



# Audubon Center of the North Woods

A proud leader in environmental education and renewable energy

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Visit our website!

[www.audubon-center.org](http://www.audubon-center.org)

## News from the North Woods

Volume 33, Issue 2—Winter/Spring 2008

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Mail, call or email us your inquiries and ideas.

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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			
OWLS	\$25-49	MOOSE	\$500-\$749
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OTTERS	\$100-249	OSPREY	\$1000+
LOONS	\$250-\$499	PLANNED GIVING	\$2,500+

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

### A Special Gift for Our Supporters!

Donate \$100 or more and receive our unbleached cotton canvas, gusseted tote/grocery bag as a way of sending a special 'Thank You'. These great bags hold up to 40 pounds!

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Winter/Spring 2008

Volume 34, Issue 1

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### Upcoming Events

Sunday Brunches every second Sunday through May

Dinners at the Lake once a month through May

Spring Women's Wellness & Adventure, May 2-4, 2008

Wilderness Advanced First Aid, May 23-27, 2008

Journey to the Badlands and Black Hills, June 22-28, 2008

North Woods Wilderness School summer camps, June & July 2008

3rd Annual Birding Festival, June 6-8, 2008

## Audubon Center of the North Woods

# News from the North Woods

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## Summer Camp

By Mike Link

I remember a discussion that I had in the 1990's with Billy McKinney, a former member of the Chicago Bulls, Minnesota Timberwolves, and Seattle SuperSonics, who served on our advisory board. He described the impact of summer camp on his life. Having grown up in Chicago, he was not prepared for what he encountered in his camp experience.

"Camp changed my life," was Billy's statement. He had gone to a camp outside of Chicago and it opened his life to new possibilities and opportunities. It gave him an open invitation to be part of a world outside the city limits that encompassed all possibilities. That conversation was part of what led us to the initiative we called "Taking the Limits Out of City Limits".

We began our youth camp program at the Audubon Center in the 1970's, calling it the North Woods Wilderness School. Our aim was to develop future leaders and give kids new ideas and options. We wanted positive experiences that melded both adventure and science, to create such wonderful memories that nature would always be important to the kids, no matter what paths and directions their lives would take.

The camp worked well and we succeeded for a long time, but in the 1990's things began to change and we struggled to keep the camps going. People became more enamored with virtual worlds than real worlds. Profit

trumped quality of life. Green meant money instead of harmony with the planet. This public shift is well documented in Richard Louv's book *Last Child in the Woods*.

But now we are facing global crises. We are seeing larger problems that result when we neglect the earth and its needs. Hopefully we will remember the lessons from the last seven years and redirect our attention on quality of experience. We at the Center will certainly refocus our attention.



Under the leadership of Jaime Souza, our North Woods Wilderness School Summer Camp is back and better than ever. These weeks are designed to help children with their science education, with the development of new outdoor skills, with an appreciation of nature, and with the potential for vocations and avocations in the future.

Can you help us? Can you direct the young people you know to the camp? Can you help provide scholarships? Can you give us assistance in laying the foundation for the future? If you wish you could do more to motivate youth, you can help us reach out and make a difference.

Mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

Amount I Wish to Give \_\_\_\_\_

Friendship Category \_\_\_\_\_

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(from back of card)

Card type (circle one)

Visa MasterCard Discover

Signature \_\_\_\_\_

Contact me about a planned gift



## Adopt-A-Raptor

Honor the memory of Freya or help support the care of any of our other 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).

## Wildlife Barn Wish List

We have compiled a list of the following items that would assist us in the care of our educational animals or enhance the visit of those who come to learn about Minnesota's wildlife. If you have or would like to purchase one of the following items it would be greatly appreciated. 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
- ¾" Manila Rope
- ½" Manila Rope
- ¼" Manila Rope
- Raptor Food For a Month \$150
- Bird/Wildlife Art Work
- Plastic Pet Carriers

## New Staff Member... Potter

This December the Audubon Center welcomes its newest staff member. Potter, a Common Raven, comes to us from Garrison Animal Hospital. Potter was shot as an adult and suffered an inoperable fracture of the wrist.

Potter is highly intelligent and will present a challenge to our animal training staff. We are hopeful that over the coming months, Potter will get used to people and perhaps be able to be used on glove like our educational raptors.

The Audubon Center would like to thank Chris's Food Center in Sandstone for donating produce to supplement the raven's primary diet of meat.



## Sad News

On November 13th 2007, Freya, the Audubon Center female kestrel, passed away. She was 10 ½ years old. Freya was hit by a car in Buffalo, MN during her second month of life. She lost vision in one eye and could not survive in the wild. She was transferred to ACNW the next month. She spent 10 years teaching at ACNW, more than most of her human staff counterparts.

Freya was the best educational bird you could ever have. During her 10 years of residence she taught nearly 100,000 people about kestrels and falcons and she was extremely patient with the constant stream of new, mostly inexperienced handlers.

Thinking of the best way to honor Freya's memory, two ideas come to mind. First, build, place, and maintain an American Kestrel nest box near your home. The Iowa Department of Transportation has an excellent website on kestrel nest box construction and placement at [http://www.enviro-explorers.com/kestrel\\_web\\_pages/building\\_a\\_nest\\_box\\_page.htm](http://www.enviro-explorers.com/kestrel_web_pages/building_a_nest_box_page.htm).

Second, participate in the Adopt-A-Raptor program at the Audubon Center. When you adopt Freya, Nero (the new ACNW male kestrel), or any of our educational raptors, you help provide necessary funds to our raptor education program in which Freya worked her entire life. For more information, see the sidebar at left.



## Thank You!

Donations, Memberships & Memorials

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

### Owls

- Anderson, Kathryn
- Anderson, Richard & Pat
- Barnes, Ann
- Bergum, Kon & Joan
- Blacklock, Frances
- Brandli, Kathy & Al-Arfaji, Aziz
- Bruins, Bill & Ann
- Burkard, Edith
- Carlson, Louise Ann
- Compton, Meredith
- Coon, Chuck & Carma
- Dolan, Thomas J.
- Dunn, Nancy
- Egger, Melissa
- Falk, Ronald
- Foote, Larry & Lynn
- Friend, William & Helen
- Gorham, Muriel
- Greybull, Blair
- Haugen, Nancy
- Hecht, Harry
- Heikes, Larry & Cookie
- Hoxmeier, Gary & Gayle
- Johnson, Al & Lyn
- Johnson, Clarence & Romana
- Johnson, Jean
- Kendall, Robert & LuBell
- Langseth, Muriel & Boyd
- Larson, Betsy
- Lawrence, Virginia
- Luce, Don & Ann
- Lund, Janet & Dean
- Martin, Thomas & Ardene
- McClay, Dennis & Joan
- Nelson-Kufrin, Mary Beth
- Nylene, Frederick
- Osterdyk, Mark & Susan
- Owens, Donald & Marilyn
- Paulson, Clifford & Charlotte
- Peterson, Mark & Erica
- Pintok, Michael & Lupin, Cindy
- Renn, Ron & Margie
- Sprado, Charles & Loretta
- Steensen, Lydia
- The Wildcat Sanctuary

### Cranes

- Almquist, Dr. & Mrs. Robert
- Alwin, Ross
- Antonelli, Lillian
- Ausmus Furniture & Carpet
- Aust, Kathleen
- Azarski, Jim & Nancy
- Cheney, Marcia
- Cloues, John
- Eckman, Karen
- First National Bank of the North
- Fortin, Marilyn & Ronald
- Green, John & Janet
- Halbersleben, Karen & Miller Jack
- Helmer, Laura
- Henrikson, Mirium & James
- Jackson, Nancy
- Kroog, Rachael
- Lindberg, Rex
- Marcotte, Raymond & Silvia
- Nyrhinen, Carol
- Sebald, Roy
- Telfer, John & Patricia
- The Cattle Company

### Otters

- Berg, Harold & Teresa
- Brooks, Marney
- Carlson, Peg & Marty
- Chesley, Jean M.
- Foss, Rodney & Sue
- Hapke, Patricia & Richard
- Harpole, Murray J.
- Hartwell, David
- Knapp, Peggy
- Lea, Charles & Hope
- Lee, Mr. & Mrs. Don
- Lewandowski, Sharon
- Lex, Mark
- Lindsay, Eleanor
- Marcotte, Linda
- Marx, William
- Meyers, Chester & Miriam
- Mill, Elisa & Lund, Don
- Mizuno, Carol

- Mogen, Joe & Lee
- Murphy, Tony & Kelsch, Kate
- Noren, Gloria
- O'Phelan, Michael & Maureen
- Overway, Laureen
- Pfaller, Ruth
- Pomper, William & Naomi
- Reilly, Roberta
- Ritter, Linda
- Roberts, Joel & Gail
- Ruegg, Rev Lawrence & Carol
- Sheehy, Lee
- Sommer, Mike & Nancy
- Steeg, Cary & Elaine
- Sundquist, Burt & Marcia
- Sylvester, Nicci
- Waggoner, James & Audrey
- Wallin, Maxine
- White, Louise

### Loons

- Camper, Chris & Sheryl
- Mistretta, Roberta & Turner, Bud
- Norfolk Southern Foundation
- Blank, William & Beth

### Moose

- Rankin, Samuel
- Roden, John & Susan
- Ueland, Marilyn

### Eagle

- Arnosti, Don & Meg

### Osprey

- Inman, Tom & Suzanne
- Johnston, Betsy
- Obey, Jim & Wilda
- Glatly, Richard & Connie
- Vetter, Mary Ellen

### Memorial

- In Memory of Frank Buckingham*
- JoAnn & George Perdrizet
- In Memory of Rachel Calhoun*
- Linda Calhoun
- In Memory of Audrey Chantry*
- Richard & Joan Meierotto
- In Memory of Claude Sinnen*
- Rick Hidding
- In Memory of Joe White*
- Barry & Patti Larson
- In Memory of son Bob*
- Ashby, Shirley M.

### Honorary Gift

- In Honor Of Lt. Lou Steffes*
- Gene Steele

### Adopt a Raptor

- Joe Petrini

### Eco RV

- Ameriprise Financial
- Norman Arthur

### Grants

- Baker Foundation
- Donald Weesner Foundation
- Graystone Foundation
- Initiative Foundation
- James Ford Bell Foundation
- Dr. Stephen Smela & Ms. Cordelia Pierson
- Terhuly Foundation

### In-Kind Donations

- North Star Ski Group
- Alex Johnston
- Roberta Mistretta & Bud Turner
- Don & Eleanor Yaste
- Bill Bixby

Your support of the Audubon Center of the North Woods comes in a variety of different forms including seven different levels of membership, contributions to our Adopt-A-Raptor program, In-Kind donations, Memorial donations, Scholarship donations, and Planned Giving. To become a member, see the next page. For more on how you can help support the Audubon Center of the North Woods, visit our website at [www.audubon-center.org](http://www.audubon-center.org) or give us a call at 320-245-2648.



## Alumni News

If you are an alumni and have some news to share about your life, please write to the editor (crowley@audubon-center.org) and fill us in. We'd like to share that information with our membership.

### New Jobs

Jacoby Adeshei Carter, Ph.D (CSX Scholar/intern '99) lives in New Jersey and teaches courses in Philosophy and Ethics, along with various courses in Social and Political Philosophy at the City University of New York: John Jay College. He says that he's twice had the opportunity to teach two courses entitled Ethics and Animals and Environmental Ethics. He still manages to get outdoors as often as possible. He and his partner Stephanie have been canoeing and he is trying to talk her into buying one.

## Wilderness Advanced First Aid

May 23-27, 2008

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.



Wafa is designed for:

- Back country professionals
- Wilderness guides
- Summer camp leaders
- Other outdoor education/rec professionals

**For more information or to register, call us at 888/404-7743 or visit our website, www.audubon-center.org.**

## One-Day Rain Garden Workshop

May 31, 2008

The Audubon Center has received a grant from the Initiative Foundation to help us construct a rain garden on the property. This is a specialized type of garden designed to catch and filter runoff from rainstorms, especially in areas that receive large amounts of water. In our case, the large roof of our Dining Hall is a source of 920 gallons of runoff when just ½" of rain falls. By catching that water, rather than just letting it fall directly off the edge of the roof, we can spread it over a larger area, and filter it through the soil, before it enters the culvert near the driveway. The soil of this garden area is composed of a mix of materials that allows the water to slowly percolate down and as such can support an mix of grasses, flowering

plants and shrubs that not only beautify the area, but provide habitat for butterflies, birds and other desirable wildlife. It is a low maintenance system and one that we want to include as part of our overall landscape design, as well as a demonstration site for others who would like to incorporate one into their yard. We are planning a one day workshop on May 31, 2008, when we will "install" the garden and we are looking for interested volunteers who would like to participate in the process and go home with new knowledge, as well as some special event "souvenirs". Betsy Danielson of Dazzle Gardens is helping with the design and installation of the garden. Check our website for updates on the event.

## New Feature - Donate Online!

We have just added a new feature to our web site - a DonateNow button. This button enables visitors to our web site, www.audubon-center.org, to donate online, instantly and securely! Our DonateNow button is a major step forward into the growing world of e-philanthropy.

This is an important step in our five-year technology update that is part of our strategic plan. We believe that the DonateNow button will allow us to cater to a broad new audience over the Web. We are very excited because it offers a safe and easy way for our current supporters to contribute to our work and the ability to reach new supporters in a low-cost way.

The DonateNow feature is made possible through Groundspring.org, a nonprofit Internet foundation created by the Tides Foundation. All donations are processed by Groundspring.org, utilizing the newest secure technology developed for e-commerce to ensure that a donor's information is kept private and secure.

Be sure to check out our new DonateNow button at www.audubon-center.org.

## 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 (meal service availability is dependent upon total occupants at the center).

**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. \$60/night for lodging only or \$54/person/night package rate including 3 meals.



**Schwyzner 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 1st 4 people, \$15 per person over 4. If you prefer to have some or all of your meals in our dining hall, meal costs are \$6/breakfast, \$8/lunch and \$10 dinner - advanced notice is required.



## ACNW Wish List

In the past, we have had donations of vehicles – and each one has been a great help to us. All these gifts are tax deductible. Bikes have been donated for intern and participant use. Do you have any equipment that is in good working condition you no longer need that could help the Center? If so, please contact us at 888/404-7743 or audubon1@audubon-center.org

Of greatest need: 3/4 ton diesel engine pick-up truck that can be used to plow snow (We'd like to convert it to run on waste vegetable oil). We are also still in need of the items on the list at right.

Remember, your 'in-kind' donations are tax-deductible.

- 10 foot or 12 foot step ladder
- utility trailer
- scaffolding
- pressure sprayer
- small portable generator
- industrial-size washer & dryer
- roto tiller
- large glazed planting pots
- snowmobile for trail grooming
- pontoon boat
- bobcat/skidster
- electric golf cart (we plan to put solar panel on the roof)
- twin size mattresses in good condition
- trees, shrubs, garden plants
- new or good condition used bathroom fixtures for Schwyzer Lodge bathroom remodel
- binoculars
- digital video camera
- computers - 512 MB 1 GHz min.

**For more information or to make a reservation, call us at 888-404-7743.**



## North Woods Wilderness School

### A different kind of summer camp at ACNW

#### Dirt, Rocks & Worms

Ages: 8-9 June 15-17 \$215

If rocks could speak, they would have quite a story to tell. Rocks may not be able to talk, but their story is told through the rock cycle.

Rocks eventually become dirt, which everything is made from...even our lunches! And, where there is dirt, there is bound to be worms. Not only will campers get down and dirty in dirt, rocks and worms, they will also participate in other great activities! This two night program also includes a rockin' road trip.

#### Nature's Nightlife and Crepuscular Creatures

Ages: 10-11 June 15-20 \$429

We will awaken our other senses on a flashlightless night hike, navigate by the stars, follow the frog chorus, hoot and howl for owls and wolves.

Ventures into the night in hopes of experiencing the nocturnal world. We will not sleep by day, however, because then we would miss out on all of the crepuscular creatures that are active in the early morning and evening. Also includes bird banding, insect collecting, searching for animal signs and an on-site overnight camp-out. And, to add to the fun, we might as well throw in adventure with our high ropes course, rock climbing barn, and Total Team.

#### Where the Wild Things Are

Ages: 12-13 June 22-27 \$429

Traditional, practical wilderness skills, such as wilderness survival, gathering of wild edibles, cooking with wild edibles, wilderness navigation, canoe skills, and animal tracking will provide for a wild week!

The wild things are right here, in Minnesota's North Woods, and this summer you can experience the "wildlife." Do you think you have what it takes to survive in the wild? Skills will be put to the test in an off-site camping expedition. If that's not enough, students will also be able to experience our high ropes course, rock climbing, Ojibwa skills and crafts, and Team Challenge.

#### BWCA Adventure

Ages: 14-17 July 13-19 \$485

Not for the faint of heart, this wilderness canoe adventure will test your limits and teach new skills through hands-on experience. Away from civilization, you will paddle through the pristine waters, portaging from lake to lake.

First two days is trip preparation - Intro to canoeing and portaging, Leave No Trace Principles, how to canoe pack, Intro to the BWCA, Total Team and Team Challenge, possibly some basic first aid. Then we embark on our wilderness adventure. In the BWCA we will cover the following topics: plant communities, phenology, geology, fire ecology, wildlife ecology, BWCA lore and legend, nature journaling. There will also be time for summer fun...swimming, paddling, and hiking.

Think back to your childhood. What was your first experience in nature? When was the first moment in your life when you connected with nature? You might recall your memories from summer camp. Who can forget sleeping in bunks, swimming in the lake, singing around a fire and the amazing friendships that were made summer after summer.

Research has proven that kids need to be kids, and have time to play - not video games - but to play outside! The health benefits of outdoor play are numerous; mental, physical and emotional health increase with time in the outdoors. Our long history of outdoor education is proof that we believe in the power of nature to educate, heal, strengthen, motivate, relax, enlighten, and rejuvenate.

The Audubon Center of the North Woods is nestled on the shores of Grindstone Lake near Sandstone, MN in east-central Minnesota, about 90 miles north of the Twin Cities. Our diverse 535-acre sanctuary includes a variety of habitats, including old growth red and white pines, hardwood forests, restored wetlands and prairies.

The programs that we are offering this summer will provide an atmosphere that is safe, caring, and fun for young people. The revitalization of the North Woods Wilderness School is an opportunity to engage kids in nature through a variety of outdoor activities that promote the environmental awareness and compassion. Each week provides a theme with carefully planned activities that align with Minnesota State Academic Standards for that particular age level. Each week is a progression in

challenge and skills, as we wish to see campers progress through all of the schools as they get older. Different themes, activities, and destinations (for the 14-17 yr-old school) will be offered each summer to avoid repetition, as participants advance to the next level of the North Woods Wilderness School.



We are accredited as a school by NCA CITA (North Central Commission on Accreditation and School Improvement). Our staff is caring, engaging, knowledgeable, first-aid and CPR-certified, as well as life-guard certified. In addition to the great outdoors, we feature a variety of dispersed classrooms including a wildlife classroom, wetlands cabin, science and international classrooms and yurt, all of which enhance the outdoor learning experience.

Accommodations will be in our Crosby Lodge (unless overnight camping is specified). Each room sleeps up to 8 people, featuring solid wood bunks, and private bathroom facilities. We provide delicious and nutritious meals, served cafeteria style in the dining room.

## Women's Wellness & Adventure Weekend

May 2-4, 2008

The Women's Wellness Weekends, have been very well received and so we are once again offering our Spring Weekend. Make plans to join us for three days of renewal and relaxation, where the beauty of nature is a balm for the soul and the setting for a complete, holistic adventure. This special event will provide physical, mental, and spiritual activities, leaving you energized and ready to emerge from the long, grey winter season.

Our Crosby Lodge offers comfortable, quiet rooms with private bathroom facilities. Our Chef will provide wholesome, creative meals. A mix of professionals in the fields of health, exercise, art, and personal growth will fill the days with enlightening and renewing energy.

There will be a variety of classes and speakers to choose from, some of which include; our high ropes course; bird banding and identification; natural beauty products; Nordic walking, floral arrangements; guided nature hikes; and an introduction to yoga. You can also choose to use the time to relax and reflect on all that is good in your life. A 10 minute seated massage is included in the weekend. Keynote speakers on Friday and Saturday evening provide much food for thought and inspiration for our daily lives.

Bring a friend or come on your own, but celebrate the emerging spring season with a renewed feeling of energy and creativity. Cost for the Weekend: 2 people per room /\$240 each; 3 or more in a room/\$220 each. To learn more about the weekend or to get a brochure with registration form, call us at 888/404-7743 or visit our website, [www.audubon-center.org](http://www.audubon-center.org).



## Speakers Program Now Available

Many clubs and organizations are often searching for presentations for their meetings and we at the Audubon Center would like you to know that we are available to speak to your group throughout the year. There is so much happening at the Audubon Center that relates to important issues of the day, that we'd love to share that story with your members.

Topics that are included in the talk or could be emphasized for your group are:

1. The importance of Environmental Education Centers and programs for our youth and how we as adults can help to get our children outdoors.
2. Renewable energy, sustainable living, certified forestry, land management and choices we make to set examples for others and help to protect the earth we teach about.
3. Programs you can participate in.
4. Programs for K-12 children - school visits, teacher training, and summer camps.

We only ask that our mileage costs be covered for one of these special presentations, however we would appreciate any good will payment to help cover staff cost. Contact Kate Crowley ([crowley@audubon-center.org](mailto:crowley@audubon-center.org)) if you'd like to schedule a talk in the coming year.

## Outreach Programs

### Bringing Unique Education Opportunities to Your Site

The Center also offers outreach programs that bring environmental education to your school, event or business in our EcoRV - our 36-foot RV converted to run on used vegetable oil (biodiesel). We offer many topics for small and large groups, including birds of prey/raptor programs, energy classes, and aquatics or reptiles and amphibians presentations. For information on our outreach options and pricing, contact Jeff Tyson ([jtyson@audubon-center.org](mailto:jtyson@audubon-center.org); 888-404-7743).





## Elderhostel Inc. Programs at ACNW

Once again we have a great summer planned for people 55 and older. Elderhostel Inc, is a national organization established to provide continuing education to older adults. We have been offering programs through Elderhostel, Inc. since 1998 and are happy to offer the following courses for this summer. To register you must contact Elderhostel Inc. directly at 877/426-8056 or by going to their website at: [www.elderhostel.org](http://www.elderhostel.org) you can contact Kate Crowley at the Audubon Center ([crowley@audubon-center.org](mailto:crowley@audubon-center.org)) if you have questions specific to any program.

### Minnesota's North country: From Migratory Songbirds to Wolves

Program #1587 June 8-13, 2008 Cost: \$599



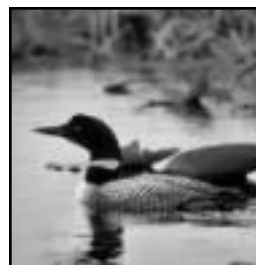
From the forests of the Audubon Center to the wetlands of Crex Meadows, this program will provide views of tropical warblers to tundra swans. Sharing this north central ecosystem are the elusive timberwolves of lore and legend. We will observe a

captive pack and observe behavior we are unable to observe in the wild. While traveling through this beautiful, forested region of the state we will stop in small communities settled by Scandinavians and Danes. The flavor of these cultures remains in the accents of the people and the foods served in their cafes.

### Minnesota: Loons, Living Waters, And Ancient Rocks Of The Earth

Program #11538 July 6-11, 2008 Cost: \$568

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.

For more information or to register for any of these exciting experiences, please visit Elderhostel, Inc. at [www.elderhostel.org](http://www.elderhostel.org) or call them at 877-426-8056.

### Intergenerational Program: Woods, Water And Wisdom: Nature Adventure At The Lake

Program #4966RJ July 13-19, 2008  
Cost: \$611 Adults; \$491 Children

Forest, field, pond and lake are the blackboard 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 beautiful birds of prey and observe bird banding of songbirds. Discover the hidden life of beavers. Bring history alive with Native crafts and visits to a Historic Fort and a 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 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.



This intergenerational program is for Elderhostelers and young learners ages 9-12, one youth per adult. Family group shares accommodations. Groups of two might share with another small family of same gender. Adults are responsible for child supervision.

## Journey to the Badlands and Black Hills

June 22-28, 2008

The Black Hills and the Badlands - islands of biological diversity, inspirational beauty, and spiritual history in the northern Great Plains are the destination for a week in June. Don't wait any longer to visit this magnificent, but little visited part of the country.

This eight day trip will blend the spiritual landscape of the Lakota and Cheyenne, with the rugged geology and natural history of the highest mountains east of the Rockies, and the dramatic sculptures of the White River badlands. We will reflect on the inspiration of the land and the history of the area, with the fact that this is the holy land for the plains Indians. It is the place of origin for the Cheyenne Sacred Bundle, the place where Crazy Horse received his



### What's on the Web

**[www.hybridcenter.org](http://www.hybridcenter.org)** - A Union of Concerned Scientists site that focuses on all the various types of hybrid vehicles. You can quickly find out what the mpg rating is on a wide variety of hybrids and learn more about just what a hybrid engine does. This is a good site if you are considering making your next vehicle purchase a hybrid.



name and his vision, the landscape of vision quests, and Black Elk's center of the world.

To help you understand, enjoy and appreciate this land of spiritual and physical beauty, we have two professional, experienced guides.

Mike Link, 35 years as the Center Director and author of 19 books, including one on this area, will be your natural history instructor. He will help you find the connections between the formations, look at the details of the rocks and the broad story of the land. In addition, he will help you understand the complex ecology of this land of bison and prairie dog.

Kate Crowley, author of 11 books, tour guide and logistics expert will make the arrangements, find the speakers, and take care of the shared meals, in addition to driving and helping you identify the bird life of the prairie and mountains. She has handled the logistics for Center tours, National Audubon tours, and Elderhostel programs and will make sure that this trip is relaxing and well organized.

The group will be small (20 people or less) and we hope you will be as excited as we are about the chance to really explore this area in an all encompassing way. The cost is \$1400 and includes lodging, most meals, transportation during the tour and all instruction. Call, email or visit our website for more info or to register.



**[www.greenerchoices.org](http://www.greenerchoices.org)** - This is a website associated with Consumer Reports that lets you research the "greenness" of almost any item you'd like to purchase, especially bigger items like cars, appliances, electronics, as well as food and beverages and home/garden items. It also has information about current issues such as global warming and living a more sustainable lifestyle.

**[www.waterfootprint.org](http://www.waterfootprint.org)** - A UNESCO related site that focuses on the amounts of water we use in our lives, similar to carbon footprint idea.

**[www.epa.gov](http://www.epa.gov)** - Click on 'Climate Change', then 'GHG Emissions Calculator' for online calculator to obtain an estimate of your personal greenhouse gas emissions and actions you can take to lower your emissions while reducing your energy costs.



From Birdwire - eNewsletter from BirdWatchers Digest

## Top 10 Ways to Get Better at Bird Identification

by Bill Thompson, III

Many backyard bird watchers struggle to identify certain birds. This is perfectly natural. Almost every bird watcher - even a seasoned pro - gets stumped once in a while by a fall-plumaged warbler or a confusing recent fledgling. The trick is to not let it ruin your fun in watching birds. Here are a few tips to help you get better at bird identification.

1. Practice with your binoculars. Am I a master of the obvious or what? Still, you've got to admit that you've missed a bird or two because you couldn't find it in your binocs. Or because you did not have your binoculars prefocused with the diopter properly set for the situation. Or maybe you found the bird but turned the focus wheel the wrong way. It's frustrating, because the bird you missed might have been something really special. Next time you're out birding, take the time to practice the quick draw with your binoculars. Imagine a bird on a distant tree or power pole. Whip your binocs into viewing position and focus. How did you do? A little slow? You can't get better at identifying birds if you're not good at finding them in your binoculars in the first place.

2. Leaf through the field guide. Again, perhaps an obvious suggestion, but a few hours spent really looking at the illustrations and reading the species descriptions will help your knowledge base grow. You won't remember everything, but what you do remember will surely help you the next time you are faced with an unfamiliar bird. Not all field guides are created equal, so choose the one or two that you prefer and spend some quality time with them.

3. Listen to bird song CDs and tapes. This really helps. Of all the practicing that most bird watchers do, few of them spend enough time learning bird sounds, calls, and songs. These days this is easy with all the recordings available to us. If you are not sure about which recording to get, ask your

fellow birders. Your region may have its own set of bird recordings. Once you choose a set of recordings, I suggest you start with a group of birds, such as vireos or thrushes, rather than trying to tackle all the birds of North America at once.

4. Take advantage of cooperative birds. Shorebirds are tough for me, especially the small sandpipers known as "peeps." When I first sit down at a mudflat full of these small brownish shorebirds, they literally all look alike. But after I spend some time looking at one bird and noting its shape, behavior, general field marks, and then another bird, and another, some differences between the species begin to emerge. Taking your time and taking advantage of cooperative birds is a great way to get better at bird ID. The next challenge is to have regular encounters with these confusing species so that you don't forget what you've learned.

5. Start at the top of the head and work down and back. You see an unfamiliar sparrow. It's got lots of subtle field marks, almost too many to count. Be methodical. Start at the top of the bird's head and note any field marks there. Then work your way visually down to the breast/belly and back toward the bird's tail, keeping track of notable field marks. If there are a lot of field marks to remember, make a few notes or a quick sketch. If you get confused, start over. Most birds, especially most sparrows, can be identified by the field marks on the face and head. Look through the field guide and you'll see what I mean.

6. Ask questions. Any time you are with another bird watcher who is as good or better at bird identification, ask them questions. Not sure what to ask? An example might be, "How did you know that flying speck in the sky was a chimney swift?" Most bird watchers will gladly answer you (and will be secretly flattered that you asked). The only bad question about bird identification is the one you don't ask.

7. Keep a list. It's not so much help with identification as it is in seeing seasonally what to expect. This is how I knew, before raising my binoculars, that the little greenish-yellow bird wagging its tail in our lawn was probably a palm warbler. I looked at last year's tower nature notes and saw that the first week of October last year had a lot of palm warbler sightings. Knowing what you're likely to see and when you're likely to see it can help you make an ID more quickly.

8. Make notes and sketches. It can be tough to tell a sharp-shinned hawk from a Cooper's hawk. There are lots of clues and field marks outlined in the field guides, but I always had trouble remembering them until I took the time to write them down when I was at a hawk watch site with an experienced hawk watcher. She rattled off several ID tips and I wrote them in the back of my field guide. I can still remember them to this day. Next to the words I drew a little sketch showing how the Cooper's hawk's head protrudes farther in front of the leading edge of the wings and the tail extends farther back from the trailing edge. Those two acts - writing and drawing - really helped cement the knowledge in my mental library.

9. Use memory devices. Downy dinky, hairy huge. This is how I learned the difference between downy and hairy woodpeckers. It refers to the size of the bill relative to the size of the bird's head. The alliteration helped this to stick in my brain. Memory devices work for field marks and for bird songs, too. That's how I learned that the eastern (rufous-sided) towhee says "Drink your tea!"

10. Look at every bird. Sure this can get boring, but it will make you familiar with common birds, so when something unfamiliar shows up, you'll know what it's not. A corollary to this tip is to look at the bird, not at the book. The field guide will be there after the bird flies away.

## Dinners at the Lake

Our Dinners at the Lake have become more popular each year, with delicious cuisine in a beautiful setting and informative, entertaining programs that follow the meals. Space is limited, so call early to reserve your place (888/404-7743) - reservations are required. We have lodging available for those who drive from the Twin Cities and don't wish to drive home after the program—call ahead to reserve. Be sure to check our website for updates and program changes, which can occur on short notice. Cost: \$20/adult; \$10/children 5-12. Appetizers at 6 pm, dinner at 6:30 pm, program following dinner.

### Dinner at the Lake Schedule

**January 19, 2008** \_\_Lakota George, flute maker/storyteller

**February 16, 2008** \_Tim Whitfeld, "An Exploration of the Plants and Culture of Papua New Guinea"

**March 15, 2008** \_\_Rick Ramey, "Monarch Butterflies - Preparing for Their Return"

**April 19, 2008** \_\_\_\_Hummingbirds with Donald Mitchell

**May 11, 2008** \_\_\_\_Mother's Day Brunch - 11:30 a.m. - with musicians Rachael Kroog and Hannon Pierce

## 3rd Annual Birding Festival June 6-8, 2008

Our second Audubon Birding Festival was a success! The weather was perfect and the highlights were many. Those who went on one field trip with Mark Alt saw, "a pair of GRAY JAYS along Net Lake Road, numerous BLACKBURNIAN WARBLERS singing from the spruce tops, impossible to find singing BAY-BREASTED WARBLERS in the really thick stuff, a pair of MOURNING WARBLERS on territory, numerous calling GOLDEN-WINGED WARBLERS, and LINCOLN'S SPARROWS in the bog". And it wasn't just birds they saw, "Blooms that were seen included, Boreal Trout Lilies, Columbine, and Labrador Tea".



The evaluations indicated it was a fun, positive experience for everyone and there was much interest in returning next summer, so mark your calendars now for June 6-8th, 2008 when the Audubon Center will host its third annual Birding Festival. We are happy to report that the excellent field trip leaders who were with us this year - Mark Alt, Laura Erickson, Anne Hanley, and George Skinner will be back this year. We will offer field trips to local hot spots, as well as exhibits and other break out sessions and activities. All-inclusive package rates and commuter options are available. Stay "tuned" for more information and check our website for updates or call for a brochure and registration form.



## Sunday Brunches

Our Sunday Brunch schedule for the remainder of this season has changed to **the second Sunday of each month through May**. Price remains \$10 for adults, \$5 for kids 5-12, under 5 free. From 10 am - 1 pm; no reservations needed (except Mother's Day).

### Winter/Spring Brunch Schedule

Jan. 13, Feb. 10, March 9, April 13  
May 11 - Mother's Day Brunch  
(see Dinner at the Lake schedule at left)

## DID YOU KNOW:

Paper grocery bags, although 'recyclable', are not made from recycled paper because it is simply not strong enough. Live trees must be cut down for all paper bags. One 20 year old tree will only make 700 brown paper grocery bags. Paper bag production delivers a global warming double-whammy: forests (major absorbers of greenhouse gases) have to be cut down, and then the subsequent manufacturing of bags produces greenhouse gases.

Plastic grocery bags, while a much better alternative in terms of production energy, pollution and recyclability (it takes 91% less energy to recycle a pound of plastic than it takes to recycle a pound of paper), are still not a great choice - energy is still used, they're made with petroleum product and pollutants are generated from their production.

Recycling rates of either type of disposable bag are extremely low, with only 10-15% of paper bags and 1 to 3% of plastic bags being recycled, according to the Wall Street Journal.

So - what's a person to do??? Use a reusable cloth or mesh bag. Like the Audubon Center's new canvas grocery bags (see pg 10 for photo) - for only \$8, you get this attractive, sturdy, canvas bag with the Audubon Center logo on it. It will carry loads of groceries and help us promote the Center as well. So call or email us now to get one of these great new "green" shopping bags. Look savvy, and save some trees and greenhouse gases in the process.

Source: [www.eartheasy.com](http://www.eartheasy.com) & [www.clothbag.com](http://www.clothbag.com)