Snowshoe candlelight & Skate

Saturday
February 20
6 p.m. to 9 p.m.

*Bonfire
Hot beverages & Snacks
Ski and snowshoe instruction
Use of our snowshoes and skis*

We invite you and your family to join us for our

2nd Annual 'Cabin Fever' Candlelight Ski, Snowshoe & Skate

Saturday, February 20 from 6 to 9 p.m.

Participants will enjoy a bonfire, hot beverages & snacks, ski and snowshoe instruction, and use of our snowshoes and skis.

Portions of our ski and snowshoe trails will be lit with candle luminaires, as well a cleared lake rink for skating.

\$10/person or \$25/family ❖ Group discounts available (perfect for youth groups)

Please R.S.V.P. (so we know how many to plan for)

Meet Our New Educational Interns



Amanda Allen

Originally from Woodbury, MN, I graduated from Luther College in Decorah, IA with a degree in Elementary Education. I spent last year student teaching and substitute teaching in daycare centers and charter schools. Spending time outdoors is also a passion of mine, and last summer was my fifth as a camp counselor. In my spare time, I also enjoy hiking, reading, playing the piano and guitar, singing, canoeing and traveling across the country.



Ian Collins

I've spent most of my life in southern CA and graduated from the University of CA-Irvine with a degree in Anthropology. I am pursuing a career in environmental justice and animal rights advocacy, and am interested in the various modalities nature and non-human animals occupy in scientific practice and western cultural traditions. I enjoy reading, spending time with friends, playing the guitar, photography, and traveling.



Elisse Sheha

I grew up in Cleveland, OH area. I've always had a strong interest in animals. I graduated from Kent State University with a major in Zoology. My first taste of environmental education was as a naturalist intern at the Glen Helen Outdoor Education Center - I had no idea that I would have as much fun as I did. I enjoy bird watching, hiking, cooking, writing short stories, reading trashy novels, and bursting into song when the mood strikes me.

ACNW Wish List

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

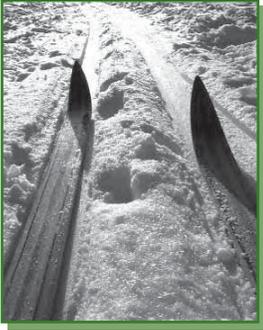
- twin mattresses in excellent condition
- handheld GPS units
- electric stove
- refrigerator
- microwave
- binoculars
- HDD camcorder
- LCD computer monitors (thin, flat energy-efficient kind)
- late model television
- tree corer
- cross country skis for very small kids
- backpacking expedition packs
- sleeping bags in excellent condition
- 3/4 ton diesel engine pick-up truck for plowing snow
- reliable, fuel-efficient used car for interns
- 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

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

Cross Country Skiing at ACNW



Looking for a quiet cross-country ski getaway weekend, away from the crowds? The Audubon Center of the North Woods is just the place. From our very rustic no-frills log cabin and yurt to our very comfortable Crosby Lodge or 4-bedroom Schwyzer cabin, you will find the accommodations and price range you are looking for.

Situated on over 535 acres on the shores of Grindstone Lake near Sandstone, we have over 7 miles of groomed trails through a variety of habitat, including old growth

forest, managed forest, wetlands, and restored prairie. Our unique site provides the perfect setting for your getaway weekend; quiet and secluded surrounded only by the soothing sounds and sights of the Minnesota outdoors. No ATV's or other motorized recreational vehicles are allowed on our property, so you can be assured of a quiet site. You have a choice of lodging accommodations only or package rates, which include wonderful, healthy meals in our lakeside dining hall.

Wetlands Cabin - rustic 24x24' one-room cabin in our wetlands area. Wood stove heat, folding tables and chairs, cots. Electricity and phone, but no running water, or kitchen facilities. Outdoor biffy. Sleeps 6 on cots. \$25/night for cabin rental or \$30/person/night package rate including 3 meals in our dining hall.



Yurt - rustic large canvas-sided yurt in our woodlands area. Wood stove heat, folding table, benches, cots. No running water, electricity or kitchen facilities. Outdoor biffy. Sleeps 6 on cots. \$25/night for yurt rental or \$30/person/night package rate including 3 meals in our dining hall.



Crosby Lodge room - comfortable, modern dorm-style room in a large building next to our dining hall. Each room sleeps up to 8 people, featuring solid wood bunks and private bathroom facilities. Two rooms are wheelchair accessible. Lodging only or package rates.



Schwyzer Lodge - Situated on the shores of Grindstone Lake, this beautiful, charming lodge is an ideal property for a quiet getaway for family and friends. The Lodge has 5 bedrooms, 3 bathrooms and can sleep up to 16 people. A fully equipped kitchen, fireplace in the living room and a large screened porch facing the lake make up some of the amenities of this secluded retreat. Lodging only = \$225/night for the first 4 people, \$15 per person over 4. If you prefer not to cook, meal service in our dining hall- advanced notice is required.



For more information or to make a reservation, email Laurie at fenner@audubon-center.org or call us at 888-404-7743.

Did you know...

...Americans could save more than 400,000 trees if each family bought a roll of recycled toilet paper—just once.

At www.greenpeace.org you can download a pocket-sized "Recycled Tissue and Toilet Paper Guide". The Guide makes it quick and easy to find out which brands of facial tissues, toilet paper, paper towels, and napkins are truly green and which should be avoided. Over 100 brands were carefully evaluated and the guide recommends those that: contain 100% overall recycled content; contain at least 50% post-consumer recycled content; and are bleached without toxic chlorine compounds. Products are ranked according to number of criteria met as 'recommended', 'can do better' or 'to be avoided'

Source: greenpeace.org

"This is a product that we use for less than three seconds and the ecological consequences of manufacturing it from trees is enormous. Future generations are going to look at the way we make toilet paper as one of the greatest excesses of our age."

Allen Hershkowitz, a senior scientist at the Natural Resources Defense Council

...Across the nation, an antigarbage strategy known as "zero waste" is moving from the fringes to the mainstream, taking hold in school cafeterias, national parks, restaurants, stadiums and corporations.

For instance, at eight of its North American plants, Honda is recycling so diligently that the factories have gotten rid of their trash Dumpsters altogether. And at Yellowstone National Park, cups and eating utensils are now made of plant-based plastics and composted.

Americans are still the champions of trash, dumping 4.6 lbs per person per day. But places like the island of Nantucket moved to a strict trash policy more than a decade ago. The town mandates recycling and the proportion of trash going into the landfill has plummeted to 8%. By contrast, Massachusetts as a whole sends an average of 66% of their trash to a landfill or incinerator.

Food waste, which the E.P.A. says accounts for about 13 percent of total trash nationally is viewed as the next big frontier. When food goes to landfills, it doesn't return the nutrients. What is more, when sealed in landfills without oxygen, organic materials release methane, a potent heat-trapping gas. If composted, however, the food can be broken down and returned to the earth as a nonchemical fertilizer.

Source: The New York Times

ACNW's Grandparents' Garden

by Kathy Wood

With the cold, snowy weather upon us, one can't help but dream of warm days and the flowers of spring and summer here in Minnesota. From brilliant colors to delicate hues, flowers display the beauty of the earth in their blossoms. Not only do flower gardens enrich and delight our senses, but other creatures also enjoy the rich bounty of flowers. Hummingbirds, bees, butterflies and other pollinators depend on flowers, their leaves and nectar for their very survival, and in the process, aid the reproduction and fruiting of countless plants. It is part of the vast circle of interdependence that we on this earth all share.

In walking the area in front of ACNW's dining hall and dorm last August, I mentioned to Bryan that the area would be a wonderful spot for a flower garden. There had been some plantings in that spot at one time, and I found that there had been discussions about putting in a new garden. There are already several garden areas near there: the vegetable garden and the new rain garden – absolutely gorgeous this past season.

On the way home, ideas began to emerge – my dad had passed away last December, and in honor of him and all grandparents, this could be a Grandparents' Garden! A place where grandparents, parents and children could visit. There could be all sorts of colorful perennials, native and cultivars in that space. It might have a path for people to meander through the garden and perhaps signs labeling the various plants for folks to learn about the plants themselves. Not only could the garden be beautiful, but it could serve an important educational and environmental function as well. Earlier that week I had read that the monarch butterfly population was down 40% last year, and some scientists are predicting that within the next twenty years, the migration of these gorgeous creatures may actually cease, due to loss of habitat and climate change. Other species of butterflies and

bees are also in danger. What if the garden could be designed to encourage hummers, bees, butterflies and other pollinators by using native plants and cultivars known to attract these little creatures? What might be involved? Who might know about selecting the best native plant species? Where to begin?



The computer, of course! With a little research, I found information about various nurseries specializing in native plants, about organizations dedicated to helping provide information on habitat for butterflies, bees and other pollinators, and even about a 4th grade teacher in southern Minnesota who had a certified Monarch Waystation. Websites like PrairieRestorations.com and MonarchWatch.org yielded a list of possible plants: milkweeds, butterfly bush, bee balm, sunflowers, coneflowers, flocks, gayfeather, bronze fennel, asters, joe-pye weed to name a few.

Labor Day weekend, we made a visit to Tom Murphy's Monarch Waystation near Cannon Falls where my husband Doug and I saw hundreds of monarchs feasting on Meadow Blazing Star (*Liatris Ligulistylis*), Mexican Sunflower and Black-eyed Susan (*Rudbeckia hirta*)

plants. It was totally amazing! Tom had just tagged 200 monarchs on the morning that we were there. He spent over an hour with us answering all our questions. When we left, he gave us several starter plants for the garden, AND two monarch caterpillars with accompanying milkweed plants. The little guys went into an old aquarium and we got to watch them through their complete cycle, and about a week later, the monarchs were let go in our flower garden at home. After a day, they were gone and I was surprised at how sad I felt. But several days later, when I was out working in that same garden, I spied a monarch on my *Rudbeckia* plant. I can't help but hope it was one of our monarchs returning to say goodbye before heading south. What a wonderful experience!

To get the Grandparents' Garden at ACNW off the ground, the next step was to start raising awareness and support. A silent auction was held at the Fall Open House with all sorts of butterfly items, ranging from original artwork to books on butterfly gardening, even Butterfly Bingo! Char and Clarissa (master gardeners themselves), Laurie, Ty and all the ACNW folks were of great help. A drawing took place at the dinner that evening, and one lucky guest received a t-shirt featuring original butterfly artwork by Katharina Mueller Wood. Grandparents' Gardens was on its way.

The hope is to break ground this spring in the Grandparents' Garden. The soil is very rocky and will need to be excavated and filled with sixteen inches of topsoil for the gardens to be successful and self-sustaining for years to come. Then will come the designing and planting, then watching the gardens grow, bloom and become a beautiful spot for monarchs, hummers and other creatures (notably humans!). A place for children, their parents and grandparents to enjoy for many seasons to come.

We need your help in making our garden grow. If you would like to contribute to this project and help bring the Grandparents' Gardens to fruition, please contact the center.

Dinners at the Lake

Schedule for remainder of this season:

- ◆ **Saturday, January 23, 2010**
Jim Gilbert - Naturalist for WCCO radio, author, phenologist
- ◆ **Saturday, February 13, 2010**
Lynn Rogers - The Man Who Walks with Bears
- ◆ **Saturday, March 20, 2010**
Kate Crowley & Mike Link - Full Circle Superior
- ◆ **Saturday, April 17, 2009**
Bruce, the Bug Guy
- ◆ **Sunday, May 9, 2010 - Mother's Day Brunch**
Bill and Kate Isles - folk singers/songwriters



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



Annual Pancake Brunch & Maple Syruping Day

Saturday March 27, 2010

Brunch from 10:00 AM to 2 PM; Programs from 10:00 AM to 3 PM

Although winter may seem long, before you know it, those cold, snowy days will give way to warmer, longer days – and that's when the sap begins flowing in our many maple trees. That's maple syrup time!

This year, don't miss our annual pancake brunch followed by a hands-on maple syruping program. You will learn which trees in the woods are maple trees, and the history and process of making maple syrup. Actively participate in all the phases of syrup-making including tapping maple trees, collecting sap, and observing the sap being boiled down into liquid gold maple syrup.

Brunch begins at 10:00 AM and the maple syruping presentations run throughout the day.

Cost for the brunch & program is \$15/adult & \$10/child (program only is \$5/person, adult or child)

Register early for this exciting spring event – space is limited and reservations are required.

Summer Exploritas (formerly Elderhostels)

at the Audubon Center of the North Woods

— continued from page 1 —

Minnesota: Loons, Living Waters, and Ancient Rocks of the Earth

6/13/2010 - 6/18/2010

Minnesota has a wonderful diversity of life that can be explored by boat, on foot and with a little scientific investigation. Sample a few of our 10,000 lakes, and float among loons and water lilies; study life above and below the water, including beautiful and bizarre insects. Visit Jay Cooke State Park where geological stories are cut into deep canyons of Precambrian rocks by the roiling waters of the St. Louis. Search for the beautiful Minnesota Agate and handle volcanic rocks that are over two billion years old. Listen to the story of Lake Superior and the harbor of Duluth. If you are a fan of scenic landforms, complex natural stories and diverse natural communities, this program will be an exercise in both mind and body.



Woods, Water & Wisdom: Nature Adventure at the Lake

7/25/2010 - 7/31/2010 Intergenerational (adult & 9-12 yrs)



Forest, field, pond and lake are the mediums we use to learn the lessons nature has to teach. Professional, nurturing staff will guide you in the search for wildlife. Follow them in the pursuit of Reptiles and Amphibians. Meet impressive Birds of Prey. Discover the hidden life of Beavers. Learn about the nature of Wolves. Bring history alive with Native crafts and visits to an Historic Fort and Fire Museum. Visit the port city of Duluth where Lake Superior waves wash the rocky beach. Adventure challenges include canoeing, climbing wall, high ropes course and outdoor survival class - all supervised by staff and especially geared to the younger participant, but open to all. End the day by watching the sun set across sparkling Grindstone Lake.

the planet and its inhabitants – not possible without a diverse, sustainable environment. It is awareness of what you are doing, your impact and the long term implications of your actions. It means you look for how you can help bring back or protect a wild place, you tread lightly on the Earth and you encourage others to do the same.

We live on a finite planet, but our society lives with the desire for perpetual growth and development. There is an inherent incompatibility with those two realities. Luckily, everywhere you look there are signs of a growing awareness of the environment and the implications our actions and lifestyle choices are having. One thing society is realizing is that what is good for ecology is good for the economy. By growing what should naturally be in an area, improving inefficient methods and technologies and harnessing alternative energies, we reduce our expenses. No matter the source, using energy and natural resources costs money. By becoming efficient in our energy and resource usage and working with nature as opposed to usurping it, we are acting smarter, not harder.

The Audubon Center of the North Woods is part of “Today’s Leaders for a Sustainable Tomorrow” campaign, which is a coalition of Minnesota’s six Residential Environmental Learning Centers. We are trying to reduce our carbon emissions by 80% at each site, which would make us a model statewide for responsible energy and resource usage. Each site has already undergone an extensive energy audit with recommended improvements, and we are now securing funds to put those changes in place. Thanks to funds awarded from Congressman Oberstar’s office and from the Legislative-Citizen Commission on Minnesota’s Resources, we will be able to start implementing those recommended changes at the Audubon Center in the coming year.

At the Audubon Center, we hope to instill a connection and a commitment to the environment in all of our participants. Nothing meaningful has ever been accomplished without passion. With every one of our programs, we hope to, first and foremost, ignite or deepen an enthusiasm about nature. A participant should always leave here more interested in and aware of the natural world than when they first arrived. Creating or strengthening that connection with the outdoors is the most essential thing we can do here. Change always follows passion. By encouraging these connections, we hopefully are creating a world where there is respect for nature – a healthy planet where all people live in balance with the Earth.

ACNW Summer Camps – North Woods Wilderness Adventures

Prices are all-inclusive and cover lodging, all meals and snacks, programs and instruction.

'Hooked' Family Fishing Weekend

July 8-11; parent w/child (no age limit); \$190/adult, \$170/child (\$125/child if 2 or more children)

Whether you're an experienced fisherman or just interested in learning, you're welcome to join us for a parent/child weekend fishing experience. We'll be taking field trips to fish on Lake Mille Lacs and to fly fish on the Kettle River. During non-fishing hours, participants will have the opportunity for some lure making and fly tying. You are welcome to bring your own fishing equipment but we will provide equipment to those who need it.



Rocks, Ropes & Roughing It

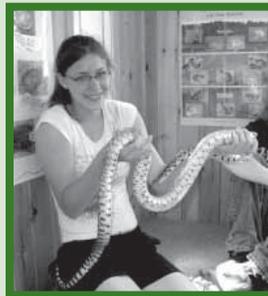
August 1-6, 13-15 yrs, \$249

Spend a week in the north woods exploring your adventurous side! Join us while we canoe, rock climb, and complete our high ropes course. We'll sleep out under the stars one night, navigate through unknown territory, and test your skills at surviving in the woods. Throughout the camp, we'll incorporate stories about real-life explorers while we experience adventures of our own!

Forts, Fires & Fishing

July 11-16; 10-14 yrs; \$249

Come spend a week learning how to survive in the woods. We'll start the week learning the basics of fire-building, how to construct shelters for people and animals, and where to find food in the wild. Throughout the week, we'll perfect our fort and fire-making skills, cook some of our own meals over a fire, look for wild edibles, catch some fish, and spend a night under the stars. We'll finish our week with a fish fry for you and your family!



The Way of Wildlife

August 1-6; 10-13 yrs; \$299

Spend the week exploring the lives of animals at the Audubon Center and around Minnesota. Help up care for and learn handling of educational animals at the Audubon Center including frogs, snakes, turtles, and birds of prey! Explore behind the scenes at a zoo, aquarium and a wildlife research center. Experience the basics of wildlife rehab, and visit a veterinary clinic/wildlife rehabilitation center. Learn the basics of animal training with hands on experience training an animal for the week. Come join us for the exciting week full of new animal experiences!

Voyageurs Nat'l Park Expedition

July 18-23; 15-17 yrs w/ canoe experience; \$420

Explore the lakes, islands, and shorelines of Minnesota's only national park. This trip is designed for people with some canoeing experience and will focus on building on existing skills and enjoying the beautiful scenery. The first day we will go over the trip schedule and review canoeing, portaging and camping skills. After that, we will set out to explore the rarely touched areas of the nation's most water-based national park. Camp participants will learn and expand their knowledge of traveling by canoe, back country camping and cooking, and the natural history of the area. Paddle, swim, relax, and experience a great north woods adventure! Participants should have some canoeing and camping experiences as this area is remote.



Namekagon River Expedition

August 8-12; Beginning canoeists 12-15 yrs; \$350

The Namekagon River is a northern tributary of the St. Croix National Scenic Riverway. This scenic river is the perfect place to experience Minnesota's wilderness while learning the basics of river canoeing. We'll start by learning the basics of canoeing and camping at the Audubon Center. After that, we'll cast off to test our paddling skills, enjoy the gentle current, and explore the waters and shorelines of the beautiful, dynamic Namekagon, which varies from a small cold water trout stream to larger marsh areas surrounded predominantly by coniferous forest. Participants will also learn practice 'leave no trace' principles and minimum impact camping. A great introductory trip for those wanting to learn more about canoe travel and camping.

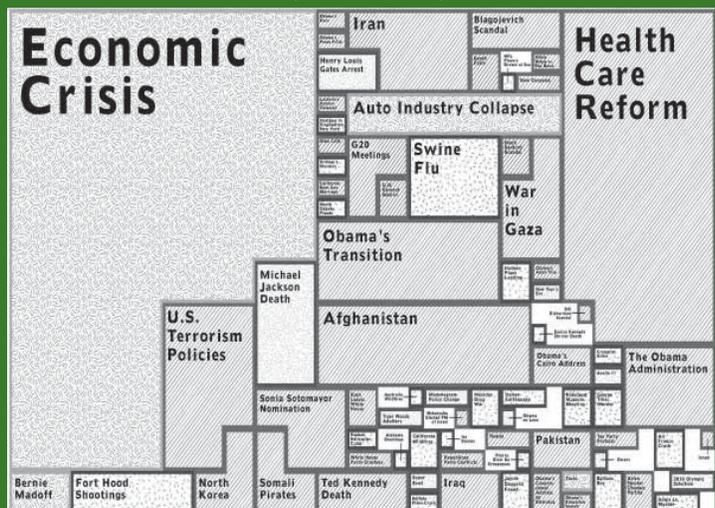
What's on the web

www.Journalism.org

The Pew Research Center's Project for Excellence in Journalism recently reported on the media coverage of climate change and the environment in 2009. Even as the science becomes more solid and temperatures continue to increase, there was less media coverage on climate and the environment this past year than the two previous years. Pew estimates that only 1.5% of media stories were dedicated to the environment. The study ended on Dec. 6, after the so-called Climategate story but before COP15 took place. Its findings should encourage everyone to be selective in where they get their news. For example, Sunday public affairs shows such as Meet the Press, This Week and Face the Nation, almost never cover environmental issues and when they do, it's as a political story, not as a story worth real world consequences. One week before COP15, the guests on George Stephanopoulos's 'This Week' discussed health care, Afghanistan, Ben Bernanke possibly being the "smartest person in the world, and the White House party crashers, but they only spent about 5 minutes on climate change.

News stories by percent of total annual news

Source: www.awesome.good.is/transparency/web/0912/all-the-news/flash.html





Outside the Box: Host Your Next Company Meeting, Staff Retreat or Reunion in a North Woods setting

If you work for a company, chances are you've been to your fair share of conferences, meetings and

staff retreats. You've probably sat in enough stuffy, boring, chrome and plastic conference and class rooms to make your eyes blurry.

Isn't it time for a change?

Did you know the Audubon Center of the North Woods is also a conference and retreat center?

Add a new dimension to your next meeting, conference or retreat by holding it at the center. Our picturesque site provides the ideal setting for a productive meeting and pleasurable escape—away from the distractions of the office and city confines.

Situated on over 535 acres on the shores of Grindstone Lake near Sandstone, we have over 7 miles of trails through a variety of habitat, including old growth forest, managed forest, wetlands, and restored prairie. Our unique site provides the perfect setting for your meeting or gathering; quiet and secluded surrounded only by the soothing sounds and sights of the Minnesota outdoors.

An assortment of meeting spaces, large and small, are available throughout the center, ranging from our large dining hall and beautiful Crosby Lounge overlooking the woods and lake to indoor classrooms and dispersed facilities spread throughout the Center's property such as a yurt, wildlife classroom and log cabin classroom.

We have a variety of lodging facilities including rooms with private baths, dormitory with shared bath and a 5-BR, 3 bath historic lodge. The main Dining Hall seats 150-200 people comfortably and has the most appealing lakeside setting with many windows that makes you feel a part of the great outdoors even on winter days, when the fabulous stone fireplace keeps everyone cozy.

Our trained staff can provide programs for your group, if desired, to create a truly exceptional and lasting experience. Options include team-building and team challenge low ropes course, high ropes/zip line, climbing wall, birds of prey presentations (with our education raptors), and a variety of naturalist programs.

Whether you are looking for a location for a day-long meeting, need package pricing for a weekend retreat, want to schedule a company party or banquet, or need to rent the entire center for a larger group, the Audubon Center of the North Woods provides a conveniently located, affordable and beautiful setting for your group.

For current pricing, to get a quote for your event or to check availability, please email Laurie at: fenner@audubon-center.org

Dining

The Audubon Center offers delicious meals throughout the day for groups and conference as well as customized banquet menus, prepared fresh to satisfy every palate. Combine our fantastic meals with our beautiful lakeside dining hall and you've got a truly enjoyable dining experience. Each meal is served buffet style and includes a variety of exceptional cuisine with a focus on locally grown or organic items, as well as fruit, salad bar and bread.



Our chef has an extensive background in the restaurant business and selects each and every dish to ensure the most pleasant dining experience possible.

Large Group Functions

Our dining hall is the perfect spot for a large group meeting or event. We have a public address system with wired podium and wireless handheld and lapel microphones, free for you to use. There are pull-down screens on each side and we have LCD projectors available for rent.



For company parties and receptions, we have a large dance floor that we can set up for a nominal charge.



Dormitory-Style Lodging

Crosby Lodge—14 rooms; each room sleeps up to 8 people, featuring solid wood bunks and private bathroom facilities. Two rooms are wheelchair accessible. The Crosby Lodge has capacity for 56 adults or 112 youth/college.

Lowry Lodge—Five rooms; each room sleeps up to 5 people (2 sets of bunks and one twin), featuring solid wood bunks and shared bathrooms (separate men's and women's multistall) on lower level. The Lowry Lodge has capacity for 20 adults or 25 youth/college.



Large Historic Lodge

The historic Schwyzer Lodge is available for rental for your seasonal family fun. Situated on the shores of Grindstone Lake, this beautiful, charming lodge is an ideal property for a quiet getaway for family and friends. The Lodge has five bedrooms, three bathrooms and can sleep up to 16 people. A fully equipped kitchen, fireplace in the living room, three bathrooms and a large screened porch facing the lake make up some of the amenities of this secluded retreat.



Formal and Dispersed Meeting Spaces

In addition to our large dining hall, the Audubon Center of the North Woods has a variety of meeting/conference spaces, ideal for breakout groups or smaller groups of up to 60 people. These include our large Crosby Lounge and Bremer Classroom, two smaller classrooms, and a number of dispersed meeting spaces including our wildlife and climbing wall classrooms, a yurt and a log cabin.



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.

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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
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- Invitations to special events
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