



News from the North Woods

Summer 2011

Volume 36, Issue 2

In This Issue

Planting Seeds	1
An Alliance is Born	1
Eagle Eye	2
Adopt a Feathered Friend	2
Adopt an Intern	3
Land Mngmt Volunteer Opps	3
Volunteer Spotlight	4
Wish Lists	4
Women's Wellness	5
Spotlight on Schools	6
Dinner at the Lake	7
Autumn at the Audubon	7
Renewable Trail Race	7
Road Scholars®	8
Summer Camps	9
Schwyzzer Update	10
Thank You	11



Upcoming Events

Mix & Match Day Camp
June 20

Feathered Friends Day Camp
June 21

Forts, Fires & Fishing
July 5-8 - FULL

The Ways of Wildlife
July 10-15

Road Scholars®
August 28-September 2

Annual Open House &
Renewable Trail Run
October 8

Women's Wellness Weekend
September 30-October 2

A proud leader in environmental education and renewable energy

Planting Seeds

by Melonie Shipman, Co-Director

I was determined to persevere. The “guilt pile” was no longer able to hold itself upright. It was time to make a glass of lemonade, find a spot in the sun, put my glasses on and leap into a day of reading all the nature magazines, articles, and letters that had accumulated over months.

As usual I am amazed by the photographs, intrigued by the new angles on old topics, and disheartened by the many issues facing our home planet: global warming, habitat destruction, species declines, and more. The reporting was well-researched and reasonable. This was not hype reporting. Articles presented both sides of controversial issues such as global warming. Whether one believes global warming to be as serious as some state is less important, to me, than realizing that if only a small percentage of such issues is critical we are all in serious trouble. As usual, there was a building sense of demoralization, so much at risk, how does one person make much of a dent?

There are many people who make a significant impact with their individual efforts focused on

— continued on page 8 —

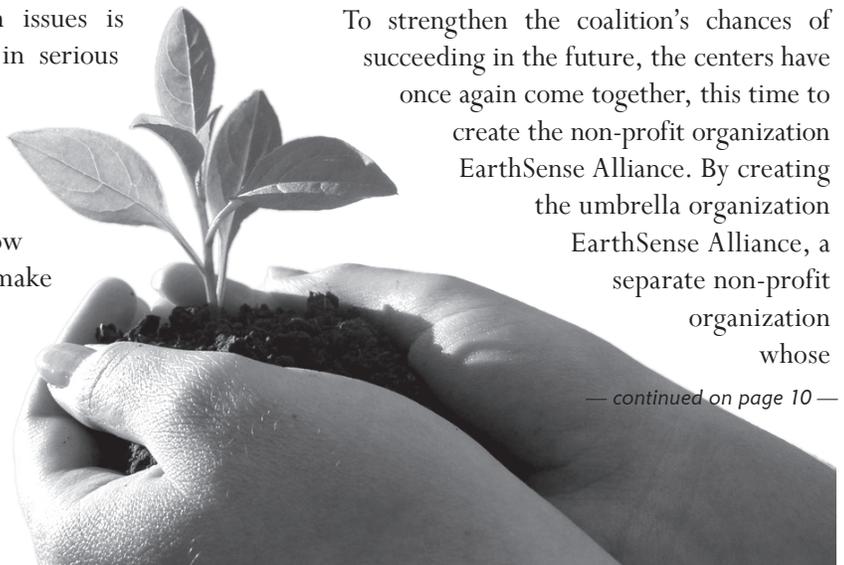
An Alliance is Born

by Bryan Wood, Co-Director

In the last newsletter, I wrote about how the Audubon Center of the North Woods is becoming a more sustainable organization through energy improvements and renewable technology additions to our buildings. These improvements are being made possible by grants the Audubon Center has received as part of a coalition of Minnesota residential environmental learning centers that includes Deep Portage Learning Center, Eagle Bluff Environmental Learning Center, Laurentian Environmental Center, and Long Lake Conservation Center. These five centers are working collaboratively to reduce our carbon footprint at each facility, and by working together, increase the breadth of our reach and set an example to others of what is possible when organizations come together over a common cause.

To strengthen the coalition’s chances of succeeding in the future, the centers have once again come together, this time to create the non-profit organization EarthSense Alliance. By creating the umbrella organization EarthSense Alliance, a separate non-profit organization whose

— continued on page 10 —



Eagle Eyes

by Jennifer Drayna

If someone has really sharp vision we say they have “eagle eyes” but have you ever really thought about the vision of our feathered friends? Birds of prey have amazing eyesight - a characteristic which sets them apart from the rest of the birds. Large eyes help these birds to have excellent eyesight for hunting. A bald eagle has eyes larger than an adult human. For a size comparison, the human weighs roughly 20 times more than the eagle!

To understand why raptor vision is so good, we need to start with the basics. Raptors have eyes which are fixed in the socket. This means that they can't roll their eyes but rather have to swivel their heads to focus on an object. Owls have twice the neck vertebrae (bones) humans have. The vertebrae are constructed in such a way that each is extremely flexible, allowing the owl to turn their heads 270°. If you see birds perched on a power line or in a tree bobbing their head, they are trying to bring things into sharper focus. Kestrels can pinpoint a 2mm insect from 18 meters away!



Eyes contain two kinds of photoreceptors – rods and cones. Rods pick up light and cones see color. Humans have a mixture so we can see in color and in low light conditions. Hawks, eagles and falcons all have more cones than rods. It is thought that their vision is 2 to 3 times better than a humans. These day time hunters can see really crisp color but have limited night vision. Some raptors can even see different parts of the color spectrum than us. For example, kestrels can see in UV light. This comes in handy when hunting mice since mouse urine is visible under UV light. This means the kestrels almost see a trail to their prey.

One of the myths about owl vision is that they are blind during the day. This is false, owls can see just as well during the day as they can at night. Since they are most active during low light times of day, their eyes have mostly rods and very few cones. This means that owls probably see mostly in shades of grey or in very few colors. Even with all the rods, owls can not see in pitch black. Luckily, on any given night, there is always enough light for an owl to hunt by.

Next time you see a hawk perched on a light pole, an owl roosting in a tree or a kestrel on a power line, take a moment to imagine how the world must look through their eyes.

Bald Eagle Statistics

- The female bald eagle is 35” to 37”, slightly larger than the male.
- Wingspan ranges from 72 to 90”.
- Bald eagles can fly to an altitude of 10,000 feet. During level flight, they can achieve speeds of about 30 to 35 mph.
- Eagle bones are light, because they are hollow.
- The beak, talons, and feathers are made of keratin.
- Bald eagles have 7,000 feathers.
- Longevity - Wild bald eagles may live as long as thirty years.
- Lifting power is about 4 pounds.
- Hunting area varies from 1,700 to 10,000 acres. Home ranges are smaller where food is present in great quantity.
- Once paired, bald eagles remain together until one dies.
- Bald eagles lay from one to three eggs. The 35 days of incubation duties are shared by both male and female. Nesting cycle - about 20 weeks.
- The bald eagle became the National emblem in 1782 when the great seal of the United States was adopted.

Source: www.baldeagleinfo.com

Adopt-A-Feathered Friend

Help support the care of any of our resident education raptors through our “Adopt a Feathered Friend” program. Your donation goes towards housing, medical care, food and enrichment items, to help encourage natural behavior in the birds.

As part of the adoption process, you will receive a 5x7 magnet photo of the bird, an “Adoption Certificate”, a personal history of “your” bird, recognition in our newsletter, and a tour of the ACNW wildlife facility.

For more information, please contact Jeff Tyson, our Wildlife Coordinator or visit our website.

Adopt an Intern

We say farewell, thank you, and best wishes to our solid 2010/2011 intern team:

Emily, *the master bird trainer*

Luke, *the fire-starter from campfires to ski trails*

Sarah, *whose warm smiling has even Cleo, the great horned owl being pleasant...sometimes*

Jenna, *the ever blooming artist*

Jane, *the entertainment coordinator for Mob, the crow, and Potter, the Raven*

Eddy, *the theatre leader*

And we soon say hello, we're excited, and welcome to our 2011/2012 intern team

(watch for bio info in our next newsletter):

Meg *from Minnesota*

Nisch *from Nepal*

Anna *from Nebraska*

Eva *from the Czech Republic*

Troy *from Wisconsin*

Constanza *from Mexico*

Danny *from Wisconsin*

Whether home is an hour away or half the earth away, it is a treat for our interns to have a closer "family" to spend some time with. Though they have great meals, live next to the lake, and form a family with our staff, it is a welcome change to be off the Audubon grounds on occasion. If you are interested in matching up with one of our interns for a home cooked meal, evening fish, relaxing at your house, puppy sitting for you, or whatever simple activity you like, then please let us know and we will send you their contact information. You will soon find as we do, that they provide a spark of energy in your life and fun source of learning for all.

Thank you!

Land Management Volunteer Opportunities

At the Audubon Center, we strive to be an example of responsible land stewardship and management. This summer we have several opportunities for volunteers to help us with our land management activities on the Audubon's 535 acre property.

- 1) **Removing Canada Thistle:** Canada Thistle was introduced to the U.S., probably by accident, in the early 1600s and, by 1954, had been declared a noxious weed in forty three states. In Canada and the U.S., it is considered one of the most tenacious agricultural weeds, but only in recent years has it been recognized as a problem in natural areas. It produces an abundance of bristly-plumed seeds which are easily dispersed by the wind. Most of the seeds germinate within a year, but some may remain viable in the soil for up to twenty years or more. It also readily regenerates from root fragments less than an inch in length. In the open areas of the Center, Canada Thistle is increasingly becoming a problem and threatening the species diversity in these affected areas. We need help from volunteers who would be interested in hand-pulling this noxious plant, throughout the summer. If you are interested in helping remove garlic mustard please contact volunteer coordinator Heidi Mulholland.
- 2) **Removing Garlic Mustard:** Garlic mustard is an invasive exotic forb that continues to take over city parks, lawns, and nature preserves. Near Schwyzer and Lowry Lodge we unfortunately have patches of garlic mustard that are threatening to take over the forest floor, crowding out sunlight and space for the beautiful native wildflowers such as bloodroot, trillium, hepatica, wood anemone, and bellwort. A single flowering garlic mustard plant can spread tens of thousands of seeds, allowing them to take over an area very easily. Left alone, the garlic mustard present on the Audubon property could spread into our entire forest. We need help from volunteers who would be interested in keeping our woods healthy by pulling out and spraying garlic mustard. The garlic mustard is already out and will be blooming May through July. If you are interested in helping remove garlic mustard please contact volunteer coordinator Heidi Mulholland.
- 3) **Removing Japanese Honeysuckle:** Another invasive exotic species spreading on the Audubon property is Japanese Honeysuckle. Used as an ornamental, this shrub has found its way into most lawns, city and state parks through its ability to spread. At the Audubon property Japanese Honeysuckle is present in several areas of our forest. The Minnesota Conservation Corps gave us a good start to removal of the Honeysuckle this spring, but much still remains on our property. The method for eradication for Japanese Honeysuckle is clipping or sawing of the stems, and painting them with an herbicide to keep them from suckering and sprouting. The removal of Japanese Honeysuckle can be done all the way through the fall until temperatures get below freezing. If you are interested in helping remove Japanese Honeysuckle from the Audubon property please contact volunteer coordinator Heidi Mulholland.

Follow us on Facebook at
www.facebook.com/AudubonCenter

Starry, Starry Night

Combine the talents of Mike Lynch, the generous gift of a 9-inch Orion Skyquest telescope from Chuck Sprado, and some breaks in the clouds and what you have is 80 plus people awed by the night sky at our Dinner at the Lake in February.

Mike noted that the donated telescope is the large telescope he most recommends to amateur astronomers. He also noted that the Audubon Center of the North Woods is one of the best places he has seen for celestial photography. In fact, Mike liked it so much that he will return to shoot some celestial photography on his own. And we plan for you to be able to see Mike and the telescope on more starry, starry nights possibly at our Women's Wellness & Adventure Weekend and our Winter Family Escape!

Volunteer Spotlight

As a non-profit organization, we depend on volunteers for help with everything from routine maintenance to special projects. All of the special people who selflessly donate their time and talents to the center are deeply appreciated. The following is about one of our barn volunteers, Rebecca Hiemstra. She generously donates her time and energy helping with a myriad of barn chores.



Volunteer Rebecca Hiemstra

Rebecca Hiemstra started volunteering at the Audubon Center in November of 2009 when she wanted to find something productive to do in her free time. She now spends 2 mornings each week doing barn chores and helps the center with other seasonal projects like maple syruping. For Rebecca, the best part of volunteering is getting to work with the birds up close, especially handling the female American kestrel "Isis". As a part of barn chores, she prepares the food for our captive birds, cleans enclosures and works with the reptiles and amphibians. Rebecca says "It has been an excellent learning experience for me that I am excited to share with my whole family."

Our volunteer program has transformed this year with the help of our board members, directors and staff. If you are interested in volunteering some time please contact us. We are interested to hear about your areas of expertise and we have a growing list of specific jobs we could use your help. We do not have a minimum hour requirement. Any amount of time would be a great asset.

For a partial list/examples of some of the volunteer projects we need help with, please visit www.audubon-center.org/volunteer.htm.

Contact Heidi (audubon1@audubon-center.org) if you are interested in helping. She will provide you with any requirements or special skills needed and set you up with task-specific leader.

ACNW Wish List

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

- cross country skis and snowshoes for very small kids (preschool through 4th grade)
- reliable, fuel-efficient car for interns
- 3/4 ton pick-up truck for plowing snow
- twin mattresses in excellent condition
- handheld GPS units
- refrigerator
- portable PA/speaker system
- industrial-size washer & dryer
- binoculars
- HDD camcorder
- LCD computer monitors (thin, flat energy-efficient kind)
- late model LCD television
- tree corer
- dock suitable for Grindstone Lake
- Automatic External Defibrillators (AEDs)
- backpacking expedition packs
- sleeping bags in excellent condition
- utility trailer
- scaffolding
- pressure sprayer
- small portable generator
- roto tiller
- large glazed planting pots
- bobcat/skidster
- electric golf cart
- riding mower/tractor

Wildlife Barn Wish List

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

- Autoclave
- 3/4" Manila Rope
- 1/2" Manila Rope
- 1/4" Manila Rope
- Raptor Food For a Month \$150
- Live minnows (left-over from fishing is fine)
- Parrot/dog toys (new or gently used)
- Potted evergreen trees (less than 3' tall)
- Gift cards to Petco or PetSmart

Women's Wellness & Adventure Weekend

Sept. 30-Oct. 2

*A complete, holistic
adventure weekend!*

All-inclusive

- Comfortable lodging at our beautiful lakeside 535-acre location
- Awesome healthy meals, terrific guest speakers, fun evenings
- Indulge in some personal pampering (massage is included) and enjoy a variety of physical, mental and spiritual activities & classes

Renew, Relax, Rediscover... at our Women's Wellness & Adventure Weekend Sept. 30 - Oct. 2, 2011

This all-inclusive, complete holistic retreat, offered every spring and fall, is very popular and leaves participants refreshed and renewed—comfy lodging, wonderful food, interesting speakers, and a variety of classes and activities in the areas of Adventure/Challenge, Wellness & Nature, and Creative Expressions.

Spend this weekend with your friends or take the opportunity to get away by yourself, meet new people, and learn new skills. Choose from a variety of physical, mental, and spiritual activities.

Below are some *examples* of past and future classes to give you an idea of the range of offerings—**not all are offered every season** and new classes are added each season:

- * Adventure & Challenge (examples include high ropes course, low ropes course, climbing wall, canoeing, nordic walking)
- * Wellness & Nature (examples include yoga, massage, reiki, meditation, intuition, healing, guided hikes, bird banding)
- * Creative Expressions (examples include art classes, basketry, clay/sculpture, food, photography, journaling, music, quillwork)

Offered each spring and fall

*Gift certificates are available.
Space is limited so reserve early!*

On the web...

Energy-related carbon-dioxide (CO₂) emissions in 2010 were the highest in history, according to the latest estimates by the International Energy Agency (IEA).

After a dip in 2009 caused by the global financial crisis, emissions are estimated to have climbed to a record 30.6 Gigatonnes (Gt), a 5% jump from the previous record year in 2008.

In addition, the IEA has estimated that 80% of projected emissions from the power sector in 2020 are already locked in, as they will come from power plants that are currently in place or under construction today.

"This significant increase in CO₂ emissions and the locking in of future emissions due to infrastructure investments represent a serious setback to our hopes of limiting the global rise in temperature to no more than 2°C," said Dr. Fatih Birol, Chief Economist at the IEA who oversees the annual World Energy Outlook, the Agency's flagship publication.

Global leaders agreed a target of limiting temperature increase to 2°C at the UN climate change talks in Cancun in 2010.

For this goal to be achieved, the long-term concentration of greenhouse gases in the atmosphere must be limited to around 450 parts per million (ppm) of CO₂-equivalent, only a 5% increase vs. an estimated 430 ppm in 2000.

The IEA's 2010 World Energy Outlook set out the 450 Scenario, an energy pathway consistent with achieving this goal, based on the emissions targets countries have agreed to reach by 2020. For this pathway to be achieved, global energy-related emissions in 2020 must not be greater than 32 Gt. This means that over the next 10 years, emissions must rise less in total than they did 2009 to 2010.

"Our latest estimates are another wake-up call," said Dr. Birol. "The world has edged incredibly close to the level of emissions that should not be reached until 2020 if the 2°C target is to be attained. Given the shrinking room for maneuver in 2020, unless bold and decisive decisions are made very soon, it will be extremely challenging to succeed in achieving this global goal agreed in Cancun."

In terms of fuels, 44% of the estimated CO₂ emissions in 2010 came from coal, 36% from oil, and 20% from natural gas.

Source: www.iea.org

Spotlight on Schools

River's Edge Academy Partners with Outward Bound Twin Cities to Offer Life-Changing Experiences to Students

About River's Edge Academy -

River's Edge Academy (REA) is a tuition free, Expeditionary Learning School Outward Bound charter high school authorized by The Audubon Center of the North Woods. The high school opened in September 2009 and is committed to providing a small learning community for students in St. Paul and the surrounding metro area. REA educates students to become environmentally responsible, socially conscious and scholastically prepared for college and active community life using the Mississippi River system and overall natural environment. Expeditionary Learning Outward Bound Schools offer a whole school reform model to more than 150 elementary and secondary schools throughout the country. For more information, please call 651-234-0150 or visit www.riversedgeacademy.org.

About Outward Bound -

Outward Bound Twin Cities is a non-profit educational organization that serves people of all ages and backgrounds through active learning expeditions that inspire character development, self-discovery and service both in and out of the classroom. Outward Bound delivers programs using unfamiliar settings as a way for participants to experience adventure and challenge in a way that helps students realize they can do more than they thought possible. Customized courses provide curricula developed for schools, non-profit organizations, teens, groups with specific needs, business and professional organizations. Expeditionary Learning Schools Outward Bound offers a whole school reform model to more than 150 elementary and secondary schools throughout the country. Outward Bound helps individuals and teams achieve their potential and develop the leadership skills needed to serve others and care for the world around them. Outward Bound serves 70,000 students and teachers annually. For more information, please call 651-292-1062 or visit www.outwardbound.org/twincities.

River's Edge Academy (REA) has partnered with Outward Bound Twin Cities to offer students a variety of expeditions that promote self-discovery and character development.

"We are excited to partner with Outward Bound Twin Cities, which shares our mission of teaching students respect for the environment while also instilling the confidence to communicate, lead and serve others," said Meghan Cavalier, director of REA. "The students will learn valuable life skills while depending on their own ingenuity; even turning in their cell phones for trail gear during one of the expeditions."

REA, which has been open since 2009, works with urban 9th-12th grade students in a small class learning environment to prepare them for the future through a combination of rigorous academics, innovative projects and a river-focused curriculum. Inspired by Outward Bound principles that encourage character development, self-discovery and service both in and out of the classroom, the unique curriculum uses the natural environment, specifically the Mississippi River system, for hands-on, standards-based and college preparatory work. REA, which currently has more than 50 students, is now accepting student registrations for next year.

The partnership between REA and the Outward Bound Twin Cities Center was made possible by private donations totaling \$180,000 over the next three years.

REA's active and community-oriented setting strives to increase the graduation rate of Minnesota's urban youth and reduce the achievement gap. For more information visit www.riversedgeacademy.org.

REA and Outward Bound Twin Cities recently offered the following experiences to students:

Urban Expedition – challenged students personally with rock climbing at a camp facility at Fort Snelling and as a team by figuring out how to navigate the Twin Cities landscape by foot and public transportation.

Spring Wilderness Peer Leadership Expedition – Students traded in their cell phones for trail gear as they joined Outward Bound instructors at Tettegouche State Park for an expedition where they carried everything they needed in backpacks and learned important skills.

Congratulations to our charter schools:

- **Discovery Woods Montessori**, now has state approval to open its doors in Brainerd this fall.
- **River's Edge Academy** in St. Paul will be celebrating their first graduates in June.
- **Glacial Hills Elementary** received a gift of \$10K from West Central Initiative to continue the good work that they are doing.
- **AFSA High School** is approved to add grades 7 & 8 for fall 2011.
- **New Discoveries Montessori Academy** enjoyed success in a joint recycling effort with McLeod County, City of Hutchinson, and Waste Management Company, reducing their solid waste nearly 2/3.
- **Laura Jeffrey Academy** teamed up with the Women's Environmental Institute (WEI) for Girls Go Farming. Girls farm, plan and sell their products at the market. They will also be celebrating their first class of 8th grade graduates in June.
- Students at **Voyageurs Expeditionary High School** built and planted three raised bed gardens at the school.
- **Academic Arts High School** works to express environmental responsibility in artistic and practical ways. Three students were first place winners at the 2011 EdVisions Project Fair.
- **Riverway Learning Community** served as a host site for a MN GreenCorps member, Rochelle Jansen. In August, Rochelle will complete her full-time, 11-month service position at the school where her focus was increasing food production, improving composting and recycling, and developing a rain water collection system. Additionally, she helped to plan and implement a Living Green Festival that included a Trashion-Fashion Show. Hosting a MN GreenCorps member was a tremendous learning opportunity for everyone!!

Dinners at the Lake

Schedule for fall/winter/spring

Mark your calendars and stay tuned for information on speakers and/or entertainment.

- ◆ **Saturday, October 22, 2011**
- ◆ **Saturday, December 31, 2011**
- ◆ **Saturday, February 18, 2012**
- ◆ **Saturday, April 21, 2012**
- ◆ **Sunday, May 13, 2012 - Mother's Day Brunch**



Reservations are required for all Dinners at the Lake & Mother's Day Brunch.

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

Autumn at the Audubon

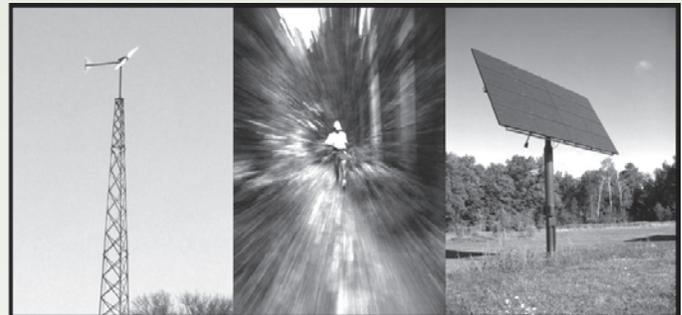
Please check our
website prior to event
for further details

Renewable Trail Run/Walk

**Saturday, October 8
10 a.m. - 2 p.m.**

Join us for a free, fun day filled with activities and programs for all ages!

Tour our grounds and facilities, find out about our renewable energy systems, learn how the Audubon Center got its start, visit our educational raptors, and more. A variety of activities and programs will be available throughout the day – with something for everybody. For the young and young at heart, there will be adventure opportunities like our climbing wall and zip line, as well as our nature scavenger hunt, face painting, hay rides and other fun learning activities such as making recycled art. Lunch will be available for purchase. A number of skilled artisans and craftspeople will be on hand throughout the day to demonstrate their skills as well as sell their products.



Part of our Open House day on October 8

Register now for our 4th Annual Renewable Trail Run/Walk! You may opt for the 5K run/walk over our trails or the 10K which is partially on our trails and then around Grindstone Lake. Visit our website for more info and online registration. Race starts at 9 a.m. Registered runners/walkers receive a long-sleeve T-shirt (first 100 registered participants) and post-race refreshments.

We need volunteers to help with the trail run/walk, so please give us a call at 888-404-7743 if you'd like to give us a hand for this special day.

Summer Road Scholars®

(formerly Elderhostels)
at the Audubon Center of the North Woods

— continued from page 1 —

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

6/12/2011 - 6/17/2011

Minnesota has a wonderful diversity of life that can be explored by boat, on foot and with a little scientific investigation. Sample a few of our 10,000 lakes, and float among loons and water lilies; study life above and below the water, including beautiful and bizarre insects. Visit Jay Cooke State Park where geological stories



are cut into deep canyons of Precambrian rocks by the roiling waters of the St. Louis. Search for the beautiful Minnesota Agate and handle volcanic rocks that are over two billion years old. Listen to the story of Lake Superior and the harbor of Duluth. If you are a fan of scenic landforms, complex natural stories and diverse natural communities, this program will be an exercise in both mind and body.

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

8/28/2011 - 9/2/2011



Hawks On The Wing: Migration Mysteries

Witness an event that stretches back to the mists of time. Visit Hawk Ridge, nationally known for thousands of migrating raptors each fall. Meet our birds of prey and discover their special adaptations. Are they chicken killers or symbols of wisdom?

Wolves In The Wild: Symbols Of Wilderness

The howl of the wolf sends shivers up the spine. Meet a captive pack of wolves. Observe their special behavior, including communication styles. Deepen your knowledge and understanding of this legendary and beautiful predator.

Voyageurs, Lumberjacks And Ojibwe Indians

Explore the north country history through the original inhabitants, the Ojibwe Indians, and the subsequent exploration and exploits of the Canadian voyageurs and lumber barons. Retrace those times at two Museums and the Northwest Fur Post.

one issue. But all the issues seem important and I am a big-picture person. Then I recalled a chat with one of my most important career mentors, Greg Siekaniec. Prior to becoming Director of the National Wildlife Refuge system, Greg was manager of the Alaska Maritime National Wildlife Refuge and I was the Environmental Education Coordinator. At a staff retreat, I had been talking about how education was at the heart of working to ease environmental ills. I had challenged the biologists, the office staff, and everyone else to recall what first planted the seed with them to dedicate their lives to an environmental career. It always came back to a parent, a teacher, a friend who first took them out to experience nature directly.

Then Greg challenged me. If I set my passions towards stepping out onto a bigger stage then I could plant the seeds with more people. That is why Greg was willing to give up Alaska which he loves to return to Washington, D.C. That is what evolved for me when I ultimately became a Co-Executive Director here at the Audubon Center of the North Woods. That is what every staff person, and teacher, and donor ultimately is doing here. We are planting seeds by nurturing people of all ages and cultures and backgrounds in the fertile ground of experiential education.

From those seeds grow the scientists, the educators, the policy makers, the writers, the environmentally-aware homemakers and parents that will expand our energy to reasonably and effectively help our planet heal and thrive. As I plant seeds by helping excellent team do their outstanding job of linking learners to nature, I can read the “guilt pile” collection and know that by directing, by donating, by teaching I CAN as an individual make a deep and lasting impact on the planet that I love. By attending programs, sponsoring others, donating funds, spending time in nature YOU CAN do the same. Doubt it? Just look at what happens in your yard when one seedling takes root.



Antibacterial Soap

Here at the Center, we no longer use or purchase any antibacterial soaps and strongly urge you to ban them as well. Besides being ineffective against colds and influenza (which are viruses), antibacterials have a very negative impact on normal 'healthy' bacterial flora and significantly contribute to the development of 'superbugs' or resistant bacteria. The Centers for Disease Control and Prevention (CDC) states that "No current data demonstrate any health benefits from having antibacterial-containing cleansers in a healthy household."

There are other concerns with antibacterial soaps as well. Many of them use triclosan (originally developed for surgical use). Wastewater treatment plants are not designed to eliminate organic compounds, so triclosan enters our rivers and lakes, where it interferes with algae and bacteria needed for healthy ecosystem function. It also breaks down in sunlight to release dioxins, which are powerfully toxic compounds known to cause reproductive and developmental damage to wildlife and humans.

Seven years ago, only a few dozen products containing antibacterial agents were being marketed for the home. Now more than 700 are available. The public is being bombarded with ads for cleansers, soaps, toothbrushes, dishwashing detergents, and hand lotions, all containing antibacterial agents. Dr. Steven Levy at the CDC says, "We must think not just in terms of resistance but also in terms of the changes in the microbial ecology of our infants and our homes. We exist in the bacterial world, not bacteria in ours. Unfortunately, we believe that we can rid ourselves of bacteria when, in fact, we cannot. Instead, we should 'make peace' with them. Although we need to control pathogens when they cause disease, we do not have to engage in a full-fledged 'war' against the microbial world."

So, please – don't purchase or use any more antibacterial products for everyday use. And if you happen to see a bottle of soap in one of our buildings that is labelled 'antibacterial', it simply means we've reused and refilled the bottle with good old regular soap.

Sources: www.cdc.gov and Environmental Health News

SUMMER YOUTH CAMPS

The Audubon Center of the North Woods is a leader in offering meaningful nature experiences to people of all ages and through our Youth Camps program, we provide a different kind of summer camp experience – an opportunity to engage kids in nature through immersion in the wild outdoors to promote environmental awareness, compassion, leadership and an ethic of care for the earth.

Day Camps

Mix & Match Day Camp...June 20

9 a.m. to 3 p.m.

For kids entering 4th to 8th grades

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

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



Feathered Friends Day Camp...June 21

9 a.m. to 3 p.m.

For kids entering 1st to 4th grades

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

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



Overnight (residential) Camps

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

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

Come spend a week learning how to survive in the woods. You'll start the off the week learning the basics of fire-building, how to construct shelters for people and animals, and where to find food in the wild. Throughout the week, you'll perfect fort and fire-making skills, cook some over a fire, and enjoy wild edibles. You'll catch and eat fish, and spend a night under the stars. The week finishes with a special celebration for you and your family!

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



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

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

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



Increased Demand for Green Energy Creates Jobs

Suntech Power Holdings, the world's largest solar panel producer, has started a third production shift at its new solar panel manufacturing facility in Goodyear, Arizona. The expansion adds another 30 solar jobs to Arizona's fast-growing solar economy. The module manufacturing facility opened in Oct. 2010 with 30 MW

of production capacity and 40 employees. It now runs 24 hrs/day with 107 employees and is on-target to employ 150 employees by the end of 2011. An increase to 120 MW of annual production is planned, bringing the facility's annualized production throughput to about 50 MW, about 15,000 high-quality solar panels per month.

Schwyzzer Lodge Becomes ADA Accessible

This past fall the Audubon Center of the North Woods received a \$7,500 grant from the Minnesota Historical Society (MHS) to make Schwyzzer Lodge handicapped accessible as outlined in the Americans with Disabilities Act (ADA). We were extremely pleased to receive the grant which will allow everyone to experience the history, beauty and intimacy of Schwyzzer Lodge. Listed on the Register of National Historic Places, Schwyzzer Lodge was built at the turn of the 20th century by the Schwyzzer family. Located on the east shore of Grindstone Lake under the canopy of 200 year old virgin white pines, Schwyzzer Lodge was the summer and holiday getaway for the Schwyzzer family until 1968, when it along with the farmstead was given to the National Audubon Society through a bequest. (Note: we are no longer governed by the National Audubon Society). It served as the Audubon Center's first classroom and dormitory and is still used today by groups participating in Audubon Center programs, or renting out the facility for a family or group retreat.



With our receipt of the MHS grant, we were able to install a ramp to the back bedroom doorway, enlarge three interior doorways, as well as enlarge the screen porch doorway and add a small ramp onto the screen porch. With the grant now completed, we are happy to announce that the entire lower floor of Schwyzzer Lodge, including the lakeside front porch, is ADA accessible. We are pleased to know that now everyone, regardless of ability, can enjoy beautiful and historic Schwyzzer Lodge. We encourage you to be one of the first to stay at the newly renovated, more accessible Schwyzzer Lodge.

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



— continued from page 1 —

sole purpose is to advance the coalition's goals, we are increasing our likelihood that foundations, governments, and donors will be able to more clearly see and understand what this coalition is focused on, and what we aim to achieve. EarthSense Alliance is a coalition of the six Minnesota residential environmental learning centers committed to reducing their carbon footprint, demonstrating a carbon-neutral lifestyle to their constituents and becoming models of renewable energy technologies. Our shared purpose is connecting citizens with the environment, promoting environmental responsibility and respect, and teaching through demonstration and hands-on learning experiences.

EarthSense Alliance is currently pursuing funding sources to advance our mission and we have also have created a website that provides information on our coalition, the projects we are currently working on, and what we are pursuing in the future. Please visit EarthSense Alliance's website at www.EarthSenseAlliance.org to find out more about us and how you can help. Together we can build a more sustainable future.

Top 10 Countries in Terms of Annual CO₂ Emissions

Rank	Country	Annual CO ₂ emissions (in thousands of metric tons)	% of global total
World		29,321,302	100%
1	China	6,534,367.00(2011)	22.3%
2	United States	5,833,381.00(2011)	19.9%
European Union		4,177,817.86	14.0%
3	Russia	1,729,357.00(2011)	5.5%
4	India	1,495,362.00(2011)	5.2%
5	Japan	1,214,543.00(2011)	4.3%
6	Germany	829,936.000(2011)	2.7%
7	Canada	574,340.00(2011)	1.9%
8	United Kingdom	572,617.00(2011)	1.8%
9	South Korea		1.7%
10	Iran		1.7%

Source: en.wikipedia.org

We would like to acknowledge and thank all those individuals and companies who have contributed to the Audubon Center of the North Woods (since our last newsletter) as well as the schools who visited us this academic year. Through your support and patronage, we are able to provide the best environmental education opportunities for people of all ages.

Thank You!

Donations, Memberships & Memorials

Osprey

- Donald L. Janes Fund
- Estate of Crystal A Clift
- Melonie Shipman

Loons

- Becky Lourey

Otters

- George & Margaret Brandel
- Sue VanGorden
- Anna Goyette
- Sheryl Camper

Cranes

- Ray & Silvia Marcotte

Owls

- Jeff & Deb Adams
- Don Arnosti
- Tom & Ginny Baker
- Dick & Margaret Barlage
- John Chesbrough
- Jean Derungs
- George & Francie Domstrand
- Rebecca Hiemstra

- Dennis & Sharol Huggett
- Naomi Jackson
- Charlie & Tzeitel Kersey
- Shaun McClay
- Jim McCreary & Gretchen Olson
- Dave Monroe
- AJ Moses
- Cassandra Parker
- William & Laura Roche III
- Dana Schifsky
- Phil & Barb Schroeder
- Duane & Pam Schroeder
- Margaret Schwartz
- Ann & Timm Seidenkranz
- Jim & Merlene Stiles
- Michael & Wendy Thorne
- Pauline Wahlquist
- Jason White

In honor/celebration of

- Mellisa Barker
in honor of Sue & Dave Penk

Organizations

- MN Energy Resources
- US Fish & Wildlife Service

Grants

- Caroline Vernon & Bruce Halcomb of the St. Paul Foundation
- The Allen Family Fund

Employee Matching

- General Mills Foundation
- IBM Matching Grants
- Norfolk Southern Foundation

Adopt-A-Feathered Friend/ Wildlife

- Brett & Diane Arnold
- Jessica Flattum
- Emily Breza

In-Kind

- Holly Boyce
- Lee Dybvig
- Nancy Jackson
- Roger Knudson
- Tom Mayer
- Linda Neubauer
- Gerald Stark
- Jeff Tyson

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

- **IRA Donations** - You may donate a portion or all of your IRA, tax-free, during 2011 or include as part of your will. Taxpayers age 70½ or older to donate up to \$100,000 from their IRAs directly to a nonprofit or include the donation of their IRA in their will. The amount of the charitable contribution is excluded from your taxable income, but you can't claim a tax deduction for the donation too. Transferring the money directly from the IRA to the charity is also a way to get a tax break for your donation if you don't itemize deductions on your tax return.
- **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.
- **Become a member** - there are seven different levels of membership, see the next page for info.
- **Adopt-A-Feathered Friend** - see page 2.
- **In-Kind** donations - Every newsletter has a list of things that you can donate to help the Center. These items help by saving us an expense. See our current 'Wish Lists' on page 3 for items we need.
- **Memorial** donations
- **Scholarship** donations
- **Help 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.

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

A proud leader in environmental education and renewable energy

P.O. Box 530, Sandstone, MN 55072
Phone: 888-404-7743 or 320-245-2648
Fax: 320-245-5272
Email: audubon1@audubon-center.org

If you would like to save resources and would prefer to receive this periodic newsletter electronically (PDF) via email instead of US mail, please send an email to audubon1@audubon-center.org

Visit our website!
www.audubon-center.org

News from the North Woods

Volume 37, Issue 2—Summer 2011

Melonie Shipman and Bryan Wood, Co-Directors
Laurie Fenner, editing/layout

Published periodically by Audubon Center of the North Woods

Mail, call or email us your inquiries and ideas.

Printed with soy-based inks on carbon-neutral paper containing 100% post-consumer waste



Join Us...Become a Friend to the Audubon Center

If you received this newsletter in the mail, you are already a member, or you are someone who has attended one of our programs recently.

By becoming a member of the Audubon Center of the North Woods, you provide the essential support we need to continue to provide quality environmental educations to thousands of people every year.

Membership Benefits >>

Friendship Categories

OWLS	\$25-49	MOOSE	\$500-\$749
CRANES	\$50-99	EAGLES	\$750-\$999
OTTERS	\$100-249	OSPREY	\$1000+
LOONS	\$250-\$499	PLANNED GIVING	\$2,500+

All Members receive:

- 10% discount off merchandise in our store
- 10% off youth and family camps
- 10% off Schwyzer Lodge
- A gift membership to give to a friend
- Our periodic printed newsletter
- Our e-newsletter (optional)
- Invitations to special events
- Members at the Loon level and above also receive a collection of Audubon Center signature items

ACNW MISSION

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

Non-profit Organization

U.S. Postage

PAID

Sandstone, MN 55072

Permit No. 2

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

I Wish to Give \$ _____ monthly
 as a one-time donation

Friendship Category _____

Name _____

Address _____

City _____

State _____ Zip or Country Code _____

Email address (for eNewsletter, optional) _____

Check enclosed

Charge my credit card for \$ _____

CC # _____

Exp. Date _____ 3-digit CCV code _____

(from back of card)

Card type (circle one)

Visa MasterCard Discover

Signature _____

Contact me about a planned gift