



Summer 2009

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Audubon Center of the North Woods



A proud leader in environmental education and renewable energy

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Upcoming Events

Garlic Mustard Removal Day May 9, 2009
Kid's Birdwatching Fair May 9, 2009
Mother's Day Brunch May 10, 2009
Wilderness Advanced First Aid, May 23-26, 2009
Retirement Party/Open House May 30, 2009
Wilderness First Responder - Bridge; June 29 - July 2, 2009
North Woods Wilderness Adventures Summer Camps July & August, 2009

A Season of Transitions

By Bryan Wood, Co-Director

Winter has loosened its icy grip on the North Woods and reluctantly given way to spring. For many, spring signifies the return of life to the land, there is a gradual progression of energy and growth each day that can be sensed outwardly and felt within. Looking to the skies one can see the return of birds that spent the winter months residing along the Gulf or in rainforests make their way back to familiar nesting grounds. Males will don their finest wardrobe in hopes of winning the heart of a captivated female. Spring is the time for the call of frogs and toads, of the tiny spring peeper who, smaller than a thimble, can fill the woods'



airwaves. It's the time for the sound of flowing of water as rivers and lakes open and the promise of another paddling season comes true. And it's the time for nature's spectacular art exhibit of wildflowers in the deciduous forests. Of trillium and twinflower, bloodroot and bellwort.

For these reasons and many more, spring is a time of excitement at the Center. It also provides a sense of accomplishment. Of a winter in which our J-Term Wolves and Predators course participants survived nights of -49°F and -42°F in Ely, with 13 second-guessing Floridians making a large

part of the contingent. A course in which a pack of 7 wolves was spotted from the air through radio telemetry location, and where an entire group of college students had the unforgettable experience of hearing and answering back to a howling wolf pack. It was a winter that saw the

entire staff gather along the shores of Burntside Lake to discuss the upcoming year, develop plans, share ideas, and reflect on accomplishments, while also fitting in an outing to view pictographs and the unrivaled exhilaration of the polar plunge. This winter brought the addition of 6 new schools to our RELC program for multiple day visits where students experienced the

outdoors, learning about nature, developing teamwork and growing as individuals through challenge courses.

The arrival of spring also brings the flow of sap and the tapping of maple trees. We were thrilled to have this year's Maple Syrup Brunch be our largest ever with over 200 people turning out to learn the ancient practice of making maple syrup and the subsequent enjoyment of the finished product on fresh pancakes.

Spring is also a time of looking ahead. This spring will mark the return of Spring

Focus on Frogs

By Renée Therriault, Wildlife Assistant

There are new voices in the woods and the bogs are already a chorus of, well, chorus frogs. What may sound like tiny ducks quacking or thumbs running down the teeth of a comb are actually the songs of our early risers from a long winter. Spring is making a steady procession now and nothing marks the progress of this particular season than the appearance of our Minnesota frogs.

Before we hear their call, the wood frogs, chorus frogs, and spring peepers must emerge from an incredible method of hibernation. These species crawl under rocks, leaves, or mud and freeze. Simplistically speaking, only about 70 percent of their body freezes, except for the wood frog, which freezes almost its entire body except for its vital organs. When spring finally arrives, these frogs thaw out stretching one leg at a time and head towards the marshes and bogs to breed.

Spring is a slow process. The snow melts long after the equinox, shades of green creep in slowly like a watercolor

wash, and we wait patiently for trees to bud out. Listening for the different species of frogs helps us to know the procession of spring. Certain species emerge from their winter freeze before others while some sleep in a little longer.

In late March, when the ice breaks and melts into the ponds, the tiny chorus frogs emerge, measuring only 1¼ inches. Their basic green color varies from frog to frog but their distinguishing two stripes run the length of their body. Once the chorus frogs are calling in full swing, the wood frogs emerge to join them. Easily identified by a black "robber's mask" on the sides of their face, they join in calling with a quacking song. Emerging from the woodlands, and the last of the early spring risers, the Spring Peeper joins in with its high-pitched peeping call. This tiny frog ranges only from ¾-1¼ inches long. Coloration may vary from tan to dark brown but identified with the "x marks the spot" across the back. The shrill call of the Spring Peeper ends the arrivals of the early risers from the winter freeze and soon more species will join as spring unfolds into summer. As the frogs begin to call to one another, they are announcing their breeding season. Soon, they will lay thousands of eggs under the water, perpetuating their amphibian lifecycle.

One way to see which species are in your backyard is to sit out in the morning or early evening and listen to the calls. Sort out who is calling and which species seem most common. Head out for a walk, take your kids or grandkids with you and go for a frog count! Mark off a one hundred foot



Western Chorus Frog



Spring Peeper



Wood Frog

square plot and see who is hopping around inside. It's always easier to see the world through the eyes of a frog when you are down on your hands and knees. If you would like to encourage frogs to live near your homes and give them a helping hand, provide them with a home by cutting a hole in a small bucket and turning it upside down. This gives them a small dark place to hide and gives you a place to see what's living in your back yard. So grab your boots and your friends to listen to the frogs announce the progression of spring.

Adopt-A-Raptor

You can 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).

When calling 911 isn't an option

Wilderness Advanced First Aid (WAFA) May 23-26, 2009

Instructors from Wilderness Medical Associates teach this 36-hour, 4-day, hands-on Wilderness Advanced First Aid (WAFA) course at the Audubon Center of the North Woods. This course is designed to show students how to deal with medical emergencies when they are miles from help and dialing 911 is not an option.



Wilderness Advanced First Aid is a comprehensive medical training course designed for outdoor recreationalists or wilderness trip leaders who venture into moderately remote and challenging environments. The content is significantly more detailed than the Wilderness First Aid course, including emphasis on common critical body system problems and environmental topics.

For more information or to register,
call us at 888/404-7743 or visit our website

www.audubon-center.org

Wilderness First Responders (WFR) WAFA-TO-WFR BRIDGE COURSE June 29 - July 2, 2009

The WAFA to WFR Bridge course upgrades the WMA Wilderness Advanced First Aid to a Wilderness First Responder (WFR) in 4 days. This course must be taken within three years of receiving the Wilderness Medical Associates' WAFA certificate. The WFR is the definitive medical training course for all outdoor professionals and enthusiasts.



Wilderness Medicine differs significantly from standard Red Cross courses and other programs that are oriented toward the urban environment. Instructors from Wilderness Medical Associates teach you what to do with a medical emergency when help is miles away and calling 911 isn't an option. We prepare students for emergency situations that involve prolonged patient care, severe environments and improvised equipment.

ACNW Wish List

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

- reliable, fuel-efficient used car for intern use
- reliable, fuel-efficient minivan
- 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)
- twin size mattresses in excellent condition
- trees, shrubs, garden plants
- new or excellent condition used matching couches and loveseats for Schwyzer and Lowry Lodge
- binoculars
- HDD camcorder
- later model televisions
- tree corer
- cross country skis for very small children
- backpacking expedition packs (internal frame)
- sleeping bags in excellent condition
- 2-4 person tents
- electric tools
- air compressor
- ATV with box

Wildlife Barn Wish List

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

- Pressure washer
- Autoclave
- 220 V Electric Oven
- Clothes Drying Rack
- 1/4", 1/2", and 3/4" Manila Rope
- Raptor Food For a Month \$150
- Bird/Wildlife Art Work
- Needlenose pliers

— 'Transitions' continued from page 1 —

Transition, the Center's initial college course started in 1975. This 3-week field course offered through Northland College will include weeklong periods of paddling the Ozarks, backpacking Wisconsin's Ice Age Trail, and biking along the Mississippi and on the Sparta-Elroy trail. During these 3 weeks, students will compare and contrast the birds and vegetation of each environment as we progressively move north. This spring will also bring the creation of 10 acres of native tall grass prairie to the Center's land. Working with the Natural Resources Conservation Service of Hinckley and the Minnesota DNR, we will be turning what was not long ago rows of corn into a prairie containing 6 native grasses and over 20 native forbs.

This summer will bring the addition of a corvid display to our wildlife facility. With

a grant through the Weesner Foundation, our wildlife staff will construct an enclosure that will house American Crows and Common Ravens (including our current resident raven, Potter). Members of this bird family are known for their exceptional intelligence and problem solving skills and will no doubt be an entertaining attraction for all visitors. This summer also marks the expansion of our wilderness summer camp trips – North Woods Wilderness Experiences. Building off of last year's Voyageurs National Park trip success, this year we will be offering four canoe trips for youth ages 12-17, including trips down the upper St. Croix and Mississippi headwaters, and explorations on the lakes of Voyageurs National Park and the BWCAW.

Along with the transitions that occur to the land this time of year, the center

recognizes its own transition. For over 37 years, Mike Link has been the voice and face of the Audubon Center of the North Woods. Founding the center in 1971 and getting by on food stamps for the first years, Mike has built an organization that serves over 80 K-12 schools, works with over 26 colleges, and annually has more than 8,000 people come through its doors. March 20, 2009 not only marked the beginning of spring, but also the beginning of a new chapter for Mike as he retired from the Center. In light of this amazing milestone, please join us on Saturday May 30 from 4-7 pm at the Center for a Retirement Party as we look back on Mike's career, share stories and laughs, and celebrate his many accomplishments. Complimentary food and beverages will be provided.

Maple Madness

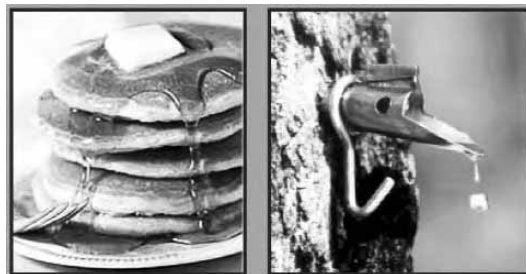
By Ty Johnson, Land and Building Manager

Sugar time and what a time it was. Imagine that annoying noise of drip drip drip in your kitchen, put that in the sugar bush multiplied by 700 taps and you have a great orchestra playing in your own woods. It is a wonderful sound!

I put out 700 taps on March 10... then waited and waited for the weather to warm up. It kept teasing me – soon it was going to be April and I thought “here we go again, another short season”. But on March 31, the trees erupted with sap, producing anywhere from 400 gallons per day to 1200 gallons per day all the way until April 11, never ending once. I've never experienced, in my 12 years of syruping, such a constant production of sap into syrup without a day off. I was dreaming brown bubbles in my sleep! I ran out of wood (6 cords in 12 days). I ran out of room to store the syrup until we could bottle. So for the first time ever, I quit before the trees did. The sap was rich about a 30:1 ratio. We made 148 gallons of syrup.!!!!!!! RECORD!!!!!!!

Cleanup is done, buckets put away, now the bottling begins.

**Thank you all...
volunteers, classes, groups and
staff that made this an easy going process!!**



**If you missed this year's
Maple Syruping Day, next
year's event will be on
Saturday, April 3, 2010!**

This is a wonderful event for families and youth groups! Enjoy a pancake brunch featuring our own maple syrup and hands-on maple syruping program stations where you will learn about tree selection, the history and process of making maple syrup and 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.

**New from our Kitchen -
Our House Maple Balsamic
Salad Dressing...**

available for sale in our store

Due to our bountiful maple syrup production this year, we are now making our delicious Maple Balsamic salad dressing in small batches on a regular basis and, in addition to including as a selection at our salad bar, are offering bottles for sale. Visit our Nature Store to purchase.

Saturday, May 30 - 4-7 p.m.

*Open House at the Audubon Center
of the North Woods*

*In honor of the retirement of
Mike Link and Kate Crowley*

*Share the memories and fun! Socializing and food from 4-6 p.m.
followed by toasting and roasting! Enjoy an eclectic mix of appetizers,
wine, burgers & fixin's, and root beer floats.*

*No reservations needed.
There is no charge for this event - free will donations are accepted.*

For more information, call the Audubon Center at 888-404-7743
or visit our website at www.audubon-center.org/retire.htm

Aquariums Update

The Audubon Center has installed five new aquariums with a total of 400 gallons. The aquariums are now home to the following species of fish:



Bluegill



Largemouth Bass



Walleye



Lake Trout



Brown Trout



Rainbow Trout

Did You Know...

- Eighty-four percent of the typical waste coming out of a U.S. Household (food, yard waste, paper, plastic, cardboard, aluminum cans, etc.) is recyclable.
- A single quart of motor oil dumped on the ground or in the trash, can contaminate up to two million gallons of fresh water.
- Using post-consumer recycled paper for one day's worth of the New York Times Sunday Edition would save approximately 75,000 trees.
- Pines and other non-deciduous trees absorb more carbon from the atmosphere than deciduous because they have their leaves (needles) year-round

Spain, a leader in alternative power, began operating the world's largest solar power plant outside Seville. The solar power plant produced even more power than expected over the course of its trial testing - it generates 20 megawatts of electricity and is now powering 10,000 homes with renewable energy.

The solar field at Seville is made up of 1,255 mirrored heliostats designed by Abengoa Solar. Each heliostat, with a surface area of 1,291 square feet, reflects the solar radiation it receives onto a receiver, located on top of a 531 feet-high tower, producing steam which is converted into electricity generation by a turbine. It is estimated that the solar power plant will prevent over 12,000 tons of CO₂ from entering the atmosphere.

Source: treehugger.com

More species will be added over the next year. The Audubon Center would like to thank the following people and organizations for their help with this large project:

- Richard Masse with Aquatic Ecosystems for his continued help in designing and maintaining the filtration system;
- Jay Walker with Great Lakes Aquarium for his invaluable help with plumbing the filtration system and answering a multitude of fish questions; and
- Heath Weaver and everyone with Hinckley DNR Fisheries for their help in obtaining fish.

DID YOU KNOW:

A 2008 study by the Arizona State University International Institute for Species Exploration reported that, aided by new access to remote regions, researchers have discovered 16,969 new species of plants and animals in 2006 alone (not including new species of microbial life). That figure amounts to about 1 percent of Earth's 1.8 million known species. The total included 2,000 plants and 1,000 vertebrates, among them 185 mammals, 196 reptiles, 108 amphibians, and 37 birds.

This rate of new species discoveries is about twice the overall historic average—and comes at a time when known species are becoming extinct at a record rate.

Many more species than previously thought may have been lost without ever having been found.

The challenge now is to preserve threatened ecosystems before these species, and others yet unknown, are lost. Researchers recognize that their window on new discoveries can close quickly. A single bulldozer or a day's logging can destroy a species' entire habitat. One researcher, who discovered a new species of legume in Madagascar, reported that by the time her finding was published, the species no longer existed.

Many of the new finds result from good old-fashioned fieldwork, especially from expeditions into regions previously inaccessible due to lack of roads or in some cases off limits due to war or politics. Google Earth has given scientists a way to scout terrain and cheaply reconnoiter habitats likely to produce new finds.

What especially concerns researchers is that the taxonomic evidence demonstrates that, unlike human beings that can adapt to life across a wide range of conditions and habitats, most species of plants and animals have evolved to survive only within a narrow range of conditions.

source: e360.yale.edu

What's on the Web

From Inhabitat.com

Motorola Unveils the World's First Carbon Neutral Cellphone



In the United States alone, 426,000 cellphones are retired each day, and a staggering number of these wind up in landfills. Motorola is helping to tackle the massive problem of consumer e-waste with the release of the world's first carbon neutral cellphone. The Renew W233 is the first certified Carbonfree cell phone on the market and features a housing made from recycled water bottles. Partnering with carbonfund.org, Motorola offsets the energy to manufacture, distribute, and operate the phone by investing in renewable energy sources and reforestation. The phone can be easily recycled by placing it in a prepaid envelope that is provided in the box. Additionally, the phone's packaging consumes 22% less material and is printed on post consumer recycled paper with soy-based inks.

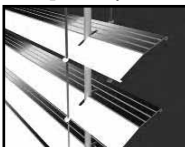
Architectural Wind Microturbines

There are a number of factors that have limited the growth of wind power in urban environments. Now, Aerovironment is ushering in an era of urban wind power with a sleek series of small, silent turbines that eschew the need for a tower. Dubbed 'Architectural Wind', the system seamlessly integrates into the parapets of buildings, taking advantage of aerodynamics to catch wind as its speed escalates up a structure's side. The turbine's innovative approach boasts up to a 30% increase in energy production, and their adaptable, modular assembly makes installation a snap.



Blight: Illuminating Solar Blinds

A top entry in this year's Greener Gadgets Design Competition, 'Blight' (a combination of the words "blind" and "light") offers a brilliant twist on staid venetian blinds. Rather than serving simply to block the sun's rays, the design re-envision blinds as sun-soaking solar panels that store energy during the day and illuminate your interiors at night. Once night falls, stored energy is transferred to a layer of electroluminescent foil, which provides energy-efficient light.



From Gizmodo.com

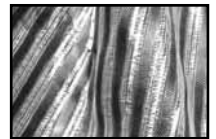
SunCat Solar Batteries

Rechargeable batteries can be a bit of a pain—you have to carry around an adapter, find an outlet, and even bend over to plug in the adapter. The SunCat batteries solve all of these issues by wrapping standard NiMH rechargeable batteries (1.8V) in photovoltaic cells (1.5V). Seen in prototype form here, each battery becomes its own solar trickle charger, constantly topping off its power reserves without ever overcharging. Hopefully, Duracell, Energizer or some other major manufacturer will mass product this idea soon.



Solar Curtains Turn Unwanted Sunlight Into Energy

Solar energy for household use will hopefully become much more commonplace in the next few years. These curtains are semi-transparent and flexible, turning sunlight into electricity whenever you're blocking out light to keep the home cool. The thin-film photovoltaic textiles are essentially solar panels created from organic photovoltaics. While not as efficient as the silicon based type, they are able to be molded and modified without any manufacturing process. The cost of the solar textiles would, at current, make it cost prohibitive. However, this prototype project shows that renewable energy technologies can be easily integrated into designs in unconventional ways.



Dragon Power Station Harnesses Kinetic Energy From Passing Vehicles

By harnessing the kinetic energy of trucks passing over plates buried in the road and turning that energy into electricity, the prototype system that was installed in the Port of Oakland, with 2,500 trucks passing over it in a day, generates enough juice to power 1,750 homes. The concept can be extended to busier streets, harnessing energy that would otherwise be lost. Special plates that are set on the road compress a tank of hydraulic fluid under the road, which in turn creates a series of pumping actions that turns a generator to produce electricity. The system is designed for installation in areas where vehicles come to a full stop, or move less than 30 miles per hour.





Tentative Dinner at the Lake Schedule for Next Season

September 26, 2009

October 17, 2009

December 31, 2009

January 23, 2010

February 13, 2010

March 20, 2010

April 17, 2010

May 9, 2010 -
Mother's Day Brunch

Topics tbd

Schedule subject to change

Garlic Mustard Removal Volunteer Event

9:00 a.m. - 4:00 p.m.
Saturday, May 9, 2009

Garlic mustard, a cool season biennial herb with leaves that give off an odor of garlic when crushed (particularly in spring and early summer), is an invasive exotic species poses a severe threat to native plants and animals in forest communities in much of the eastern and midwestern U.S.

Garlic mustard is an exotic species introduced from Europe presumably by early settlers for its supposed medicinal properties and for use in cooking. This European exotic occurs now in 27 midwestern and northeastern states and in Canada - including Audubon Center of the North Woods land. This highly invasive plant frequently occurs in moist, shaded soil of river floodplains, forests, roadsides, edges of woods and trails edges and forest openings.

Garlic Mustard is a rapidly spreading woodland weed that is displacing native woodland wildflowers. It dominates the forest floor and can displace most native herbaceous species within ten years. This plant is a major threat to the survival of native woodland herbaceous flora and the wildlife that depend on it. There are two modes of spread: an advancing front, and satellite population expansion possibly facilitated by small animals. Unlike other plants that invade disturbed habitats, garlic mustard readily spreads into high quality forests.

Please RSVP ahead of time - let us know what time you are coming.
You may come for just the morning pulling session, just the afternoon, or all day

Lunch will be served at noon at no charge to all who volunteer -
hopefully, the menu will feature an item or two made with garlic mustard!!

DID YOU KNOW?

Purchasing all its power from renewable energy sources has earned Intel Corp. the top spot on the U.S. Environmental Protection Agency's Green Power Partnership list. Santa Clara-based Intel has a 5,500-employee campus in Folsom. Other companies with a major local presence in the top 10 include

Kohl's Department Stores and Whole Foods Market at third and fifth place, respectively.

The EPA Green Power Partnership works with Fortune 500 companies; state, local and federal governments; colleges and universities and others to generate the list, which highlights who is purchasing the most green power to run their operations. For a complete list, visit www.epa.gov/greenpower.

Meet our new intern - April Sakowski

I enjoy learning and teaching about natural history. I spend a lot of my time kayaking, caving, snowboarding, and hiking to waterfalls. In my free time, I enjoy reading, cooking, gardening, organizing events and spending time with my cats, dogs, and partner, John.



I have completed my undergraduate degree in Wilderness Leadership and Experiential Education, and Ecology in Western North Carolina. I grew up in Northeastern Pennsylvania and have lived in Oregon, Montana, the Adirondacks of New York, and Costa Rica.

Volunteers Needed This Spring and Summer

Please contact Ty Johnson at 320-245-2648, ext 104 if you'd like to volunteer to help with any of the following projects:

- 1) We received a grant from through the Initiative Foundation for 75 gallons of Valspar Paint. We will be doing interior painting of walls, hallways, bathrooms and stairwells as well as exterior building, platforms, tables, and structures paintings and are looking for volunteers to help throughout the summer and fall.
- 2) We will be planting white oak and tamarack saplings this spring and are looking for volunteers to help.
- 3) We are looking for volunteers to mow our grounds this growing season.

Wilderness Treks for Kids

By Katie Kleese, Co-Director

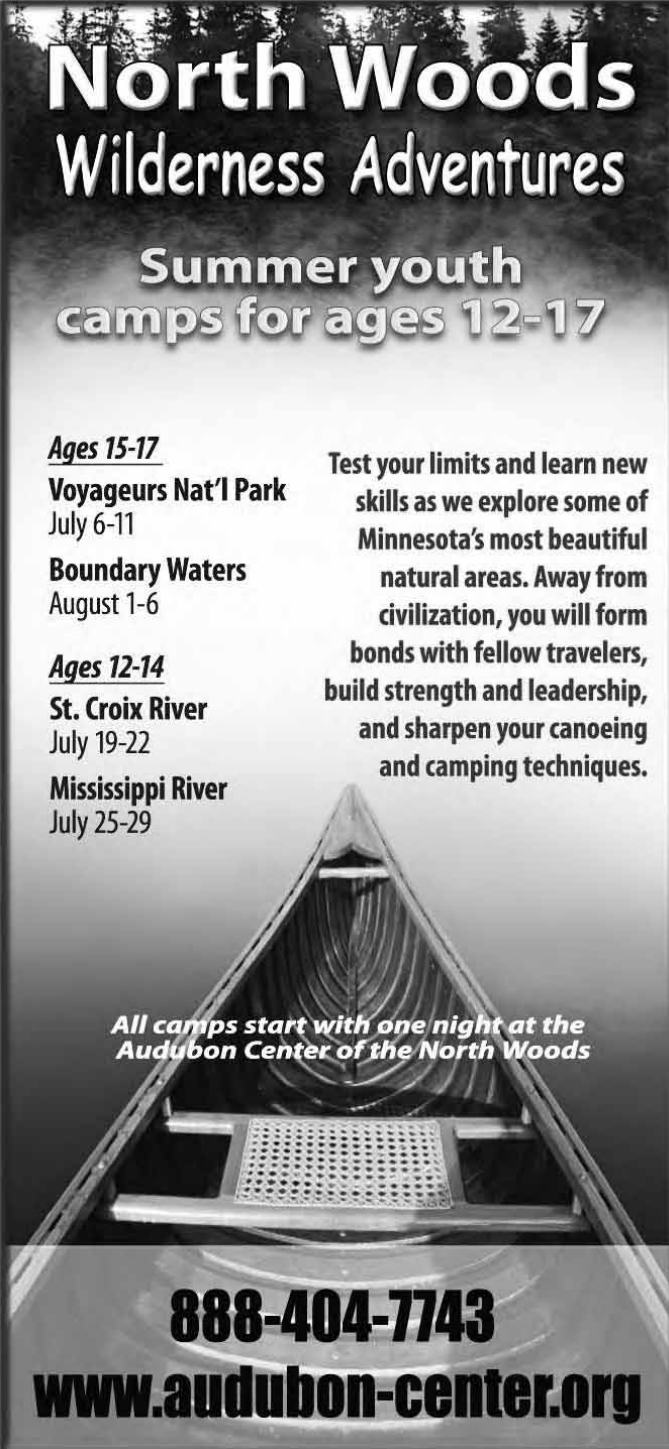
There are few better ways to spend your summer than paddling through the wilderness. This summer we are offering a chance for youth to explore the upper Mississippi, Voyageurs National Park, the Boundary Waters Canoe Area, and the St. Croix River. On all of these expeditions, campers will learn the skills they need to camp, canoe, and work together as a team, deepen their understanding of the ecosystems they experience, and return with new friends and great stories to tell.

Recently I trekked through the Boundary Waters with a group of teens. We set off on a perfect morning with a vibrant blue sky, our feet warmed by the sun as we paddled the calm waters. The campers chatted about their home lives, told stories, and curiously asked me about all the wildlife they saw.

Late in the morning we found a portage out of the marshy river to the next lake. Hefting our packs, paddles, and canoes, we set out across the path. After about 100 yards, the firm earth turned into a marshy trek through waist-deep water, mud, and black flies and I realized that we had gone too far. Our perfect day was in jeopardy. This was supposed to be a short portage and there was no end in sight. The kids were working hard to get through the muck, but when I told them we had to turn back they were devastated. They all plopped down - wet, muddy, and itchy from the flies.

After a few moments, Cole, a 15-year-old who had been silent most of the day, stood up and said, "We need a song." Without pause he belted, "Have you ever seen a penguin go to tea? If you look at me a penguin you will see. Penguins attention. Penguins begin." Then he flapped his arms and waddled like a penguin. By the last verse, everyone was laughing, singing, and waddling. This quiet young man had fixed our problem. I was amazed by the spontaneous leadership that one camper had shown when everyone else was feeling discouraged. In fact, Cole's penguin antics sparked a chain of songs that lasted all day, and by the time we pitched our tents that night the group had grown closer than I could have expected. The camaraderie lasted their entire stay and so did the respect that everyone had for Cole, the one camper who had gone out on a limb and perked up everyone's spirits.

On a wilderness trip, you never know who will shine and who will struggle, but you can predict that strengths will emerge, the team will coalesce, and everyone will help each other through challenges that arise. I hope to see some of you join us on our North Woods Wilderness Adventures this summer to meet wildlife, make friends, and find adventure.



North Woods Wilderness Adventures

Summer youth camps for ages 12-17

Ages 15-17
Voyageurs Nat'l Park
July 6-11

Boundary Waters
August 1-6

Ages 12-14
St. Croix River
July 19-22

Mississippi River
July 25-29

Test your limits and learn new skills as we explore some of Minnesota's most beautiful natural areas. Away from civilization, you will form bonds with fellow travelers, build strength and leadership, and sharpen your canoeing and camping techniques.

All camps start with one night at the Audubon Center of the North Woods

888-404-7743
www.audubon-center.org

Partial scholarships available

"Bring a Friend", family & past camper discounts

For more info or to register, call 888-404-7743

or email fenner@audubon-center.org

or visit www.audubon-center.org/youth_camp.htm

T.U.N.E. Camp **June 19-22, 2009** **Grades 6-12**

Pheasants Forever and Trout Unlimited are hosting a four-day, action-packed outdoor sportsman experience for kids in grades 6-12 at the Audubon Center of the North Woods - June 19-22.

The camp provides junior high and high school kids an opportunity to experience fly-fishing, archery, shooting, canoeing, dog training, wildlife biology, wetlands ecology and more.

For more information, visit the camp's webpage at <http://www.pfladyslippers.com/page/101/tune.jsp>.

There you can find registration and payment forms. Or you can call or email us here at the Audubon Center:

320-245-2648 or audubonl@audubon-center.org

Kid's Birdwatching Fair - May 9, 2009

The Audubon Center of the North Woods will be part of the Kids' Birdwatching Fair on May 9 from 9 am -1 pm at Minnesota Valley National Wildlife Refuge's Rapids Lake Unit, south of Carver. This event, hosted by the Minnesota River Valley Audubon and the U.S. Fish and Wildlife Service, is a free event for children aged 12 and younger that celebrates International Migratory Bird Day by educating children on the basics of birding.

Children will witness migratory bird banding, view live raptor demonstrations, learn about wild bird identification, how to feed birds, and the use of field identification guides and binoculars. No reservations are needed and all participants and chaperones will receive lunch.

Event partners include Audubon Center of the North Woods, Minnesota Waterfowl Assn, Friends of the Minnesota Valley National Wildlife Refuge, National Camera Exchange, Carver County Parks, Wetland Health Evaluation Project, All Seasons Wild Bird Store, Henderson Feathers, and General Mills.

For more info and driving directions, visit <http://www.fws.gov/midwest/News/release.cfm?rid=21>

Elderhostel Inc. Program

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

July 12-17, 2009

Once again, we are offering a great summer Elderhostel, Inc. program for people 55 and older. [Elderhostel Inc, is a national organization established to provide continuing education to older adults.] This July, our Elderhostel program is **"Loons, Living Waters and Ancient Rocks of the Earth"** - July 12-17, 2009.



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.

To register you must contact Elderhostel Inc. directly at 877/426-8056 or by going to their website at:

www.elderhostel.org

Educational programs for groups of any age

In addition to our residential environmental learning (RELC) programs for K-12 school groups and our off-site outreach programs, our trained staff offers a variety of on-site educational programs for groups of any age in the areas of wildlife, environment, plant and animal ecology, culture/history, adventure/challenge, outdoor ed, and team-building. The variety and quality of the programs offered at the Audubon Center of the North Woods, along with our lodging facilities and food service, allow you to add a new dimension to your meeting, conference or retreat. Our programs are also available as stand-alone options, making them an ideal day-trip activity for adult, youth and college organizations.

Our professional, engaging instructors will work with your group to create a truly exceptional and lasting experience. Our peaceful and picturesque location provides the ideal setting for reconnecting with nature—away from the hustle and bustle.

Here is just a sampling of some of the programs we offer:

Orienteering & Navigation

Need a sense of direction? Learn the history, mechanics, nomenclature and proper use of a map and compass. Then experience true exploration and discovery through a navigation course on our 535 acres of pristine woods, waters and prairies.

Indoor Climbing

Ready to climb higher in life? Our 30-foot tall, 2,200 square foot climbing wall is the perfect setting to push yourself physically, encourage teammates, set goals and draw inspiration from climbing principles that correlate to everyday life.



High Ropes Course/ Zipline

Experience a true 'high' through this invigorating course. You'll receive the equipment and instruction to traverse cables, rope, wooden beams and a zipline—all 20 feet off the ground while

attached to safety cables. Work with a partner to challenge yourself, build confidence and discover your inner strengths!

Outdoor Survival Skills

It's tough to survive in this day and age. Go back to the basics and learn the survival skills of shelter building, primitive fire-making methods, signaling, gathering water and harvesting wild edibles. You'll have the opportunity to hone your skills in a mock survival situation that stresses positive mental attitude and group cooperation—the 2 most important survival skills of all!

Team Initiatives

Has your team reached its full potential? Through various challenges, obstacles, games and scenarios, you'll identify and develop skills of teamwork, cooperation, trust, problem solving and communication to carry with you back into the work world.

Low Ropes Challenge Course

Challenges make us grow. This team course incorporates the individual and teamwork elements of group initiatives with challenge elements no more than 3 feet off the ground. This program is ideal for building group cohesiveness, communication and team problem-solving.



Lodging, Meeting & Dining Facilities at ACNW



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.



**For more info or to book an event,
call Laurie at 888-404-7743
or email 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.



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. We appreciate donations of any size - listed below are donors who contributed \$25 or more since our last newsletter:

Owls – \$25-\$49

- Ellis, Bonnie
- Geislinger, Louis & Karen
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Cranes – \$50-\$99

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- Peter, James & Donna

Memorial

In memory of Clarence Peterson

- Raymond & Sylvia Marcotte

Honorary Gift

In Honor of George Jamison

- Dr. Shaun Jamison

In Honor of Mike Link

- Karen Halbersleben & Jack Miller

Square By Square

- Neavin, Tara

In-Kind Donations

- Bixby, Bill & Sherry
- Friedrich, Michael
- Dyvbig, Lee

Grants

- Gillespie, Mr. & Mrs. James
- Initiative Foundation
- Jack & Claire Dempsey Fund of the Minneapolis Foundation
- Eco Lab
- MN Community Fdn.

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

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

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

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

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



**Audubon Center of the
North Woods**

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www.audubon-center.org

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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.

With a membership in the Audubon Center of the North Woods, you receive this publication, a 10% discount off merchandise in our store, our regular e-newsletter (optional), invitations to special events, and the knowledge that your support lets us continue to provide quality environmental educations to thousands of people every year.

Friendship Categories

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**Memberships make terrific
gifts for any occasion!**

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