



Bobolink

## 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 Healthbridge Fitness Center will help you get more out of your nature walks health-wise, while our staff offers you insight into nature's seasonal occurrences. Dress for the weather and be ready to hike and learn more about this excellent combination for your "good health".

**Tuesday, June 7, 10:30 a.m.–12:00 p.m.**

Pleasant Valley, Shelter #2  
Code: 411351-01, \$0 R/ \$2 NR

## Grassland Gazing

On this bird walk, we'll search for grassland species, including the elusive Henslow's sparrow. Bring binoculars and field guides if you have them. You are invited to join us at the Lost Valley Visitor Center after the walk for refreshments and to count the species we spotted for the day.

**Saturday, June 11, 7:00–9:00 a.m.**

Glacial Park, Kettle Lot  
Code: 411501-01, \$0 R/ \$2 NR

## Bubbling Bobolinks

Join your leader for an evening walk in search of grassland birds at Glacial Park. Listen for the "bubbling" calls of the bobolink along the way. After our walk we will gather at the Powers-Walker House to tally our bird counts and share refreshments. Bring your binoculars and field guides if you have them.

**Tuesday, June 21, 6:00–8:30 p.m.**

Glacial Park, Main Lot  
Code: 411502-01, \$0 R/ \$2 NR

## Evening With the Sun

Celebrate and be with the sun till it sets! We're in the first few days of summer and it's time to celebrate the solstice, our longest day of the year. Come with your water bottle, dress for the weather and a hike as we enjoy the sunset.

**Wednesday, June 22, 7:00–8:30 p.m.**

Pleasant Valley, Shelter #2  
Code: 411354-01, \$0 R/ \$2 NR

## 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. Bring a water bottle, dress for the weather, and a hike. You are also welcome to bring a lunch for after the hike, and we'll eat in the shelter.

**Wednesday, July 6, 10:30 a.m.–12:00 p.m.**

The Hollows, Lake Atwood Shelter  
Code: 411355-01, \$0 R/ \$2 NR

## Ladies Night

Ready for a summer break? Enjoy an evening around a campfire with an optional night hike. We will learn about phases of the moon and listen to some lunar folklore while waiting for the full moon to rise. Bring a lawn chair and some bug spray.

**Thursday, July 14, 7:30–9:30 p.m.**

Prairieview Education Center  
Code: 411204-01, \$0 R/ \$6 NR

## How to Collect and Sow Seeds

As the growing season begins to wind down, our Plant Ecologist will bring processed seed samples of prairie, woodland and wetland species to examine, along with handouts for you. We'll discuss native plants, collection, processing and seed propagation. Then we'll head out into the prairie to take a plant identification walk and see first hand what and how to collect. Our outdoor experience starts at the Lost Valley Visitor Center, followed by a trip to the prairie on Pioneer Road, where some of our more diverse and successful restorations have taken place. Dress for the weather and a walk.

**NOTE:** It is very important to remember that collecting seeds without permission is poaching. Collecting of any kind is not allowed at Conservation District sites or State Parks.

**Thursday, August 18, 6:30–8:00 p.m.**

Glacial Park, Lost Valley Visitor Center  
Code: 411359-01, \$0 R/ \$6 NR

## Sustainability 101:

### The Top Ten Garden Pests

Let's face it, we are not the only ones who like our gardens! So how do we reduce the number of pesky insects without resorting to harmful or hazardous controls? During this program we will look at homegrown and organic remedies for battling the top ten garden pests.

**Wednesday, June 1, 7:00–8:30 p.m.**

Prairieview Education Center  
Code: 411207-01, \$0 R/ \$6 NR

### Chemical the Movie

Join us as we watch a documentary about the prevalence of chemicals in our lives. In this somewhat humorous perspective, one family attempts to remove all toxic chemicals from their lives. We will share in refreshments and a discussion afterwards.

**Thursday, August 4, 7:00–9:30 p.m.**

Glacial Park, Lost Valley Visitor Center  
Code: 411256-01, FREE

## Attention Teachers!

Mark your calendars for these important dates...

### Summer Teacher Workshops

The following is the line-up of the teacher workshops offered through the District this summer. All offer complementary CPDUs with Aurora University; graduate credit is available at an additional fee, payable to Aurora University and due the first day of class between 8:00–8:30 a.m. All other fees are due at the time of registration. Each is designed to coordinate with Illinois State Learning Standards and will include principles and activities that will transfer directly to the classroom. Visit the District's website, [www.MCCDistrict.org](http://www.MCCDistrict.org), for full descriptions or to register. For more 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 (MCCD) 1 Credit (optional): \$110 (AU) Code: 311109-01**

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 "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 (MCCD) 2 Credits (optional): \$210 (AU) 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 (MCCD) 1 Credit (optional): \$110 (AU) 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

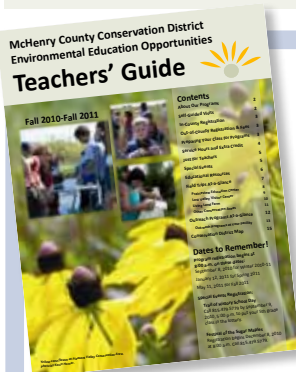
**July 25–29, 8:30 a.m.–4:30 p.m.** Chicago Botanic Garden

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 NOW**  
for these workshops!

*Standard lottery does not apply.*



### Field Trips and Outreach Programs

**Fall Registration opens 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 Prairieview Education Center at (815) 479-5779.

### Educational Loan Materials

The Conservation District offers a variety of materials you can borrow for use offsite or while you visit. We are also a lending site for the Illinois Department of Natural Resources' resource trunks. Visit [www.MCCDistrict.org](http://www.MCCDistrict.org) under Discover Nature/Self-Guided Opportunities or pick up a brochure at Prairieview Education Center, Lost Valley Visitor Center or Brookdale Administrative Offices. Reservations are recommended, for information call Prairieview Education Center at (815) 479-5779.



# Historical Workshops: Hands-On Skills for Living History

For high school age and older.

**June 25, 2011**

Wiedrich Barn – Glacial Park

Choose two half-day sessions or one full-day session.

8:30 a.m.–9:00 a.m.

9:00 a.m.–12:00 p.m.

12:00 p.m.–1:00 p.m.

1:00 p.m.–4:00 p.m.

4:00 p.m.–5:00 p.m.

\*Part of morning or full day session

Continental Breakfast\*

Morning Session

Lunch (bring your own)

Afternoon Session

Social Hour with Snacks\*\*

\*\*Part of afternoon or full day session

Resident registration received by 5/19/11 is processed by lottery.

All other registrations are processed on a first come basis.

Payment must accompany registration and be received by 6/10/11.

No refunds for withdrawal after 6/10/11.

Questions? Contact Kim Compton at (815) 678-4532 or [kcompton@MCCDistrict.org](mailto:kcompton@MCCDistrict.org).

## Morning Sessions 9:00 a.m.–12:00 p.m.

### *Flintknapping* Limit 12

The presenter will discuss the construction and usage of stone tools as well as their relationship to many diverse cultures while demonstrating the skill of flintknapping.

Hands on work will allow attendees of this session to make their own stone tools. Payment includes all equipment.

Instructor: Rich Hamilton.

Code: 411259-01, \$20 R/ \$25 NR

### *Hand Sewn Mittens* Limit 10

Make your own hand sewn felted wool mittens, perfect for those chilly mornings at the Trail of History! Payment includes all equipment. Instructor: Lynn Creegan.

Code: 411261-01, \$20 R/ \$25 NR

### *Basics of Cast Iron Cookware* Limit 18

Learn how to choose the proper cast iron pieces for your personae, as well as where to buy them and how to properly season and care for them. We will also cover basic cooking techniques and how they differ from aluminum or steel cookware basics. Campfire cooking and baking will be demonstrated. Bring a plate and utensils, because we get to eat the demonstrations! Payment also includes a booklet of campfire tested recipes. Instructor: Ed Emerson.

Code: 411262-01, \$20 R/ \$25 NR

## Afternoon Sessions 1:00–4:00 p.m.

### *Flint and Steel Fire Lighting* Limit 8

Before the days of matches, flint and steel were commonly used to light fires. Here is your opportunity to learn the skills of making and catching the sparks, making char, using a variety of types of tinder and char, and lighting a candle. Payment includes all equipment and you will take home your own fire lighting kit. Instructor: Charles Howenstine.

Code: 411260-01, \$20 R/ \$25 NR

### *Natural Dyes* Limit 15

Learn how to process wool, silk, and cotton and get them ready for dye baths. Then, over an open fire, dye all three natural fibers and observe how the different fibers take the dye. You will be given your own samples to dye and take home. Payment also includes all equipment. Instructor: Naomi Holthaus.

Code: 411263-01, \$20 R/ \$25 NR

### *History of Glacial Park* Limit 15

This session will involve both a driving and hiking tour of historical sites within beautiful Glacial Park. You will visit the mid 19th century Thomas family cemetery, the Greek Revival Powers-Walker House, and the turn of the century 1902 Wiedrich Barn. At each, you will learn about the historical background of the site and how the Conservation District has sought to find, use, and preserve the information. Please be prepared for a two mile hike over hilly terrain. Instructor: Kim Compton.

Code: 411264-01, \$20 R/ \$25 NR

## Full Day Session 9:00 a.m.–4:00 p.m.

### *Tablemaking* Limit 12

In this class you will make a 36" by 24" folding camp table that is appropriate for historical events. You will be using modern tools. Payment includes all equipment. Instructor: Ernie Kraak

Code: 411265-01, \$40 R/ \$50 NR

