



Winter/Spring 2009

Volume 35, Issue 1

Audubon Center of the North Woods

News from the North Woods

A proud leader in environmental education and renewable energy

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Upcoming Events

Dinners at the Lake
once a month through May

Candlelight Ski, Snowshoe & Skate
February 20, 2009

Maple Syrup Brunch
April 4, 2009

Spring Women's Wellness & Adventure, May 1-3, 2009

Garlic Mustard Removal Day
May 9, 2009

Mother's Day Brunch
May 10, 2009

Wilderness Advanced First Aid,
May 22-26, 2009

New Journey

By Katie Kleese, Co-Director

August marked the beginning of a new journey for me, and the continuation of the leadership transition for the Audubon Center. I started with an expedition to the Badlands and Black Hills in SD lead by Mike Link and Dr. Tony Murphy of St. Catherine's University. This was primarily a staff development trip for charter school teachers, and Bryan and I went along to help with the instruction, learn from Mike and Tony, and plan for this transition. We spent many hours discussing what we would be doing in the coming months to prepare and mapping out the road we would take together. The time to plan gave us confidence, but most importantly, beginning this journey in such an ecologically and geologically amazing area of the country inspired us all.

One of the most memorable experiences of the trip was our first hike with the group through the badlands. As we walked through the craggy, stratified, and seemingly desolate landscape, we found an abundance of life: mule deer, cliff swallows, and several species of frogs and toads. We also experienced increasing physical challenges. We braced ourselves with our hands on one wall and feet on the opposite to shuffle over deep puddles, we scaled cliff faces to find a way around a winding stream, and we walked along high ledges and slid down steep hills, all until we found our way to our rendezvous point where Mike waited with the van. I'll never forget what one of the participants, who had never been on a real hike before, said to me when we were half way through our epic trek: "If I had known hiking was this fun, I would have been doing it my whole life." This is why we have the Audubon Center. We connect people with each other and with nature in ways that they can't imagine possible.

Since that trip, our training has taken many forms and taken us to many places. As the tamaracks hit their peak

Gearing Up

By Bryan Wood, Co-Director

Winter has fallen upon us again in the North Woods, and I look forward to all it brings. Cross-country skiing through the silent woods, the only sound being the soft swish of skis gliding across the snow. The joy of tying on a set of snowshoes and tromping off into the woods, blazing your own trail and finding fresh animal tracks and signs. The excitement of building a quinzee hut and braving the elements for a night, finding it keeps you (somewhat) comfortable and cozy. There are streams and lakes to skate, brilliantly clear star-filled night skies to gaze upon, and speckled lake trout to haul up through the ice. As I think of all the things I love about winter, I am also excited about the future of the Audubon Center of the North Woods.

Katie and I are thrilled to have the opportunities to lead the Audubon Center of the North Woods into the future. As we prepare for this, we have already had the opportunity to experience some great trainings and workshops to better help us move the Center forward. We were able to spend a week together in the Badlands and Black Hills, led by Mike and Dr. Tony Murphy from St. Catherine's University. We were able to share goals and ideas, describe visions and dreams. There were experiences of majestic views and vistas, sacred gathering places, amazing rock formations and fossils, and close encounters with large, angry (and rather smelly) buffalo. That week prepared us for moving into the fall, understanding our duties and roles and the challenges that lay ahead. There have been Charter school and Montessori retreats bringing together teachers from around the state, giving us the chance to make connections and relationships. We have had numerous meetings with our Board of Directors and committees, mapping out, assessing and fine tuning



— 'New Journey' continued on page 4 —

— 'Gearing Up' continued on page 4 —

New Staff Member... Isis

By Julia Avison

Gone away is the bluebird, here to stay is a new bird! Meet Isis, a female American Kestrel who joined our educational raptor staff in early November. Like all our raptors, she is non-releasable. She was found on the ground as a very young bird. A well-intentioned but misguided person brought her home, raised her and eventually clipped her wings. Because she was with people at a very young age, she became social with people, would not recognize other kestrels as a potential mate, and associates humans with bringing food. Once learned, these are very difficult or impossible to reverse, and Isis is no longer fit for release.

Adopt-A-Raptor

You can help support the care of any of our resident education raptors through our "Adopt a Raptor" program.

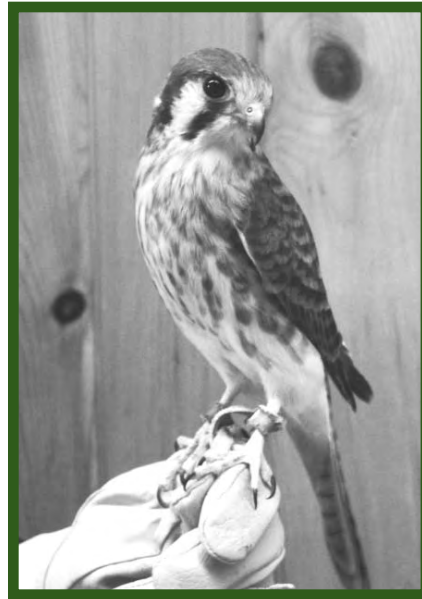
Your donation goes towards housing, medical care, food and enrichment items, to help encourage natural behavior in the birds.

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).



Our previous female kestrel "Freya", who passed away last fall, was named from Norse mythology for the goddess of love and beauty. We decided to stay with the mythology theme as a tribute to Freya. We named the



mew in spring. She is very energetic and spunky. Freya is sorely missed, but hopefully Isis will be able to fill her shoes, or talons, as it were.

new female kestrel after the ancient Egyptian goddess "Isis". Literally meaning "she of the throne," the goddess Isis was, among other things, a patron of nature and magic. She was also mother to Horus, a god with a man's body and a falcon's head.

Our Isis is originally from Missouri, and is getting accustomed to the Minnesota winter. This means she is kept inside most of the time, but if you're lucky, you'll be able to see her peeking out of the window of her

Counting Salamander Toes

By Renée Therriault

When the Hinckley DNR kindly donated fish to our new aquariums, they brought along two other mysterious creatures. About 7 inches long, they swam underwater, and looked like tiny aquatic dragons. We thought at first they were mudpuppies, a type of salamander that remains in the aquatic larval stage its whole life. It is easy to confuse a mudpuppy with a young Eastern tiger salamander and we learned a few ways to differentiate the two amphibians.

Both the mudpuppy and Eastern tiger salamander larvae look deceptively similar with flat heads, wide tails, stubby legs, and external gills. The main way to tell them apart during the larval stage is the number of toes on the hind feet. Mudpuppies have four, whereas Eastern tiger salamanders have five. This fifth toe is often hard to see without flattening the foot, thus causing misidentification.

We have had a chance to observe their metamorphosis firsthand. In the beginning, the feathery gills began to shrink on our salamanders. The bladelike tail got rounder and stubbier. With each day, the muddled, camouflaged skin began to reveal distinct yellow spots on a darker background. Soon the gills were just stubs on the side of their heads, and then they were gone completely. One day when taken out of the tank for cleaning, one of our "aquatic" salamander larvae climbed out of its bucket and took a walk around the classroom.

Mudpuppies (*Necturus*

maculosus) are distributed across southern central Canada and the mid-western United States, south to Georgia and east to North Carolina. They grow bushy red external gills as larvae, which they never lose. Mudpuppies never metamorphose, remaining permanently aquatic.

Eastern tiger salamanders

(*Ambystoma tigrinum*) are considered the largest land-dwelling salamander, reaching lengths of up to 14 inches. They are voracious predators, feasting on worms, insects, small frogs, and even baby mice. Their range reaches from the East Coast to northwest Minnesota and down to the Gulf of Mexico. They commonly undergo two life stages, larval and adult, transitioning between aquatic and terrestrial. Mature tiger salamanders occasionally maintain their external gills and remain aquatic, furthering confusion between this species and mudpuppies.

The tiger salamanders still spend most of their time in the water, but occasionally burrow themselves in the "land" section of their tank. The next time you visit, they may be entirely terrestrial. If you would like to see some of these fascinating creatures in the wild, head out towards the ponds and streams in late spring, after the ice melts and the rains come. And just to be sure whether you're looking at a mudpuppy or a tiger salamander, bring your magnifying glass and count those toes!

Cross Country Skiing at ACNW



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

Situated on over 535 acres on the shores of Grindstone Lake near Sandstone, we have over 7 miles of groomed trails through a variety of habitat, including old growth forest, managed forest, wetlands, and restored prairie. Our unique site provides the perfect setting for your getaway weekend; quiet and secluded surrounded only by the soothing sounds and sights of the Minnesota outdoors. No ATV's or other motorized recreational vehicles are allowed on our property, so you can be assured of a quiet site. You have a choice of lodging accommodations only or package rates, which include wonderful, healthy meals in our lakeside dining hall.

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

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

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

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



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
- 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
- sleeping bags in excellent condition

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
- 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

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

— 'New Journey' continued on page 4 —

color, Mike and I drove across the state to Bemidji to visit one of our charter schools. We used the long travel hours to discuss Center business, new opportunities, and ideas. Many times, we stopped our conversations in the car mid-thought to marvel at the brilliant yellow of those unique conifers as we traveled. We've had many more trips like this, visiting charter schools and organizations across the state to form the connections that are crucial to success for the Center. In addition to our ongoing visits, we are participating in a two-year training program through the Initiative Foundation designed to prepare our leadership team to think strategically and drive progress through our mission and goals. To supplement this, we will also attend training sessions with MN Non-Profit Assistance Fund, the Department of Education, and the MN Council of Non-Profits. I see all of this as the hands-on, experiential learning route to an education in non-profit management.

But that is just the first leg of this voyage. In the midst of all of this training, Bryan and I are creating our visions for the center – the true journey ahead.

Over the years, Mike has shown us all to seek out change. Don't wait for opportunities to come to you, but instead go out and take them, and be five years ahead of the game in it. Because of this philosophy, we now have a Center with a wonderfully diverse array of programming. I see our college programs embracing experiential education and expanding into new areas and I'm excited for that to progress even further. Our wildlife program recently hit yet another high with new mews, added aquariums allowing us to view native fish up close, and the upcoming addition of a corvid display. The international focus at the Center continues in its strength with staff this year from Canada, Japan, England, the Philippines, and Uganda. I watch our exposure to the local community growing with our ongoing Dinners at the Lake and the great opportunity we had this fall in hosting the Image Art Show.

There are also areas we need to build up. We will continue moving the Center toward sustainability with more efficient buildings and renewable energy. Our relationship with charter schools should grow stronger so more students can experience the environment as a large part of their education. Expanding our offerings to Montessori schools in the state will build on what we started this year with our first annual Montessori conference. We can offer more expeditions where children, college students, and families experience wilderness that is not accessible to them. I look forward to finding and seizing new opportunities in the future.

Since my first stay at the Center, I knew that I would someday return and make this place my home. Admittedly, I didn't expect this to happen quite so soon (I don't think any of us really believed Mike would retire), but I am truly thrilled that I am starting this journey now because there are so many opportunities. I believe we will reinforce what Mike has shown us before – the possibilities are endless, you just have to go out and get them.

— 'Gearing Up' continued on page 4 —

each step along the way in our transition. This January, we will hold a staff retreat in Ely, MN to discuss and define our strategic plan and goals for the future. In January Katie, Char and I, along with board members, will be attending the Healthy Organizations Partnership Leadership Training through the Initiative Foundation. This program will be a multi-year experience in which we will attend sessions designed to make us stronger as an organization and individuals.

I have had the opportunity to co-teach our Northland College Fall Block program with Mike these past few months, and what a wonderful experience it has been. We traveled to the BWCAW to investigate forest communities and logging history and hiked on the Superior Hiking Trail, identifying ecological areas and plant types. We drove our Eco-RV across Wisconsin to spend a week teaching Outdoor Education in the Gibraltar K-12 public schools in Door County and combed southwest Minnesota looking at biomass, solar, wind, ethanol and turkey litter technologies and factories (some more aromatic than others). We recently returned from a two-week expedition on the Ozarks Scenic Riverways' Current River, where we examined the natural communities, geology, hydrology, and human connections to the area. It was a wonderful way to conclude a Fall Semester with a bunch of young men and women who will no doubt be leaders for the environment.

From the start of this transition, the goal has been to best prepare Katie, I and the Center for success. Katie and I have had the opportunity and most importantly the time to become familiar with our positions, make introductions and connections, understand our duties and roles, develop our own styles through on-the-job experience, with Mike there to help us along the way. Our Board of Directors has been extremely helpful and supportive of this transition and I thank them for making it such a positive and exciting experience.

As I look to the future for the Audubon Center, I get excited about many things. I see the opportunity to build off the momentum we have with Fall Block, growing in numbers and experiences with the coming years. This year will mark the return of SpringTransitions – a May Term course in which we will visit the Ozarks, Wisconsin's Ice Age Trail, and the North Shore's Gitchi Gammi bike trail, examining the progression and subtleties of spring. This is a course I hope to build back in numbers, following Fall Block's lead. With these two programs I hope to build connections with other colleges, creating a more diverse and richer experience, bringing students together from different schools, backgrounds and parts of the world. I hope to build more courses with our Minnesota Community Colleges, offering more classes like backpacking, canoeing, winter skills, and wilderness navigation, but also working with biology departments to offer courses like forest

ecology, spring flora, river ecology, Minnesota geology and others.

We will continue to expand our renewable energy systems and technologies, working to make our Center more sustainable in its operations and continuing to lead in the field of renewable energy. I will work to maintain and improve our property's habitats and natural communities, striving for healthy, intact, and regenerating systems that serve as learning tools and examples of healthy forest and land management practices. I look forward to continuing to offer community programs like our Dinners at the Lake and Sunday Brunches, Open House and Maple Syrup day, but also to building new community programs like last year's first Annual Renewable Run, this winter's Candlelight Ski, Snowshoe and Skate, and this spring's Garlic Mustard Pull. We will continue to build on our reputation as one of the premier retreat and conference centers in Central Minnesota through continuing to improve our facilities and amenities, while offering natural, local and delicious food.

As I look ahead and think about the wonderful staff we have at the Audubon Center with all their talents, energy and dedication, I can't help but see a future filled with opportunities. It is my hope that you will continue to support the Center as Katie and I move into our roles as Co-Directors. Support from the community, members and donors is an essential part to our health as an organization, and I look forward to moving ahead into 2009 with you.

Ski, Snowshoe *candlelight* & Skate

Friday, Feb. 20, 2009
7:00-10:00 p.m.

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



The Audubon Center of the North Woods
invites you and your family to join us for our
1st Annual “Cabin Fever”
Candlight Ski, Snowshoe & Skate

Friday, February 20 • 7-10 pm

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

Includes: bonfire, hot beverages and snacks, ski and snowshoe instruction, use of our skis and snowshoes

Please R.S.V.P.

Trail and lake lighting volunteers needed

888-404-7743

www.audubon-center.org

DID YOU KNOW:

You've probably heard the term 'biomimicry' – the art, skill, intuition and science of turning towards nature as inspiration for solving our dilemmas. It is a method that seeks sustainable solutions by emulating nature.

The practice of biomimicry has been going on for some time. Both Leonardo da Vinci and the Wright brothers studied the way birds fly when trying to create flying machines. A well-known more modern example of biomimicry is Velcro. After noticing how cockleburs stuck to his clothes and his dog's fur, in 1952 Swiss engineer George de Mestral began the Velcro company to manufacture a manmade imitation of the hook and loop fasteners that had been used for so long by the offending cockleburs.

In the past few years, entrepreneurs have developed an array of inventions that imitate natural phenomena. For instance, the resurrection plant, a desert species, dries up and appears to be dead when water is scarce. It does so without breaking its cells' membranes, enabling it to revive when moisture returns. Researchers have learned to make some vaccines with a similar capability so they do not have to be refrigerated.

Other recent innovations include: boat coatings which emulate shark skin's texture and fine-scale movement, which reduce friction drag (improving efficiency), are self-cleaning (no toxic chemicals to get rid of adhering organisms), and greatly reduce the transportation of invasive aquatic species; moisture-resistant building products produced using a glue inspired by mussels; a product to assist the blind which is based on bat echolocation and uses sound waves to locate objects in front of the user – the possibilities are endless.

The natural world provides a wellspring of ideas for the next industrial revolution – ideas that use a minimum amount of energy and toxins – and biomimicry provides a strong incentive for conservation rather than exploitation.

EcoRV Update

As many of you know, in 2006 we converted a donated 36' RV to run on used vegetable oil to create our EcoRV. Since that time, we have used the EcoRV on-site for energy demonstrations and taken it off-site to show schools and communities that it's possible to use more renewable energy.

We recently received a grant from Minnesota Energy Resources to take our EcoRV on the road to high schools in east-central Minnesota. At these schools, we will provide energy programs to teach students about the various kinds of energy possible and the science behind the energy we all use. We are grateful to Minnesota Energy Resources for their help in funding these programs.



(in photo from left to right: Katie Kleese, ACNW Co-Director; Jeff Larson, External Relations Manager, Minnesota Energy Resources)

Outreach Programs

Bringing Unique Education Opportunities to Your Site

The Audubon Center of the North Woods offers a variety of programs that will come to your site. We have presented programs for a variety of audiences, small and large, including: schools, churches, Audubon chapters, birding festivals, and environmental festivals. Outreach programs can be delivered in our 36' EcoRV that has been converted to run on used vegetable oil.

For information on our outreach options and pricing, contact Jeff Tyson (888-404-7743 or jtyson@audubon-center.org).

For a complete listing of our outreach offerings, including class descriptions, or to download an outreach brochure, visit our outreach program webpage at:



Our outreach program offerings include:

- Birds of prey/raptors
- Reptiles & amphibians
- Aquatics
- Renewable energy classes

www.audubon-center.org/outreach.htm



Dinners at the Lake

Delicious cuisine in a beautiful setting and informative, entertaining programs that follow the meals. Space is limited and reservations are required. We have lodging available for those who 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

February 21, 2009

*Poppy Frater and Sayako Iwanaga
on England and Japan*

March 14, 2009

*Daryl Lindstrom,
"The Purple Martin Project"*

April 18, 2009

Dragonflies and Odonata Survey

May 10, 2009

*Mother's Day Brunch - 11:30 a.m. -
with the St. Paul Irish Dancers*

Meet our new staff and interns



Dan Korpi -

Grounds &
Maintenance Assistant

I love the outdoors and being able to work with my hands. My part-time position as Ty's assistant lets me do both, while still allowing me time to work on projects for my construction company, maintain my farm, and spend time with my wife and daughter.

Mike Clark -

Cook

After retiring from owning the Red Shed restaurant in Pine City, I still wanted to keep busy. My part-time job in the Audubon Center's kitchen gets me out of the house (and my wife's hair) but still lets me enjoy hunting, fishing, and my grandkids.



Nabukalu Pheonah - Intern



I come from Uganda, the "pearl of Africa". I am an agriculturalist by profession. I love exploring the different world cultures and am grateful for the opportunity to intern as an environmental educator at the Audubon Center.

Domingo 'Omi' Aguinaldo - Intern

I was born in Manila, the Philippines. My goal in life is to study animal diversity, conservation biology and ethology (study of animal behavior). I received my bachelor's degree in Biology from De LaSalle University.

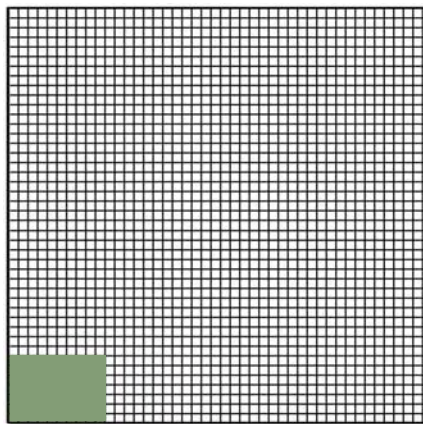


Square by Square campaign update

Although very slow, we are making progress on our campaign to generate support for reflooring our large dining hall with modular carpeting from InterfaceFLOR, an environmentally-responsible manufacturer.

Next time you are here at the Audubon Center, stop in the dining room to see samples of the carpet tiles we are considering. While you are at it, you can contribute to our 'Dining Room Floor' campaign by dropping your loose pocket change in the Square-by-Square donation box on the fireplace mantel. Or you might consider buying just a single 'square' (\$6) or an entire carton (\$120).

You may also contribute to this campaign online by clicking the 'Donate' button at the top of our website. All donations are tax-deductible.



Square-by-Square campaign progress

Help us get this graph a lot more colorful by the time our next newsletter comes out!

What's on the Web

www.irreplaceablewild.org –

This site is one that is filled with amazing and beautiful images of wildlife - many by National Geographic photographers. It is actually a traveling art exhibit, but the site also includes lots of information about the impact of climate change on wildlife and there is an interactive map that allows you to check your own state or region and find out which animals are most threatened by the changes.

www.childrenandnature.org –

The Children & Nature Network (C&NN) was created to encourage and support the people and organizations working to reconnect children with nature. Provides access to the latest news and research in the field and a peer-to-peer network of researchers and individuals, educators and organizations dedicated to children's health and well-being.

www.treehugger.com –

Now part of Discovery Communication's Planet Green initiative, this site started as an environmentally focused blog in 2004 and grew to include forums, green guides and other related features. Large source of info from news on technologically green developments and sustainability, to conservation efforts, to eco-living, alternate energy, sustainable architecture - and everything in between.

Women's Wellness & Adventure Weekend

Located on the shores of Grindstone Lake, the Audubon Center's 535 acres of beautifully varied landscapes provide the perfect setting for this all-inclusive holistic adventure. Spend this weekend with your friends or take the opportunity to get away by yourself, meet new people, and learn new skills. A mix of professionals in the fields of health, exercise, philosophy and art will provide a variety of physical, mental, and spiritual activities to choose from.

***Celebrate spring with restored energy, confidence and creativity!
Renew, relax and rediscover yourself!***

You'll find our accommodations are perfect for a weekend of adventure, relaxation and renewal. Each spacious room sleeps 3-4 women on the lower bunks of bunk-style beds. The dorms are close to the dining hall and centrally located to all the weekend's activities. Our food has a reputation of its own and has come to be known as some of the best in the area! We strive to provide healthy, wholesome, organic meals and our chef carefully plans and prepares each one with creativity and taste.



Renew Yourself: Mind, Body & Spirit

Choose from a wide variety of classes and activities in the areas of:

- ♦ **Adventure & Challenge**
- ♦ **Wellness & Nature**
- ♦ **Creative Expressions**

Massage is included in the weekend

You can also choose to use the time to simply relax and reflect on all that is good in your life.

Register early—space is limited!

Cost per person

2 women/room = \$250; 3 or more women/room = \$230
(includes 2 nights lodging, 6 meals, all programming)

Commuter rate (includes programming and meals only,
no lodging) = \$165

Special "Schwyzer Lodge" Group Rate = minimum of 10 people
(\$200, please call for more info or to reserve—first-come, first-served)

For more info, call 888-404-7743 or visit www.audubon-center.org

10 minutes of massage or reiki are included in the weekend cost - additional massage/reiki time as well as hypnosis and Emotional Freedom Technique (EFT) sessions are available for a additional fee. Call for more info.

NEW for this spring's Women's Wellness & Adventure Weekend -

We are offering our large lakeside 5 bedroom, 3 bath Schwyzer Lodge (with fireplace, large dining room, kitchen, porch) for a reduced group rate (10-16 women) - please inquire.



Audubon Center of the North Woods' Annual Pancake Brunch and Maple Syruping Program

Saturday April 4, 2009

10:00 AM – 3 PM – Programs

10:00 AM – 2 PM - Brunch

Perfect for families and youth groups!!

Although winter may seem long, before you know it, those cold, snowy days will give way to warmer, longer days – that's when the sap begins flowing in our many maple trees. That's maple syrup time! This year, don't miss our annual **pancake brunch followed by a hands-on maple syruping program**.

You will learn which trees in the woods are maple trees, and the history and process of making maple syrup. Actively participate in all the phases of syrup-making including tapping maple trees, collecting sap, and observing the sap being boiled down into liquid gold maple syrup.

Brunch begins at 10 a.m. and runs through 2 p.m. – the maple syruping presentations run throughout the day, from 10 a.m. through 3 p.m.

The cost is \$15/adult & \$10/child for pancake brunch and maple syruping presentations (\$5/person for presentations only). Please contact the Center to register for this exciting spring event – **space is limited and reservations are required**.

Call 320-245-2648 or 888-4040-7743 to register

Wilderness Advanced First Aid

May 22-26, 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.

WAFA is designed for:

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

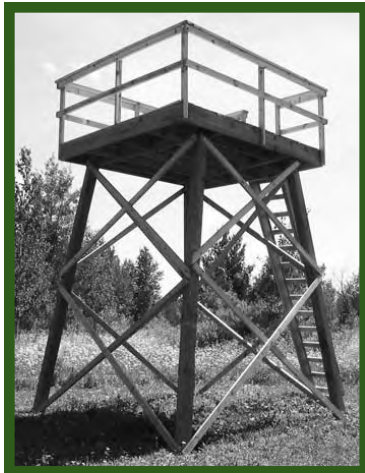


For more information or to register, call us at 888/404-7743 or visit our website, www.audubon-center.org.

Alumni News

Congratulations to former interns Eliane Thaines ('06-'07) and Brian Bodah's ('05-'06) on their marriage in December. They have moved from Brazil to Washington, where Brian will pursue his Ph.D. studies in biological systems engineering at Washington State University.

Have You Seen Our New Observation Tower?



This year we added an observation tower to our wetlands area. This observation tower was in the original plans when restoring the wetlands, and now has come to fruition because of the generosity of the Lake State Federal Credit Union. The tower sits at 13.5 ft high and overlooks our restored wetlands, allowing us to show students and community members a unique view of this area. We would like to thank the Lake State Federal Credit Union for helping us accomplish this.



(In photo, from left to right: Dean Ogdahl, Sandstone Branch Manager for the Lake State Federal Credit Union; Katie Kleese, ACNW Co-Director; Rick Fletcher, ACNW Board President)

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

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:

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