

# Adult Programs

## Sustainability 101:

### A Greener Life for Fido

Dr. Patrick Hourigan of Richmond Veterinary Clinic joins us to explore different ways to green our furry family members' lives. Pets, just like people, have a carbon footprint. Come learn how to better provide a greener world not only for your family, but for your beloved pet! Topics may include food, exercise, pests and skin care products.

**Tuesday, March 1, 7:00–8:30 p.m.**

Glacial Park, Lost Valley Visitor Center  
Fee: \$0 Resident/\$6 Non-Resident  
Code: 311107-01

101

### Dirty Deeds: Using Worms to Compost

Renters and homeowners put your food scraps to use! Come learn how to compost year-round in your closet or garage using worms. Feeding the worms can be an enjoyable practice that reduces waste and creates potting or garden soil "dirt cheap" and with no smell.

**Thursday, April 28, 7:00–8:00 p.m.**

Glacial Park, Lost Valley Visitor Center  
Fee: \$0 Resident/\$6 Non-Resident  
Code: 311305-01

101

### Native and Natural Landscaping

Spring is here! It's time to start planning and ordering for this year's garden. Find out how using native plants around your home is better for the environment and provides benefits for you as well. The presentation will include how the Conservation District uses native plantings and the Wildflower Preservation and Propagation Committee will share information about their "Native Garden in Your Yard" program. This program encourages and assists homeowners in transforming traditional lawn and garden spaces to native gardens. Applications will be available for the 2011 mentor match up.

**Tuesday, March 8, 7:00–8:30 p.m.**

Prairieview Education Center  
Fee: \$0 Resident/\$6 Non-Resident  
Code: 311101-01

### Searching for Sandhills

Sandhill cranes will be on their migration back from the Gulf of Mexico. Join us for an indoor presentation to hear more about these magnificent birds. Then, we will carpool through Glacial Park to try to catch a glimpse of them. Dress for the weather and wear comfortable walking shoes.

**Saturday, March 12, 4:30–6:00 p.m.**

Glacial Park, Lost Valley Visitor Center  
Fee: \$0 Resident/\$6 Non-Resident  
Code: 311301-01



Bob Williams

### Strolling for Seniors

Wishing to get out and enjoy nature but looking for others with the same speed and interests? Join us for a stroll where we'll discover the beauty and significance of this time of year. We'll also be watching for signs of the spring show that is about to begin. Dress for the weather and hike.

**Tuesday, March 15, 10:30 a.m.–12:00 p.m.**

Lyons Prairie & Marsh  
Fee: \$0 Resident/\$2 Non-Resident  
Code: 311354-01

### Century Hikers

Century Hiker David Gates hiked all 2,663 miles of the Pacific Crest National Scenic Trail from Canada to Mexico, traveling through Washington, Oregon and California. Gates will share his experiences and photos with us, while inspiring us to hike wherever we happen to be.

**Tuesday, March 15, 6:30–8:00 p.m.**

Prairieview Education Center  
Fee: \$0 Resident/\$2 Non-Resident  
Code: 311355-01

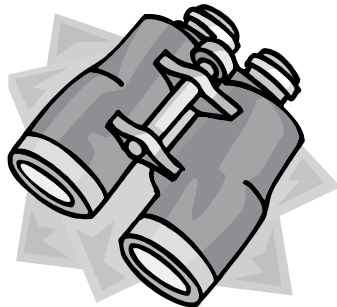
# Adult Programs

## Watch Out for Waterfowl

New and experienced birders, come enjoy a spring walk in Glacial Park. We will search for migrating waterfowl and other birds in and around Lost Valley Marsh, then return to the Powers-Walker House to compare notes and share refreshments. Dress for the weather and the possibility of wet feet!

**Saturday, April 9, 8:00–10:30 a.m.**

Glacial Park, Kettle Parking Lot  
Fee: \$0 Resident/\$2 Non-Resident  
Code: 311525-01



## Exploring Habitats with Aldo Leopold

Spend a spring afternoon with us as we explore some of Aldo Leopold's writings during this hike through the different habitats of Glacial Park. The hike will include time to observe, participate and reflect on the writings and how they pertain to the 21st century. **Registration closes April 9** so readings can be sent to all participants in advance.

**Saturday, April 16, 1:00–3:00 p.m.**

Glacial Park, Lost Valley Visitor Center  
Fee: \$0 Resident/\$6 Non-Resident  
Code: 311103-01

## Movie Premier: *Green Fire*

### *Aldo Leopold and the Land Ethic in the 21<sup>st</sup> Century*

Celebrate Earth Day by joining us for the regional premier of the recently released film ***Green Fire!*** This new movie introduces us to the famed conservationist and writer, Aldo Leopold. It frames his life in historical context of the American environmental movement, while tracing his legacy through conservation projects today. The film will encourage us to think about Leopold's land ethic idea and how it applies to the environmental challenges we currently face.

**Friday, April 22, 7:00–8:30 p.m.**

Glacial Park, Lost Valley Visitor Center  
Fee: \$0 Resident/\$6 Non-Resident  
Code: 311108-01

## Dance of the Woodcock

The woodcock is normally a very shy and elusive bird. In the spring however, the male performs a courtship display that is a joy to behold. The performance, which we will most likely hear more than see, includes acrobatic flight, beautiful song and a floorshow. Dress for the weather and don't be late, as he is very particular about the time and place of his performance!

**Wednesday, April 20, 7:30–9:00 p.m.**

The Hollows, Campground  
Fee: \$0 Resident/\$2 Non-Resident  
Code: 311154-01

## Woodland Wandering

Take an early evening spring walk through the woods. Catch a glimpse of the birds that are passing through on their migration and search for those who will remain in our woods as summer or year-round residents. Join the group for discussion and enjoy refreshments at the Powers-Walker House following the hike. Bring binoculars and field guides.

**Thursday, May 5, 6:00–8:30 p.m.**

Glacial Park, Kettle Parking Lot  
Fee: \$0 Resident/\$2 Non-Resident  
Code: 311526-01

## Spring Canoe Trip on the Fox

Spend a spring morning canoeing on the Fox River, learning about this riparian habitat and visiting a heron rookery. The District will provide all canoe equipment, but you may want to bring binoculars and drinking water. This canoe trip is not suitable for beginners.

**Saturday, May 7, 8:00–10:30 a.m.**

Hickory Grove Riverfront  
Fee: \$6 Resident/\$7.50 Non-Resident  
Code: 311255-01



Kevin Horner

# Adult Programs



## Birding Blitz

Are you ready for some serious birding? We will explore the woodlands and grasslands in search of as many species as possible. Bring your binoculars and have your eyes and ears ready for a careful but steady hike as we search for different bird species. We'll meet at the Lost Valley Visitor Center afterwards for refreshments and to tally up our lists.

**Saturday, May 21, 7:00–9:30 a.m.**

Glacial Park, Kettle Lot

Fee: \$0 Resident/\$2 Non-Resident

Code: 311527-01

## Nature + Fitness = Good Health

If you've been wanting to find a different way to get your exercise and wishing you could spend more time outside, then this program is designed for you! A certified personal trainer from Centegra's Health Bridge Fitness Center will help you get more out of your nature walks health-wise, while our staff offers you insight about nature's seasonal occurrences and activities. Dress for the weather and be ready to hike and learn more about this excellent combination for your "good health".

**Tuesday, May 10, 10:30 a.m.–12:00 p.m.**

Pleasant Valley, Shelter #2

Fee: \$0 Resident/\$2 Non-Resident

Code: 311360-01

## Color of Coral

Spring brings new color to Coral Woods. As the green leaves emerge, they contrast sharply with the brilliant red of the scarlet tanager and the iridescent blue of the indigo bunting. Join us as we scan the trees for glimpses of these birds and many others. Of course we will also look down at the colorful carpet of wildflowers! Be prepared to hike two miles at a leisurely pace. Binoculars will be provided if you do not have your own.

**Saturday, May 14, 8:00–10:00 a.m.**

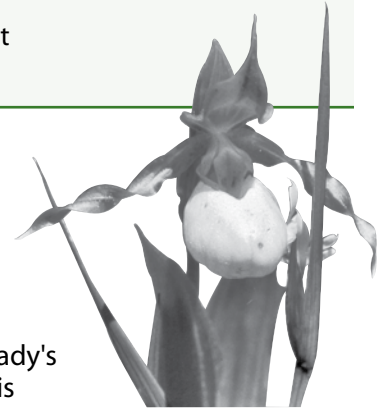
Coral Woods

Fee: \$0 Resident/\$2 Non-Resident

Code: 311256-01

## Wild Orchid Walk

This private nature preserve managed by the Conservation District has the largest concentration of white lady's slipper orchids in the county. It is accessible to the public only once a year by tour. There are no trails through this nature preserve, so please be prepared to hike up to two miles through wet, uneven terrain. The program leader will contact all registrants and provide directions and additional information after registration confirmations have been mailed. Note: The program date is subject to change depending on bloom time.



**Friday, May 20, 5:30–7:00 p.m.**

Bystricky Prairie

Fee: \$0 Resident/\$2 Non-Resident

Code: 311675-01

## Prairie Path Prowl

Meet your leader in the Harts Road parking lot for this early evening walk along the Prairie Trail. We'll look for birds that are native to this area as we enjoy a scenic stroll. Bring binoculars and field guides if you have them, and please remember to dress for the weather. Afterwards we will tally up our bird counts while enjoying refreshments at the Powers-Walker House.

**Tuesday, May 24, 6:00–8:30 p.m.**

Glacial Park, Harts Road Parking Lot

Fee: \$0 Resident/\$2 Non-Resident

Code: 311528-01

**MAY IS "LOOK AT LOCAL HISTORY MONTH"**

Check out the special programs on page 23

# Adult Programs

## Attention Teachers!

Mark your calendars for these important dates...

### Summer Workshop Preview

The following is a tentative line-up of the teacher workshops to be offered through the District this summer. All offer CPDUs with Aurora University; graduate credit available at an additional fee. Each is designed to coordinate with Illinois State Learning Standards and will include principles and activities that will transfer directly to the classroom. Full descriptions for the first three workshops will be available and **registration will open on the District's web site beginning April 1**. For additional information, call Education Outreach Coordinator Mary Kozub at (815) 678-4532.

#### Green Technology for Teachers

June 22 & 23, 8:30 a.m.–5:00 p.m.      Glacial Park, Lost Valley Visitor Center  
Fee: \$145 Resident/Non-Resident      Code: 311109-01

Participants will explore the newest technology in the green building field. Time will be spent with experts, on field trips discussing the L.E.E.D. building certification program, using McHenry County Conservation District's newest facility as a resource. Participants will leave the workshop with a better understanding of the current "green" movement and hands-on lesson plans to engage all students in learning about these technologies.

#### Environmental Art and Learning Styles

July 19–22, 8:30 a.m.–5:00 p.m.      Prairieview Education Center  
Fee: \$260 Resident/Non-Resident      Code: 311110-01

This workshop is designed for teachers who want to reach multiple learning styles especially visual and kinesthetic learners. In-class projects for a variety of age groups will be available. Making use of the natural world will be emphasized.

#### Math and the Natural World

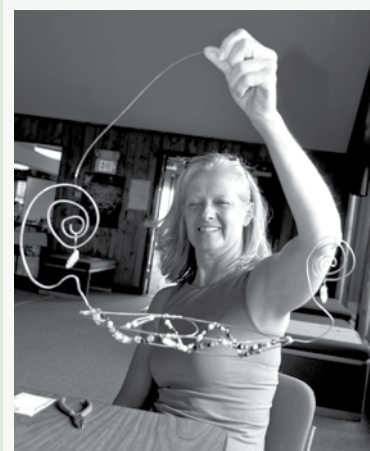
August 3 & 4, 8:30 a.m.–5:00 p.m.      Glacial Park, Lost Valley Visitor Center  
Fee: \$145 Resident/Non-Resident      Code: 311111-01

Find out ways to help your students make connections with math using the natural world as your inspiration. We will incorporate fun mathematical lesson plans for your classrooms.

#### Earth Partnership for Schools

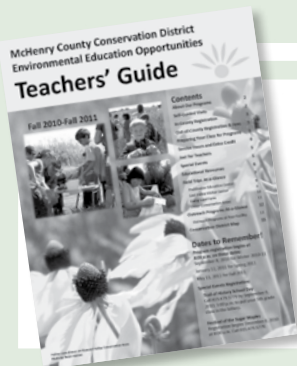
July 25–29, 8:30 a.m.–4:30 p.m.      Chicago Botanic Garden

In this outdoor, hands-on institute, teams of teachers will be trained to facilitate ecological restoration programs and plan a school native plant restoration project. Learn to teach about the rich culture and natural history of the Chicago region. For more info visit [www.chicagobotanic.org/teacherprograms](http://www.chicagobotanic.org/teacherprograms).



Register April 1 for these workshops!

*Standard lottery does not apply.*



### Field Trips and Outreach Programs

Fall 2011 Registration begins Wednesday, May 11 at 8:00 a.m.

Program listings and registration procedures are in the 2010-2011 Environmental Education Opportunities Teachers' Guide. Download at [www.MCCDistrict.org](http://www.MCCDistrict.org) under About Us/Publications.

For more information call the Education Services Department at (815) 479-5779.