



Winter/Spring 2011

Volume 37, Issue 1

Audubon Center of the North Woods



# News from the North Woods

## In This Issue

Motivated Resolutions	1
Building a More Sustainable...	1
Winter...Owl Breeding Time	2
Adopt a Raptor	2
Summer Camp	3
Volunteer Spotlight	4
ACNW Wish Lists	4
Candlelight Ski & Snowshoe	5
Maple Syrup Day	5
Shopping Spree	6
Women's Wellness Weekend	6
Road Scholar® programs	7
Mother's Day Brunch	7
Concert at the Lake	7
Spotlight on Schools	8
Dinners at the Lake	9
Cooking Wild	9
Wild Things	9
Help Needed	10
New Intern	10
Thank You	11



## Upcoming Events

Dinner at the Lake with Mike Lynch	February 12
Candlelight Ski & Snowshoe	February 19
Dinner at the Lake	March 19
Maple Syrup Day	March 26
Dinner at the Lake with Lori Arent	April 9
Mother's Day Brunch with Michael Monroe	May 8
Women's Wellness Weekend	May 13-15
Concert at the Lake	June 4
Summer Camps	- June & July

*A proud leader in environmental education and renewable energy*

## Motivated Resolutions

by Melonie Shipman, Co-Director

Many of us start the new year with resolutions for improvement; e.g. lose 25 pounds by Memorial Day, increase net income by 10%, etc. We follow the guidelines of quality objective setting making sure each resolution is specific, measureable and reasonably attainable in the time frame specified. We start our journey to resolution achievement and the derailments begin; fell on the steps=can't exercise=weight loss goal slips, etc. Often, at the start of the next new year, our resolution list looks a great deal like the one from the year(s) before.

Yet there are those who despite setbacks still achieve their resolutions. What's the missing link? Motivation—the drive to continue against all odds. Motivation is the link between the resolution and the attainment of goals. And like fuel in our vehicles, motivation has to be continuously replenished during the course of a long journey. Sometimes the motivational refueling comes from putting in meaningful mini-achievements such as walking 10,000 steps a day which ultimately helps lead to the 25 pound weight loss. Sometimes the motivational refueling comes from an external source, such as when I am reluctant to exercise on an icy, deep freeze winter day and I see my 15-year old, two-time cancer survivor, three time-spleen removed golden retriever, Tilly, still excited to put on her Muttluks and go for a walk.

External motivational links are seen daily around the Audubon Center, among the many examples are:

## Building a More Sustainable Center

by Bryan Wood, Co-Director

Over the last few years, the word “sustainable” has become a buzz-word in society. You look around and see it mentioned with sustainable business practices, sustainable economic patterns, sustainable resource usage, sustainable farming and sustainable energy. For the past several years at the Audubon Center of the North Woods, we have been a state leader in our commitment to renewable energy technologies,

witnessed by our 65-ton geothermal heating and cooling pumps that supply all the heating and air conditioning for our Dining Hall/ Office and Crosby Dormitory, our three 16-panel solar photovoltaic arrays that produce enough energy to power the typical American home, our two solar hot-water panels and our 3.8kwh wind turbine.

Although we already have those improvements to our campus in place, there is more we want to accomplish. That is why we are currently underway on a Sustainable Energy Campaign to reduce our

carbon footprint by 80% from our 2007 levels. This campaign is a part of the coalition of six residential environmental learning centers in the state that also includes Deep Portage Learning Center, Eagle Bluff Learning Center, Laurentian Environmental Center, Long Lake Conservation Center and Wolf Ridge Environmental Learning Center. We have come together to form EarthSense Alliance. By working together to achieve an 80% carbon reduction at each of our campuses, we are setting an example for the state of what is possible in demonstration and education of energy efficiency, conservation and renewable technologies.



## Winter Means Breeding Time for Owls by Jeff Tyson



### Did You Know?

All raptors regurgitate pellets (undigestable parts of their diet) but only owl pellets contain the skeletons of their prey. Because owl digestive juices are less acidic than in other birds of prey, they are unable to digest bone.



When we think of winter, we are more likely to associate to bitter cold and snow than we are to baby birds. However, some of our Minnesota owls are beginning their courtship rituals during this season. As we approach the coldest time of the year, the Great Horned Owls begins nesting.

A mated pair of Great Horned Owls may hold a territory all year long. As nesting season approaches, the pair establishes their pair bond. This is done with a lot of vocalization. The Great Horned Owl is one of the owls that do actually hoot (owls give a wide variety of vocalizations). The hoot of the Great Horned is said to sound like "Who's awake, Me Too". The pair of owls will also bow to each other and preen each other's head and neck.

Great Horned Owls typically do not build a nest; they are more likely to take a nest from a hawk, crow, heron or even an eagle.

They may also choose to nest at the top of a broken off tree.

They typically lay two white oval eggs. Since it is so cold, the female owl starts incubating the eggs immediately. This means that the first egg laid is the first egg hatched usually in 30-37 days, giving that older sibling an advantage over the younger ones.

### Adopt-A-Feathered Friend

Help support the care of any of our resident education birds through our "Adopt a Feathered Friend" 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 magnet 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.

Initially the baby owls are very helpless, eyes closed, unable to lift their head, covered in a white fluffy down. They grow quickly and in five to six weeks the young have left the nest and headed out to branches. After a few weeks of hopping from branch to branch the birds have become more experienced flyers. By the time the owlets are hunting more on their own, spring has come and there are many other baby animals providing an easy meal for the young owls. The young stay near the parents for the next five months or until they are driven off by the adults.

Keep your ears open this winter for the calls of the Great Horned and our other winter breeding Minnesota owls. If you find an injured owl or other bird of prey or would like to schedule a raptor or owl program please call the Audubon Center at 320-245-2648





**Early bird discounts are available until May 1st - register early!**

## BECOMING AN OUTDOOR FAMILY

**June 10-12**



*For families of all sizes; \$85/person or \$315/family of four (\$75 each additional person) - 10% early bird discount if register by May 1st*

A weekend focused on bringing families and the outdoors together. Expert instructors from both our staff and MN DNR will teach variety of outdoor skills, sports and recreational activities. Each class begins with the basics, providing hands-on experience and encourages all participants to ask questions and try the skill. Classes are geared towards families that have children ages 6-18. Younger children are welcomed to attend the weekend but will not be able to participate in classes. (Upon registration, you will be sent a class selection form for your family).

# SUMMER YOUTH CAMPS

## Day Camps

### Mix & Match Day Camp...June 20

9 a.m. to 3 p.m.

For kids entering 4th to 8th grades

Early bird \$35 (before May 1) or Regular \$40

Pick your mix of exciting adventure or wildlife activities and come explore a taste of the many fun activities at the Audubon Center of the North Woods! You'll be able to choose from: Zipline, Climbing Wall, Canoeing, Survivor; Reptiles & Amphibians/Frog Hunt, Fishing, Animal Signs, Stream Superheroes/Aquatics



### Feathered Friends Day Camp...June 21

9 a.m. to 3 p.m.

For kids entering 1st to 4th grades

Early bird \$25 (before May 1) or Regular \$30

Celebrate our feathered friends by testing out their beaks and feet, experimenting with feathers, and joining a bird birthday party for the birds who live at the Audubon Center all year! Our crow will let you feed him a snack and he may have some new talents to show us all!



## Overnight (residential) Camps

### Forts, Fires & Fishing.....July 5-8

For kids entering 4th to 7th grades; Early bird \$225 (before May 1) or Regular \$240

Come spend a week learning how to survive in the woods. You'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, you'll perfect fort and fire-making skills, cook some over a fire, look for wild edibles, catch some fish, and spend a night under the stars. The week finishes with a fish fry for you and your family!

- Spin-cast fishing on Grindstone Lake & fly fishing at Kettle River
- Build and sleep in outdoor shelter one night
- Learn fire building and outdoor cooking skills
- Build forts in different habitats each day
- High Ropes & Climbing Wall
- Orienteering/Geo-caching
- Swimming



### The Ways of Wildlife.....July 10-15

For kids entering 5th to 8th grades; Early bird \$340 (before May 1) or Regular \$355



Explore the lives of animals at the Audubon Center and around Minnesota. Help care for and learn handling of educational animals at the Audubon Center including frogs, snakes, turtle, and birds of prey! Experience the basics of wildlife rehab and visit a veterinary clinic/wildlife rehabilitation center. Learn the basics of animal training. Discover how and why telemetry and GPS are used in tracking wildlife. And to add even more fun to your week, enjoy swimming in Grindstone Lake and experiencing our high ropes course. Enjoy a variety of field trips and behind the scenes experiences at: a zoo, an overnight at the Great Lakes aquarium, the Wildlife Science Center, AND a veterinary clinic/wildlife rehabilitation center

### State Park Sampler.....July 23-24

For kids entering 7th to 9th grades;

Early bird \$180 (before May 1) or Regular \$200

Meet at the Audubon Center in morning and travel to Tettegouche State Park, one of the area's most beautiful state parks. We will spend the day hiking and exploring the park's unique features, camp overnight, and explore more state parks along the North Shore on the way back to the Audubon Center.



**Don't delay! Early bird registration discount ends May 1, 2011**

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

## 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 our long-time volunteer organizations, Conservation Corps of Minnesota (CCM - formerly MCC), who periodically provide us with volunteer teams for everything from painting and maintenance to trails clearing and splitting firewood.*

The Conservation Corps of Minnesota (CCM) provides meaningful work for young people in conserving energy, managing natural resources, responding to disasters and leading volunteers. Not only do they provide training in resource management, safety, job-readiness and technical skills, but they also help young people develop personal responsibility, a strong work ethic and greater awareness of environmental stewardship.

CCM operates crews of AmeriCorps young adults (age 18 to 25) throughout Minnesota, Iowa and surrounding states. The four to five member crews are well trained and fully equipped. Over the past several years, the Audubon Center of the North Woods has been fortunate to have small crews of CCM volunteers visit once or twice a year to do a variety of work for us - on projects such as trail clearing, brush cutting, tree planting, bud capping, prairie burning, firewood splitting, boardwalk repair and many other outdoor projects.

We are extremely grateful for the tireless efforts of the members of this outstanding organization.



*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.*

- cross country skis and snowshoes for very small kids (preschool through 4th grade)
- 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 LCD television
- tree corer
- dock suitable for Grindstone Lake
- Automatic External Defibrillators (AEDs)
- 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
- 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
- 3/4" Manila Rope
- 1/2" Manila Rope
- 1/4" 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)



# UPCOMING EVENTS

Discounted overnight lodging is available for both these events - please inquire, 888-404-7743

## Snowshoe *candlelight* & Ski

\$10/person or \$25/family

Please R.S.V.P.

**Saturday, Feb. 19, 2011**  
**6:00-9:00 p.m.**

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

↑ Reservations Required for both events ↓



## Annual Pancake Brunch and Maple Syruping Program

featuring hands-on demos of the entire maple syrup process

**Saturday, March 26, 2011**

10:00 AM – 3 PM – Programs

10:00 AM – 2 PM - Brunch

\$15/adult

\$10/child (5-12 yrs)

Reservations required

## Shopping Spree

Our Nature Store carries unique, earth-friendly fun items – giving you a readily accessible, reasonably priced, opportunity to find 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, etc.). Increasingly we are focused on items that are reusable, nature-oriented, and often found only in bigger communities. We invite you to visit 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.

### Featured Item

*Mail friends and family beautiful, earth-friendly Leanin Tree cards.*



- Recycled paper in all cards and envelopes (10-100% post consumer)
- Elemental Chlorine Free (ECF) cards
- Soy-based inks
- Audited sustainable forests

**\$2.75 each in the ACNW Nature Store**

Pollution and carbon dioxide can be created when electricity is produced to charge the batteries in electric vehicles (EVs). The amount of emissions depends on how the electricity was produced.

In MN, about 60% of electricity is produced by coal. As more renewable energy is included in the energy-production portfolio, emissions associated with charging EVs will decrease. If electricity to charge EVs comes from solar or wind power, there is little or no air pollution created. ***That's an inspiring goal!***

## Women's Wellness & Adventure Weekend

**May 13-15**

*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 our Women's Wellness & Adventure Weekend May 13-15, 2011

This all-inclusive, complete holistic retreat, offered every spring and fall, is very popular and leaves participants refreshed and renewed—comfy lodging, wonderful food, interesting speakers, and a variety of classes and activities 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, nordic walking)
- \* Wellness & Nature (examples include yoga, massage, reiki, meditation, intuition, healing, guided hikes, bird banding)
- \* Creative Expressions (examples include art classes, crafts classes, food, photography, journaling, music, quillwork)

*Offered each spring and fall*



*The perfect Valentine's or Mother's Day  
Gift for that special woman in your life!  
Gift certificates are available.*





## Summer Road Scholar® Programs

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

6/12/2011 - 6/17/2010

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.

### Migration Mysteries: Hawks on the Wing, Wolves in the Wild, and North Country Settlers

8/28/2011 - 9/2/2011

Witness an event that stretches back to the mists of time. Visit Hawk Ridge, nationally known for thousands of migrating raptors each fall. Meet our birds of prey and discover their special adaptations. The howl of the wolf sends shivers up the spine. Meet a captive pack of wolves. Observe their special behavior, including communication styles. Deepen your knowledge and understanding of this legendary and beautiful predator. Explore the north country history through the original inhabitants, the Ojibwe Indians, and the subsequent exploration and exploits of the Canadian voyageurs and lumber barons. Retrace those times at two Museums and the Northwest Fur Post.



[www.michaelmonroe.info](http://www.michaelmonroe.info)

### Mother's Day Brunch

Sunday, May 8  
11:30 a.m.

\$20/ adult; \$10/ children 5-12.  
Brunch at 11:30 a.m., followed by concert.  
Reservations are required! Reserve early!  
Call 320-245-2648 or email  
[audubon1@audubon-center.org](mailto:audubon1@audubon-center.org)

With original acoustic entertainment by Michael Monroe

### BBQ & Concert at the Lake

Saturday, June 4  
5:30 p.m.

\$12.50 adults/  
\$6 children 6-12 yrs;  
5 yrs and under are  
free; FAMILY RATE:  
\$32/family of 4

(with special recognition of our Members and Volunteers)

### Winter Family Escape a Success

During the holiday break, 14 families joined us for our annual Winter Family Escape, December 27-30. The weather cooperated and we had a good snow base for all the winter activities, which included skiing, snowshoeing, dogsledding, a sleigh ride, quinzhee building, a candlelit ski trail, and, last but not least, our wonderful snow sculpture zoo.



— 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.*

### **Prairie Seeds Academy is the first charter school to win Minnesota soccer championship!**



2010 Class A Boys Champion

Prairie Seeds Academy is the first charter school to win the Minnesota high school soccer championship title! In a double overtime victory over Mankato, this ACNW sponsored school became the Class A High School Boy's State Soccer Champion. Sports participation encourages better academic performance and school



pride which was in evidence as the Prairie Seeds diverse population cheered their team to victory. Prairie Seeds is in its 7th year with 745 students in grades K-12.

**Congratulations  
Prairie Seeds Academy!**

- The intern, who on his own, woke up at 5:30 a.m. one morning to make sure that everything was ready for a special outdoor program...increased income would mean retaining vs. retraining great staff
- Our one-man buildings and grounds staff, who stops by on his day "off" to make sure the trails are groomed, the dog sledding area is perfect and five more urgencies are taken care of for Winter Family Escape...increased income would enable us to hire back a part-time assistant
- Your financial donations which enable us to spend less time on repairs and saying "not now," and more time on our resolution "to install a connection and commitment to the environment in people of all communities through experiential learning." We ask for your donations because we are resolved to build the sustainable income base that provides options to do more and do it better.

There may often seem to be a wide gap between your membership, program participation, and/or donations and achievement of such a lofty resolution. Visit ACNW live or view a video overview of the Center at [www.Audubon-Center.org](http://www.Audubon-Center.org) and see the life changing impact that the Audubon Center of the North Woods has on people of all ages. Think about the saying, "People protect what they love and love what they understand". You help us provide the experiential nature education that leads learners to understand why it is important and how to have a healthy planet. From that seed of understanding sprouts love of nature. From the love of nature comes a resolution to protect it. And so the resolution to leave a legacy of a healthier planet is achieved.



Tilly, Melonie's 15-year old golden retriever, in her Muttluks, ready for her winter walk.

### **Ways you can support the Audubon Center of the North Woods**

- **Become a member**
- **Adopt-A-Feathered Friend** 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. Visit us, bring others and introduce your friends to us.

*For more info on how you can help, visit the support page of our website or give us a call*



## Dinners at the Lake

*Schedule for the remainder of this season:*



*Join us in our  
beautiful lakeside  
dining room  
for these very  
enjoyable events!*

### ◆ Saturday, February 12, 2011

Mike Lynch - astronomer, meteorologist and WCCO radio personality  
\$20/adult, \$10/child 5-12 years, under 5 are free

### ◆ Saturday, March 12, 2011

Jim Oberstar - former US Representative for MN 8th Cong. District  
\$20/adult, \$10/child 5-12 years, under 5 are free

### ◆ Saturday, April 9, 2011

Lori Arndt - from the Minnesota Raptor Center  
\$20/adult, \$10/child 5-12 years, under 5 are free

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

Live entertainment with Michael Monroe  
\$20/adult, \$10/child 5-12 years, under 5 are free

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

BBQ & live entertainment  
\$12.50/adult, \$6/child 5-12 years, under 5 are free

**Reservations are required**

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

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

## Small Child Skis and Snowshoes Needed

Did you used to take your wee ones out cross-country skiing or snowshoeing? Do you have kids or grandkids who have outgrown their pre-school to 4th grade size skis or snowshoes? If the answer is yes, we could put them to use for our winter family events. We currently are gladly taking donations of small child-sized cross-country skis and snowshoes.

These are just an example of the many items we are in need of. See our "Wish List" on page 4 for a list of items we are accepting donations of.



## Wild Things

Most recently seen at ACNW  
(as of January 25, 2011)

- Snow buntings
- Shrike
- Peregrine falcon
- Rough-legged hawk
- Barred owl
- Chickadees...singing their songs of spring?
- Muskrats
- Cottontails
- Numerous deer
- Ermin
- Least weasel in winter coat
- Bobcat tracks

*Come and enjoy for yourself  
the numerous species of wildlife  
here at the Center!*

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

## 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. Sliced apples are slathered in syrup, covered with a wonderful crumble, baked and served warm with scoops of rum raisin ice cream.

### Maple Apple Crisp

5 apples - peeled, cored, sliced  
3/4 cup pure Audubon Center of the North Woods maple syrup  
1/2 cup all-purpose flour  
1/2 cup rolled oats  
1/2 cup brown sugar  
1 pinch salt  
1/2 cup softened butter

1. Preheat oven to 375 degrees F.
2. Place apples in 8x8 inch baking dish. Toss apples with syrup. In a separate bowl, mix together flour, oats, sugar, and salt. Cut in butter until mixture is crumbly. Sprinkle mixture evenly over apples.
3. Bake in preheated oven for 35 minutes, until topping is golden brown. Serve warm or at room temperature.

## Help Needed!

Non-profits like the Audubon Center of the North Woods depend upon volunteers who generously give their time, energy and skills to help us succeed. We would welcome your assistance in any of the following areas. Interested? Contact Heidi (320-245-2648 or [audubon1@audubon-center.org](mailto:audubon1@audubon-center.org)) 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

- Paint conference room walls
- Mount tarps for covering fire wood
- Mount hooks and install grommets for dining hall window coverings (during slide programs only)
- Sort through, organize, label: photograph and slide archives, digital photos, videos
- Scan slides and photos to disk
- Transfer videos to DVD
- Create a photo album of events for staff reference with visitors
- 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
- Web Development Assistance - help with CMS web build and website functionality, including e-commerce, assist with CRM database functionality
- Flash mentor - short-term assistance in getting marketing coordinator up to speed on the efficient use of Adobe Flash

### SPECIFIC- ongoing

- Grant Research and Submission Assistance
  - paper and online search/research for potential grant opportunities, periodic compilation and submission of grant applications.

- Online Marketing Assistance - regular submission of material for online calendars,

### GENERAL HELP -ongoing

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

### On-Site events

- Serve lunch
- Wash dishes
- "Catch" for high ropes course
- Direct parking
- Assist with Open House/Trail Run logistics
- Press apple cider during Open House
- Lead board games and/or crafts for pre-school to 4th graders during Winter Family Escape

### Why Volunteer?

There are many benefits to public service. You'll meet new people, gain experience, build your skills and resume, while making a big difference to a non-profit like Audubon Center of the North Woods.

— continued from page 1 —

Because of funding that EarthSense Alliance has received from the Legislative Citizen's Commission for Minnesota's Resources (LCCMR) and a federal appropriation secured through Congressman Oberstar, the Center is now beginning to implement more energy upgrades that will reduce our impact on the planet and get us closer to our goal. This includes adding more solar hot-water panels on the roof of Crosby Dormitory and the Dining Hall, envelope improvements to all our campus buildings such as better insulation, more efficient doors and windows, as well as installing geothermal heating and cooling in other campus buildings. Also included are energy meters and monitors that will chart the energy usage of our buildings, allowing us to make adjustments where usage is being wasted, and see the difference our renewable energy technologies are making. And because of a grant through the Beim Foundation, we will be installing energy efficient lighting throughout our campus.

But all these improvements will not achieve their potential impact if we do not educate others about them. That is why, in addition to the new efficiency and renewable energy technologies being installed, we are also creating new K-12 curriculum that focuses on energy concepts and sustainable energy; why we are installing outdoor interpretive signs explaining how the renewable energy technologies work, and why this spring we are hosting an Energy Resource Advisor (ERA) certification course through Central Lakes College in Brainerd, MN. This continuing education course for adults 18 or older is designed to foster understanding and leadership of environmental sustainability in our communities, homes and workplaces.

With each day, we are moving closer to our goal of becoming a more sustainable organization. As part of EarthSense Alliance, we are working hard to make our goal of energy reduction a reality. We look forward to celebrating our exciting campus improvements with you as we move ahead and invite you to stop out and see the progress in action.

## Meet our new land management intern Matt Nicklay



I grew up in South St. Paul and Inver Grove Heights. I attended MN State Mankato where I majored in Recreation Parks and Leisure Services with an Emphasis in Resource Management. I have worked with the Inver Grove Heights School District for 5 years doing outdoor grounds work and custodial work year-round. Some activities I enjoy are Disc Golf, Fishing, Hiking, and exploring. I'm big into good tunes such as Trampled by Turtles, Mason Jennings, and Bailey Cooke to name a few. I enjoy reading a good book, and am currently reading The Last River Rat.

## EARTH SENSE ALLIANCE

The Audubon Center of the North Woods is proud to be a member of this coalition of the six Minnesota residential environmental learning centers. We are committed to collectively reducing our carbon footprint, demonstrating a carbon-neutral lifestyle to our constituents and becoming models of renewable energy technologies.



# 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.*

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## ACNW MISSION

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



**Northwoods Audubon Center**

*A proud leader in environmental education and renewable energy*

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## News from the North Woods

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