

the Conservationist

A Quarterly Publication of the Forest Preserve District of DuPage County **Summer 2016**



Whack! Drill! Drum! Those Wild Woodpeckers

Take 5 (and Get Happy)

Pollinator Patrol



Forest Preserve District of DuPage County

from the president



It's summer in DuPage County's forest preserves and things are getting busy. We've launched our canoe and kayak rentals, opened the family campground, welcomed the season's first picnickers, and jammed our calendar with a record number of programs. We've also continued to work on projects related to some of the important partnerships we've established over the years.

In May, we joined Audubon International for its BioBlitz 2016, an annual competition challenging golfers to record or photograph as many different plants and animals as possible as they play from tee to tee, in our case on the greens at Maple Meadows and Green Meadows golf courses. In addition to popular fairways, these courses contain critical habitat for native wildlife, a role Audubon is certain to help underscore when it tallies the results.

Wildlife habitat is also at the top of the leaderboard at Dunham Forest Preserve, where we're partnering with DuPage County Stormwater Management, Wayne Area Conservancy Foundation and Canadian National to re-create over 200 acres of wetland and prairie. The collaboration is a perfect example of how we can use cost-effective ways to restore natural areas while creating some of the most beautiful scenery in the region.

Because so many people rely on forest preserve trails to experience these landscapes, we're excited our intergovernmental agreements with DuPage County and the Illinois Department of Transportation are taking shape this summer as work begins on the bridge over County Farm Road connecting Mallard Lake and Hawk Hollow forest preserves. It will not only give hikers, bikers, horseback riders and skiers a safer way to travel between preserves but also contribute to the 35-mile North Central DuPage Regional Trail, which will link Wayne to Wood Dale Grove and Cook County.

As I said, we're busy. And we wouldn't have it any other way.

Joseph F. Cantore

President, Forest Preserve District of DuPage County



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BOARD MEETINGS

For schedules and agendas or to watch live or recorded meetings, visit dupageforest.org.



THE CONSERVATIONIST

Summer 2016, Vol. 52, No. 3

Editor

Jayne Bohner



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The Conservationist is a quarterly publication of the Forest Preserve District of DuPage County. Subscriptions are free for DuPage County residents and \$5 per year for nonresidents. To subscribe or unsubscribe, call (630) 933-7085, or email forest@dupageforest.org. You can also read this and previous issues 24/7 at dupageforest.org. To receive an email when each new issue is available online, email forest@dupageforest.org.



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© Kelly Cogan-Azar

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On the cover: Pileated woodpecker © Ron Gallagher Photography



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OUR Mission

To acquire and hold lands for the purpose of preserving the flora, fauna and scenic beauty for the education, pleasure and recreation of DuPage County citizens



© Vail Marston

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news & notes



ARCHERY ACCESS IMPROVES AT BLACKWELL

The Forest Preserve District completed updates at the archery range at Blackwell Forest Preserve in Warrenville this spring, making the facility more accessible for more visitors. The bleachers now have seating for spectators in wheelchairs, and the beginning and advanced lanes have fine-grain decomposed granite surfaces instead of turf, making it easier for people who use wheelchairs or walkers to get to the targets to retrieve their arrows. New work tables between the lanes give all archers a place to prep and tune up their equipment and include racks where they can hang their bows.

LIVE *and On Demand*

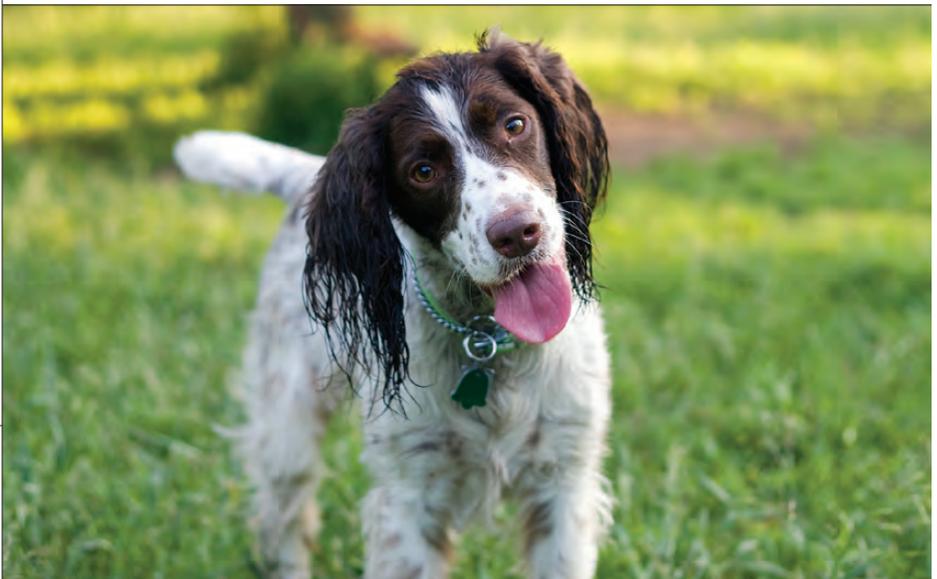
Can't make it to an upcoming Board of Commissioners meeting? Find the latest schedules and agendas and watch proceedings live or on demand at dupageforest.org under "About Us" and "Meetings and Agendas." Commission meetings and planning sessions are open to the public and take place at District headquarters at 35580 Naperville Road in Wheaton. Normally, commission meetings are at 8 a.m. on the first and third Tuesdays of the month, and planning sessions are at 8 a.m. on the second and fourth Tuesdays. At both the board discusses District business, hears public comments and staff reports, and votes on agenda items.

DISTRICT READIES TO BREAK GROUND ON HAWK HOLLOW-MALLARD LAKE BRIDGE

Pending final permitting, work will begin this summer on a pedestrian bridge over County Farm Road north of Schick Road in Hanover Park, connecting Mallard Lake and Hawk Hollow forest preserves. A new 1-mile trail at Mallard Lake will connect the bridge to existing trails at the preserve and provide a missing link in the greater North Central DuPage Regional Trail, which will eventually connect Cook County to the 23-mile West Branch DuPage River Trail.

The District will need to temporarily close sections of existing trails at both preserves during construction, which it expects to complete in summer 2017.

The project is funded by \$500,000 from DuPage County, a \$1 million grant through the Illinois Department of Commerce and Economic Opportunity, \$1,989,000 in federal funding through the Surface Transportation Program and \$1,280,000 in state funding through the Illinois Transportation Enhancement Program.



© Rick Harris

WORK BEGINS AT OLDFIELD OAKS OFF-LEASH DOG AREA

The Forest Preserve District has started construction on a 6.5-acre fully fenced off-leash dog area in the southwest corner of Oldfield Oaks Forest Preserve in Darien. The area will have 5.85 acres with a 0.3-mile looped trail for all dogs and a separate 0.6-acre spot for smaller pets. The adjacent 40-car parking lot will double as a trailhead for visitors who want to reach the forest preserve's existing 2 miles of looped trails.

The District expects construction to end by September, but it will not open the area until the grass firmly takes root, which it anticipates will happen no sooner than fall 2017 or summer 2018. Pet owners who wish to use any of the District's off-leash areas must have valid permits, which are available weekdays through Visitor Services at (630) 933-7248 or 24/7 via the "Purchase Permits" link at dupageforest.org/recreation.

NEW PICNIC PLACE AT HIDDEN LAKE

Work should wrap up this summer on a new 50-person picnic shelter near the north parking lot at Hidden Lake Forest Preserve in Downers Grove. The 24-by-36 shelter will offer scenic views of Round Meadow Lake and contain two fixed grills, including one that meets ADA specifications. Picnickers will be able to reserve the site through Visitor Services weekdays at (630) 933-7248 or at dupageforest.org/recreation 24/7 via the “Reserve Facilities” link. \$175,000 in budgeted capital development money funded the project’s design, permitting and construction costs.

FOUR FOREST PRESERVES NEXT IN LINE FOR NAVIGATIONAL SIGNS

This fall the District will begin to install maps and trail markers at Fullersburg Woods in Oak Brook, Danada and Herrick Lake in Wheaton, and St. James Farm in Warrenville. Similar to signs already installed at Waterfall Glen in Darien, the four-sided posts will have trail names, directional arrows, and distances to parking lots, forest preserve features, and connecting trails, helping visitors better navigate the preserves’ major regional trails, loops and links. In addition the District will install signs explaining key natural and historical features.



© Andrew Reding

MANY Thanks

The Forest Preserve District thanks the donors who contributed to its efforts between Jan. 20 and April 3. To make your own tax-deductible donation or to learn how sponsorships and financial support can benefit the District, visit dupageforestgiving.org. To give to the Friends of the Forest Preserve District, the 501(c)(3) nonprofit fundraising arm of the District, visit dupageforest.org/donate.

Gifts of Note

Cabela’s \$3,800 — Friends of the Forest Preserve District for in-kind support of District special events and the Take 5 Photo Contest	Paobu Sports \$700 — Danada Equestrian Center and St. James Farm
Cindy Gendry \$1,500 — Tribute bench at Waterfall Glen in memory of Phil Gelato	Rosalie Cieply \$500 — Friends of the Forest Preserve District for Willowbrook Wildlife Center in honor of Elizabeth R. Zygowicz
Pro-Pak Industries Inc. \$1,500 — Friends of the Forest Preserve District	ExxonMobil Foundation \$500 — Mayslake Peabody Estate from a volunteer grant through Jerome LeMire
Steve Swatek and Family \$1,500 — Tribute bench at Greene Valley in honor of Tom Swatek	Richard and Karolina Mallahan \$500 — Tribute brick at Mayslake Peabody Estate
Jerry and Amy Tavolino \$1,000 — Willowbrook Wildlife Center	Robert and Irene McMaster \$500 — Friends of the Forest Preserve District for Willowbrook Wildlife Center

CONNECT With Us 24/7

Looking for DuPage County forest preserve news between issues of the *Conservationist*? Then check out the Follow Our Tracks section of dupageforest.org, where you can link to our Facebook, Twitter, Instagram, YouTube, Pinterest and Historypin pages and sign up for our e-newsletters.



Eastern tiger swallowtail
(*Papilio glaucus*) on blazing star



Help Wanted: Pollen Patrol

by ANDRES ORTEGA, ECOLOGIST

Summer is a busy time in DuPage County, but many of the area's busiest residents are so small they almost go unnoticed, even though they're performing one of the most important jobs on the planet.

Native insect pollinators – butterflies, moths, bees, wasps, hornets, beetles, flies – spend this time of year in backyard gardens, commercial landscapes and natural areas gathering pollen and eating nectar. As they fly from bloom to bloom, they move pollen within and between the flowers. It's an unintended consequence but by no means an insignificant one: Over 80 percent of flowering plants cannot produce seeds and fruit without this pollen exchange. It's as vital to them as the rain and sun.

But everything isn't sunny for native pollinators facing threats from habitat loss, invasive species and insecticides. The good news, though, is they have a strong ally: the Forest Preserve District of DuPage County, which is not only improving habitats so these insects have suitable places to live but also focusing on the needs of specific species.

For over 20 years the District has worked to counter the decline in local populations of monarch butterflies by planting milkweeds, a monarch caterpillar's only source of food. Over the past five years at nearly a dozen sites, crews have spread more than 50 different mixes of native seeds containing milkweeds. Today, nine types of the plant grow on about 30 percent of the

county's nearly 26,000 acres of forest preserves, including at Willowbrook Wildlife Center in Glen Ellyn, where extensive efforts have created a nationally registered Monarch Waystation. In 2015 the District helped residents create their own backyard havens by handing out 8,000 free packets of butterfly milkweed seeds, an effort it's repeating this year with a new seed mix as part of its partnership with the DuPage Monarch Project.

But more than monarchs are on the District's radar. Since 2010 ecologists have been studying the county's only known population of rare Baltimore checkerspot butterflies. They've planted the white-flowered turtlehead to provide more food for checkerspot caterpillars but are also capturing, marking and releasing individual butterflies to estimate the size of the checkerspot population. By using statistics to compare marked and unmarked males and females, they're generating valuable demographic data they can use to determine if future breeding and reintroduction efforts might help stabilize the regional population.

At Springbrook Prairie Forest Preserve in Naperville, the District has planted another caterpillar favorite, arrow-leaved violet, to increase habitat for the striking but state-threatened regal fritillary. The butterfly has not been recorded in DuPage, but with nearby populations in Cook County, the District hopes it can increase the likelihood this rare butterfly will find a suitable home here.



◀ Baltimore checkerspot (*Euphydryas phaeton*)

District employees aren't the only ones doing pollinator legwork. Since 2000 volunteers in the field have been collecting invaluable long-term data on butterflies and rare plants critical to their survival. Others have been in the preserves year after year collecting milkweed seeds by hand to help ensure plants the District adds to higher-quality habitats come from stock fit for DuPage conditions.

Of course butterflies aren't the only pollinators. Bees do more than their fair share, and while honeybees have sadly been in the headlines, other species are making more positive

news. In 2014 the District identified a rusty-patched bumblebee in DuPage, the first known occurrence in the county. Once found across most of the eastern and central United States, this imperiled species has disappeared from over 80 percent of its former range and is currently listed as "critically endangered" by the International Union for Conservation of Nature. Its presence in DuPage speaks volumes about the health of local ecosystems — and is a good sign for every one of the county's busy pollinators. •

© Gary Yankech



© Brian Henderson

▲ Monarch caterpillar (*Danaus plexippus*) on milkweed

Table for 200

The word is spreading: Monarchs need milkweeds. They're the only plants monarch caterpillars will eat. To help these beautiful butterflies, people are planting milkweeds in parks and backyard gardens, but as many will attest, monarchs aren't the only guests showing up for dinner.

Expecting to find only hungry caterpillars, some gardeners are alarmed when they see their milkweeds covered with tiny orange bugs: oleander aphids. Like the caterpillars, these insects feed on the plants' sap.

Although unsightly, the aphids are typically harmless. Still, frenzied gardeners look for ways to remove them, from applying isopropyl alcohol, soaps, detergents and insecticides to bringing out the vacuum. But even gently brushing the insects off by hand or spraying clean water to wash them away can harm monarch eggs and caterpillars — the reasons people planted the milkweeds in the first place.

Fortunately, ladybird beetles, lacewings and other native insects love to eat aphids. Lacewing larvae in particular are known as "aphid lions." To keep plenty on hand, gardeners often plant asters and sunflowers (favorite foods for adult lacewings) among their milkweeds.

Yes, milkweeds provide important meals for a variety of insects, and as any bird, bat or frog with insects on its own menu will tell you, the more the merrier.



© Ian Bryson

▲ Turtlehead (*Chelone glabra*)



© Heather Paul

▲ Regal fritillary (*Speyeria idalia*)

summer calendar

See pages 10 – 17 for program descriptions. Cancellation policies vary.
You can register for most programs online at dupageforest.org.



© David Davis

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July

- 2** Archery for All Ages
Nature Walk
- 5** Twilight Tuesday
- 6** Archery for All Ages
Fishing 101 for Families
Little Sprouts Tales and Trails
Volunteer Workday at the Native Plant Nursery
- 7** Evening in the Country
- 8** Navigation: Geocaching
Ranger Adventure Day
- 9** Archery for All Ages
St. James Farm 1906 Caboose Tour
Willowbrook's 60th Anniversary Celebration
- 10** Backpacking Basics
McKee Marsh Natural History Hike
- 12** Animal Photography for Beginners
Paddling: Kayaking Basics
- 13** Paddle With a Ranger
- 14** Evening in the Country
History Happened Here
Ride the Trails
- 15** Fishing for Bass
Fishing off the Beaten Path
Volunteer Workday at the Native Plant Nursery
- 16** St. James Farm History Walk
Volunteer Restoration Workday
- 18** Navigation: Compass Basics
- 19** Navigation: GPS Games
- 20** Archery for Adults
Ranger Trek Jr.
- 21** Evening in the Country
- 22** Archery for All Ages
Navigation: Geocaching by Land and Sea
- 23** Discover Mayslake
Fishing by Kayak
Hoof Prints Through History
Volunteer Restoration Workday
Volunteer Workday at the Native Plant Nursery
- 24** Fishing 101 for Families
Paddle With a Ranger
- 26** Fishing 101 for Families
- 27** Archery Fun Shoot
Navigation: Geocaching
Volunteer Workday at the Native Plant Nursery
- 28** Evening in the Country
- 29** Fishing Flowing Waters
Paddling: Kayaking Basics
- 30** Backyard Chickens
Fishing After Dark
Fishing by Kayak
Mayslake Franciscan Era Tour
Wildlife Camp Out
- 31** Paddle With a Ranger
Wilderness Survival

August

- 1** Archery for All Ages
Volunteer Workday at the
Native Plant Nursery
- 2** Twilight Tuesday
- 3** Archery Beyond the Basics Begins
Paddling: Kayaking Basics
- 4** Evening in the Country
Fishing: Catching and Cooking
Catfish
Nature Scavenger Hunt
- 6** Nature Walk
Prairie Hike
- 7** Archery for All Ages
McKee Marsh Natural History Hike
- 9** Animal Photography for Beginners
Navigation: GPS Games
- 10** Archery Jr.
Navigation: Geocaching
Volunteer Workday at the
Native Plant Nursery
- 11** Evening in the Country
Fishing After Dark
History Happened Here
- 12** Fishing by Kayak
Paddling: Kayaking Basics
- 13** Backcountry Cooking
St. James Farm 1906
Caboose Tour
Trek Sawmill Creek
Volunteer Restoration Workday
- 14** Paddle With a Ranger
- 15** Full Moon Hike
Navigation: Compass Basics
- 16** Fishing 101 for Families
- 17** Little Sprouts Tales and Trails
- 18** Evening in the Country
Navigation: GPS Explorers
- 19** Archery for All Ages
Cycling at Sunset
Volunteer Workday at the
Native Plant Nursery
- 20** Fishing off the Beaten Path
St. James Farm History Walk
- 21** Archery for All Ages
Fishing by Kayak
- 23** Be a Junior Ranger! Begins
- 24** Archery Fun Shoot
Forest Fitness Walk
- 25** Evening in the Country
- 26** Fishing Flowing Waters
Paddling: Kayaking Basics
- 27** Backyard Chickens
Cast-Iron Cooking
Hoof Prints Through History
Paddle With a Ranger
Volunteer Workday at the
Native Plant Nursery
- 28** Fishing Clinic for Adults
Navigation: Geocaching
- 31** Forest Fitness Walk
Volunteer Workday at the
Native Plant Nursery

September

- 2** Archery for Adults
FullersBird Friday
Moths in the Moonlight
- 3** Archery for All Ages
Country Fair
Nature Walk
Wilderness Survival
- 4** Country Fair
Navigation: Geocaching
Paddle With a Ranger
- 5** Forest Fitness Walk
- 6** Animal Photography for Beginners
Twilight Tuesday
- 7** Archery Fun Shoot
Forest Fitness Walk
- 9** Fishing Flowing Waters
FullersBird Friday
Paddling: Kayaking Basics
Volunteer Restoration Workday
Volunteer Workday at the
Native Plant Nursery
- 10** Night Hike and S'more-gasbord
St. James Farm Dairy Day
Volunteer Restoration Workday
When Darkness Falls
- 11** Fishing by Kayak
Fishing: Hook, Line and Sinker
- 12** Forest Fitness Walk
- 14** Archery for Adults
Forest Fitness Walk
Volunteer Workday at the
Native Plant Nursery
- 16** Archery for All Ages
FullersBird Friday
- 17** Backpacking Overnight
St. James Farm History Walk
- 18** Volunteer Restoration Workday
- 19** Forest Fitness Walk
Full Moon Hike
Volunteer Workday at the
Native Plant Nursery
- 21** Forest Fitness Walk
Little Sprouts Tales and Trails
- 22** Cycling for Active Adults
- 23** Fishing: Hook, Line and Sinker
FullersBird Friday
Night Hike by Lantern Light
Volunteer Restoration Workday
- 24** Hoof Prints Through History
Mayslake Gardens and
Grounds Tour
Paddle With a Ranger
Volunteer Restoration Workday
Volunteer Workday at the
Native Plant Nursery
- 25** Navigation: GPS Explorers
- 26** Forest Fitness Walk
- 27** Sunrise Hike
- 28** Forest Fitness Walk
- 29** Archery for Active Adults
- 30** FullersBird Friday
Nature: The Video Game

summer calendar



© David Davis



Animal Photography for Beginners 8077

Bring your camera phone, point-and-shoot or SLR, and get tips on animal photography, composition and lighting as you snap close-ups of our resident animals. Ages 12 and up. \$20 per person. Register at dupageforest.org or (630) 942-6200.

Jul 12	9 – 11 a.m.	Willowbrook
Aug 9	9 – 11 a.m.	Willowbrook
Sep 6	9 – 11 a.m.	Willowbrook

Archery Beyond the Basics 7949

Learn about safety, equipment, shooting form, whistle commands and target scoring in this two-part program. Ages 9 and up; under 18 with an adult. \$10 per person. Register at dupageforest.org or (630) 933-7248.

Aug 3, 17	5:30 – 7 p.m.	Blackwell
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1890s Living

Kline Creek Farm in West Chicago

Registration is not required for these free programs. Questions? Call (630) 876-5900.

BLACKSMITHING DEMONSTRATIONS

Stop by the wagon shed to see the blacksmith demonstrate the tools and techniques of the trade.

Saturdays 1:30 – 3:30 p.m.

CHILDREN'S STORY HOUR

Spread a blanket on the ground, and enjoy an hour of popular children's stories from the 1890s.

Through Aug. 29

Mondays 10 a.m.

FARM CHORES

Kids, learn firsthand how 1890s children helped around the house and farm. On Mondays, help with mom's chores; on Thursdays, dad's.

Through Aug. 29

Mondays and Thursdays 1:30, 2:30 and 3:30 p.m.

LIFE ON THE FARM HOUSE TOURS

Tour the farmhouse for a glimpse of 1890s life.

Thursday – Monday 10 a.m. – 4 p.m. on the hour

Archery for Active Adults 8035

Try your hand at archery at one of DuPage County's most scenic preserves. Equipment provided. Ages 50 and up. Free. Register at dupageforest.org or (630) 933-7248.

Sep 29	9 – 10:30 a.m.	Churchill Woods
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Archery for Adults 7603

Learn the history and basic techniques of archery at this adults-only clinic. Equipment provided. Ages 18 and up. Free. Register at dupageforest.org or (630) 933-7248.

Jul 20	6 – 8 p.m.	Springbrook
Sep 2	5 – 6:30 p.m.	Churchill Woods
Sep 14	5 – 6:30 p.m.	Blackwell

Archery for All Ages 7599

Learn basic archery techniques in a family-friendly setting. Equipment provided. Ages 9 and up; under 18 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 2	10 – 11:30 a.m.	Maple Grove
Jul 6	10 – 11:30 a.m.	Salt Creek Park
Jul 9	10 – 11:30 a.m.	Blackwell
Jul 22	6 – 7:30 p.m.	Blackwell
Aug 1	6 – 7:30 p.m.	Mallard Lake
Aug 7, 21	10 – 11:30 a.m.	Churchill Woods
Aug 19	5:30 – 7 p.m.	Churchill Woods
Sep 3	10 – 11:30 a.m.	Maple Grove
Sep 16	4:30 – 6 p.m.	Churchill Woods

Archery Fun Shoot 7942

Sign up for this tournament for novices with awards for the top three competitors. Bring your own equipment; no crossbows. (Some equipment may be available to use at the event first-come, first-served.) Ages 7 – 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 27	6 – 8 p.m.	Blackwell
Aug 24	5 – 7 p.m.	Blackwell
Sep 7	4:30 – 6:30 p.m.	Blackwell

Archery Jr. 8067

Learn basic archery techniques in a friendly setting just for little ones. Equipment provided. Ages 5 – 8 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Aug 10	10 – 11:30 a.m.	Churchill Woods
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Registering on dupageforest.org?

Here's a quick way to find your program online.

1. Visit dupageforest.org and click "Register."
2. In the search box, enter the four-digit number next to the program name in this calendar.
3. If a program has more than one date, time or location, click "More" to find the one you want.

Backcountry Cooking 7957

See different techniques for preparing and cooking a tasty meal over an open fire. All ages; under 18 with an adult. \$10 per person. Register at dupageforest.org or (630) 933-7248.

Aug 13 4:30 – 6:30 p.m. Blackwell

Backpacking Basics 7966

Learn about equipment, cooking and water-filtration systems and how to pack for a trip. Ages 12 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 10 10 – 11:30 a.m. Churchill Woods

Backpacking Overnight 8074

Bring your tent and sleeping bag, and learn how to pack for a trip. Then, take a 4- to 5-mile hike, set up camp and make a backcountry meal before hitting the sack. Ages 12 and up; under 18 with an adult. \$75 per person ages 18 and up; \$60 ages 12 – 17. Register at dupageforest.org or (630) 933-7248.

Sep 17 – 18 2 p.m. – 9 a.m. Waterfall Glen

Backyard Chickens 7686

Learn how to buy and raise chicks for eggs and meat. We'll cover shelter, care, nutrition, breed characteristics and processing for the dinner table. Ages 18 and up. \$40 per person. Register at dupageforest.org or (630) 876-5900.

Jul 30 10 a.m. – 4 p.m. Kline Creek Farm
 Aug 27 10 a.m. – 4 p.m. Kline Creek Farm

Be a Junior Ranger! 8052

Explore nature while you work on leadership, navigation, first aid, geocaching and other skills rangers use regularly at this five-part after-school program on Tuesdays. Ages 6 – 12. \$45 per person. Register at dupageforest.org or (630) 933-7248.

Aug 23 – Sep 20 4:30 – 5:30 p.m. Churchill Woods
 Ages 6 – 8

Aug 23 – Sep 20 6 – 7 p.m. Churchill Woods
 Ages 9 – 12

Cast-Iron Cooking 7967

Help prepare a hearty meal over an open campfire as you learn tips for cooking with cast iron. All ages; under 18 with an adult. \$10 per person ages 13 and up; \$5 ages 12 and under. Register at dupageforest.org or (630) 933-7248.

Aug 27 4 – 6:30 p.m. Blackwell

Country Fair

Experience a fair from DuPage County's agricultural past. See 1890s technology, trades and blue-ribbon winners, and visit the midway for games, entertainment and a peek inside the Museum of Wonder and Awe. All ages. Free. Registration not required. Questions? Call (630) 876-5900.

Sep 3, 4 10 a.m. – 4 p.m. Kline Creek Farm

Cycling at Sunset 7960

Bring your bike and headlight, and enjoy the trails at McKee Marsh at sunset and after dark. All ages; under 18 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Aug 19 7:30 – 10 p.m. Blackwell

Cycling for Active Adults 8049

Bring your bike and tour several forest preserves during this ranger-led 15- to 18-mile ride. Ages 50 and up. Free. Register at dupageforest.org or (630) 933-7248.

Sep 22 9 a.m. – Noon Spring Creek Res.

Discover Mayslake

Take a self-guided tour of the mansion, enjoy live music, dabble in art, try archery or take your camera on a photography walk. All ages; under 14 with an adult. Free. Registration not required. Questions? Call (630) 206-9566.

Jul 23 10 a.m. – 2 p.m. Mayslake

Canoe, Kayak & Rowboat Rentals

Blackwell Forest Preserve in Warrenville

Herrick Lake Forest Preserve in Wheaton

Explore two preserves from the water for \$10 per hour or \$50 per day. Blackwell also has rowboats with trolling motors for \$15 per hour or \$75 per day. Rentals end one hour before closing. Questions? Call (630) 933-7248.

Through Sept. 5

Saturdays, Sundays, Memorial Day,

Fourth of July and Labor Day 8 a.m. – 6:30 p.m.

May 31 – Sept. 2

Monday – Friday 11 a.m. – 6:30 p.m.

Sept. 10 – 25

Saturdays and Sundays 8 a.m. – 5:30 p.m.

summer calendar



Evening in the Country

Pack a picnic dinner, relax on the grounds, and enjoy horse-drawn wagon rides and different entertainment each week as you experience the farm at dusk. All ages. Free admission. Wagon rides \$5 per person ages 5 and up; under 5 free. Registration not required. Questions? Call (630) 876-5900.

Jul 7	5 – 8 p.m.	Kline Creek Farm <i>Pantomime: Lips That Touch Liquor Shall Never Touch Mine</i>
Jul 14	5 – 8 p.m.	Kline Creek Farm <i>Nature Adventures From the Gilded Age</i>
Jul 21, 28	5 – 8 p.m.	Kline Creek Farm <i>1890s Fun and Games</i>
Aug 4	5 – 8 p.m.	Kline Creek Farm <i>Old Town School of Folk Music Dulcimer Ensemble</i>
Aug 11	5 – 8 p.m.	Kline Creek Farm <i>Nature Adventures From the Gilded Age</i>
Aug 18, 25	5 – 8 p.m.	Kline Creek Farm <i>1890s Fun and Games</i>

Fishing 101 for Families 7587

Learn fish ecology and identification as well as techniques and regulations. Ages 6 – 17 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 6	6 – 8 p.m.	Blackwell
Jul 24	5 – 7 p.m.	Herrick Lake
Jul 26	10 a.m. – Noon	Hidden Lake
Aug 16	10 a.m. – Noon	Wood Dale Grove



Family Camping

Blackwell Forest Preserve in Warrenville

This campground with over 60 sites with electricity is open Friday and Saturday nights through Sept. 25 and extra nights around the holidays. Call (630) 933-7248 8 a.m. – 4 p.m. weekdays or visit dupageforest.org/recreation 24/7 and click “Reserve Facilities” for permits.

Fishing After Dark 7954

Learn how to target species at the peak fishing time – dusk – and enjoy the lake at sunset. Ages 12 and up; under 18 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 30	7:30 – 10:30 p.m.	Blackwell
Aug 11	7:30 – 10:30 p.m.	Blackwell

Fishing by Kayak 7590

Experience how fishing on water differs from fishing on shore at this intermediate clinic. Bring your own canoe or kayak to this free program or rent a kayak for \$20 per person (300-pound capacity). Ages 14 and up; under 18 with an adult. Register at dupageforest.org or (630) 933-7248.

Jul 23	9 – 11:30 a.m.	Pratt’s Wayne
Jul 30	9 – 11 a.m.	East Branch
Aug 12	5 – 7 p.m.	Wood Dale Grove
Aug 21	5:30 – 8 p.m.	Blackwell
Sep 11	9 – 11 a.m.	Hidden Lake

Fishing: Catching and Cooking Catfish 7953

Get tricks for catching “Mr. Whiskers” at this hands-on clinic, and then enjoy a catfish dinner. All ages; under 16 with an adult. \$10 per person ages 13 and up; \$5 ages 5 – 12; under 5 free. Register at dupageforest.org or (630) 933-7248.

Aug 4	5:30 – 8:30 p.m.	St. James Farm
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Fishing Clinic for Adults 7959

Learn the basics through indoor instruction and hands-on experience. Ages 18 and up. Free. Register at dupageforest.org or (630) 933-7248.

Aug 28	6 – 8 p.m.	Pratt’s Wayne
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Fishing Flowing Waters 8038

Discover techniques for fishing in rivers and streams at this intermediate clinic. Ages 12 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 29	5 – 7 p.m.	Fullersburg Woods
Aug 26	5 – 7 p.m.	Fullersburg Woods
Sep 9	5 – 7 p.m.	Fullersburg Woods



Registering on dupageforest.org?

Here's a quick way to find your program online.

1. Visit dupageforest.org and click "Register."
2. In the search box, enter the four-digit number next to the program name in this calendar.
3. If a program has more than one date, time or location, click "More" to find the one you want.

Fishing for Bass 8055

Try some of the most effective lures on the market on one of the county's best bass lakes. Ages 12 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 15	5:30 – 7:30 p.m.	Meacham Grove
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Fishing: Hook, Line and Sinker 7951

Learn to fish on the lake bottom for a variety of species. Ages 8 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Sep 11	1 – 3 p.m.	Timber Ridge
Sep 23	5 – 7 p.m.	Songbird Slough

Fishing off the Beaten Path 7606

Join a ranger for a 2-mile hike with fishing along the way. Ages 12 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 15	5 – 7:30 p.m.	McDowell Grove
Aug 20	9 a.m. – Noon	Waterfall Glen

Forest Fitness Walk 7562

Enjoy the wonders of the preserves with a ranger and naturalist (now in the evenings, too!) on brisk walks that get longer each week. Ages 18 and up. \$4 per person in advance; \$6 at the walk. Register at dupageforest.org or (630) 850-8112.

Aug 24	6 – 7:30 p.m.	Fullersburg Woods
Aug 31	6 – 7:30 p.m.	Greene Valley
Sep 5	8:30 – 10:30 a.m.	Fullersburg Woods
Sep 7	6 – 7:30 p.m.	Waterfall Glen
Sep 12	8:30 – 10:30 a.m.	Wood Dale Grove
Sep 14	6 – 7:30 p.m.	Fullersburg Woods
Sep 19	8:30 – 10:30 a.m.	West DuPage
Sep 21	6 – 7:30 p.m.	Hidden Lake
Sep 26	8:30 – 10:30 a.m.	Mallard Lake
Sep 28	6 – 7:30 p.m.	Oldfield Oaks

FullersBird Friday 7651

Join these short naturalist-led walks to see how the diversity of birds changes from summer to fall. Ages 16 and up. \$4 per person in advance; \$6 at the walk. Register at dupageforest.org or (630) 850-8110.

Sep 2	7:30 – 9:30 a.m.	Fullersburg Woods
Sep 9	7:30 – 9:30 a.m.	W. Chicago Prairie
Sep 16	7:30 – 9:30 a.m.	Wood Dale Grove
Sep 23	7:30 – 9:30 a.m.	McDowell Grove
Sep 30	7:30 – 9:30 a.m.	Waterfall Glen

Full Moon Hike 7624

Enjoy a 3-mile hike under a full moon as you take in the sights and sounds of a preserve at dusk. Ages 18 and up. \$8 per person. Register at dupageforest.org or (630) 850-8110.

Aug 15	6 – 8 p.m.	Waterfall Glen
Sep 19	6 – 8 p.m.	Fullersburg Woods

History Happened Here 8088

Learn about the Civilian Conservation Corps' lasting effects on the preserves, including those that tied them to significant events of the 20th century. All ages; under 18 with an adult. \$3 per person. Register at dupageforest.org or (630) 933-7248.

Jul 14	6 – 7:30 p.m.	McDowell Grove
Aug 11	6 – 7:30 p.m.	Fullersburg Woods

Hoof Prints Through History 7642

Learn about the McCormick family's love of equestrian sports during a walking tour of buildings and spaces that hosted world-class events. Ages 5 and up; under 13 with an adult. \$5 per person. Register at dupageforest.org or (630) 580-7025.

Jul 23	10 – 11 a.m.	St. James Farm
Aug 27	10 – 11 a.m.	St. James Farm
Sep 24	10 – 11 a.m.	St. James Farm

Little Sprouts Tales and Trails 7557

Ignite your little one's sense of wonder for the natural world as you enjoy stories, songs, movement and guided outdoor explorations together. Ages 2 – 5 with an adult. \$5 per child. Register at dupageforest.org or (630) 850-8110.

Jul 6	10 – 11 a.m.	Fullersburg Woods <i>Frogs</i>
Aug 17	10 – 11 a.m.	Fullersburg Woods <i>Flowers</i>
Sep 21	10 – 11 a.m.	Fullersburg Woods <i>Fish</i>

Golfing

A round is a great way to enjoy the preserves! Visit dupagegolf.com for tee times and outings for all levels.

Maple Meadows • Wood Dale • (630) 616-8424

Green Meadows • Westmont • (630) 810-5330

Oak Meadows • Addison • Closed for Renovations

summer calendar



© Mike Shimer



Mayslake Franciscan Era Tour ⁷⁵³⁴

Learn about the Franciscan Province of the Sacred Heart, the previous owner of Mayslake Hall, the ways it changed the building, and tales of the “mad monks” who chased away curious visitors. Ages 12 and up; under 16 with an adult. \$15 per person. Register at dupageforest.org or (630) 206-9566.

Jul 30 1 – 2:30 p.m. Mayslake

Mayslake Gardens and Grounds Tour ⁷⁵³⁷

Explore the gardens and learn about the griffins and other easy-to-miss carved treasures on the mansion’s Tudor revival facade. Ages 12 and up; under 16 with an adult. \$15 per person. Register at dupageforest.org or (630) 206-9566.

Sep 24 1 – 2:30 p.m. Mayslake

McKee Marsh Natural History Hike ⁷⁹³⁵

Learn about natural and cultural history on this 2-mile ranger-led hike. All ages; under 18 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 10 1 – 3 p.m. Blackwell
Aug 7 9 – 11 a.m. Blackwell

Moths in the Moonlight ⁷⁵⁸⁴

Discover the lives of moths and other insects that work the night shift and ways to study them in your own yard. Then, enjoy s’mores around the fire. All ages; under 18 with an adult. \$5 per person. Register at dupageforest.org or (630) 206-9566.

Sep 2 9 – 11 p.m. Mayslake

Nature Scavenger Hunt ⁸⁰⁶⁶

Learn about the critters that call the forest preserves home as you take part in a guided scavenger hunt. Ages 5 – 8 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Aug 4 10 – 11 a.m. Churchill Woods

Nature: The Video Game ⁸⁰⁷⁶

Experience nature with your iPhone or similar Apple device with mobile data access by playing an augmented-reality game with environmental clues. Ages 9 – 14 with an adult. \$5 per person. Register at dupageforest.org or (630) 933-7248.

Sep 30 5 – 6 p.m. Churchill Woods

Nature Walk ⁷⁶⁴³

Enjoy the sights and sounds of prairie flowers and birds on a relaxing guided walk. Ages 5 and up; under 13 with an adult. \$5 per person. Register at dupageforest.org or (630) 580-7025.

Jul 2 10 – 11 a.m. St. James Farm
Aug 6 10 – 11 a.m. St. James Farm
Sep 3 10 – 11 a.m. St. James Farm

Mayslake Peabody Estate: Art, Music, Theater and More

Mayslake Peabody Estate in Oak Brook

Expand your creativity with art, photo and writing classes; hear fascinating lectures; and enjoy concerts by renowned performers in a scenic, historic setting. For dates, fees and other details, call (630) 206-9566 or visit dupageforest.org, click “All Events” in the left column, and then sort by Mayslake on the right.

ART CLASSES

Abstracts and Photo Impressionism
Collage: Sketchbook to Canvas
Drawing and Painting for Adults
Exploring Watercolor
Girls Write On!
Lightroom I and II
Photoshop I and II
Teen Studio Camp

LECTURES

Genealogy for Digital Images
Life as a Garden Gnome

MUSIC

Chicago Gay Men’s Chorus
Picosá
Sinfonietta Bel Canto Series

EXHIBITS

Exploring Watercolor

FIRST FOLIO THEATRE’S

“A MIDSUMMER NIGHT’S DREAM”

Relax outside in one of the area’s premier forest preserves, and watch as mischievous Puck turns the world upside down for a quartet of lovers.

July 6 – Aug. 14

Wednesday – Sunday 8:15 p.m.

RESTORATION-IN-PROGRESS TOURS

Learn about the past — and future — of this historic 1920s Tudor Revival-style mansion.

Wednesdays 11 a.m. and 12:30 p.m.

Saturdays 9:30, 10, 11 and 11:30 a.m.



Registering on dupageforest.org?

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1. Visit dupageforest.org and click "Register."
2. In the search box, enter the four-digit number next to the program name in this calendar.
3. If a program has more than one date, time or location, click "More" to find the one you want.

Navigation: Compass Basics 7608

Learn one of the oldest survival skills – how to use a compass – and then join a fun activity. Ages 7 and up; under 18 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 18	6 – 7:30 p.m.	Blackwell
Aug 15	6:30 – 8 p.m.	Blackwell

Navigation: Geocaching 7938

Try a family-friendly treasure-hunting activity using a GPS unit to discover hidden caches. Equipment provided. Ages 6 and up; under 16 with an adult. \$5 per person. Register at dupageforest.org or (630) 933-7248.

Jul 8	6 – 7:30 p.m.	Herrick Lake
Jul 27	10 – 11:30 a.m.	Churchill Woods
Aug 10	6 – 7:30 p.m.	Herrick Lake
Aug 28	2 – 3:30 p.m.	Churchill Woods
Sep 4	1 – 2:30 p.m.	Blackwell

Navigation: Geocaching by Land and Sea 8075

Ahoy, mates! Jump in a kayak and search for caches on the water and along the shore. Equipment provided (300-pound capacity). Ages 9 and up; under 18 with an adult. \$25 per person. Register at dupageforest.org or (630) 933-7248.

Jul 22	5 – 7 p.m.	Hidden Lake
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Navigation: GPS Explorers 8063

Join a ranger and learn how to mark waypoints, measure distances, follow routes and check elevations. Equipment provided. Ages 8 and up; under 16 with an adult. \$5 per person. Register at dupageforest.org or (630) 933-7248.

Aug 18	10 – 11:30 a.m.	Waterfall Glen
Sep 25	10 – 11:30 a.m.	Meacham Grove

Navigation: GPS Games 8056

Use technology to put a modern twist on capture the flag and other outdoor games. Equipment provided. Ages 8 – 12. \$5 per person. Register at dupageforest.org or (630) 933-7248.

Jul 19	9 – 11 a.m.	Churchill Woods
Aug 9	9 – 11 a.m.	Salt Creek Park

Night Hike and S'more-gasbord 7673

Discover nighttime creatures on a self-guided hike, and then try one of our s'more recipes or create your own concoction by the fire. All ages; under 18 with an adult. \$7 per person. Register at dupageforest.org or (630) 850-8110.

Sep 10	7 – 9 p.m.	Fullersburg Woods
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Night Hike by Lantern Light 7664

Explore McKee Marsh along a lantern-lit trail on a self-guided hike, and then enjoy snacks and s'mores around the fire. All ages. \$5 per person. Register at dupageforest.org or (630) 850-8110.

Sep 23	7 – 9 p.m.	Blackwell
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Paddle With a Ranger 8026

Take a guided paddle through a forest preserve. Bring your own canoe or kayak to this free program or rent one for \$20 per person (300-pound capacity). Ages 14 and up; under 18 with an adult. Register at dupageforest.org or (630) 933-7248.

Jul 13	10 a.m. – Noon	Songbird Slough
Jul 24, 31	9 – 11:30 a.m.	Fullersburg Woods
Aug 14, 27	9 – 11:30 a.m.	Fullersburg Woods
Sep 4, 24	9 – 11:30 a.m.	Fullersburg Woods

Paddling: Kayaking Basics 7593

Learn the basics of kayaking, such as parts of the boat, paddling strokes and safety tips. Equipment provided (300-pound capacity). Ages 14 and up; under 18 with an adult. \$20 per person. Register at dupageforest.org or (630) 933-7248.

Jul 12	6 – 8 p.m.	Blackwell
Jul 29	6 – 8 p.m.	Herrick Lake
Aug 3	10 a.m. – Noon	Wood Dale Grove
Aug 12	5:30 – 7:30 p.m.	Mallard Lake
Aug 26	6 – 8 p.m.	Herrick Lake
Sep 9	5 – 7 p.m.	Blackwell

Prairie Hike 8223

See fabulous displays of native wildflowers at this Illinois nature preserve. Ages 10 and up; under 18 with an adult. Free. Register at dupageforest.org or (630) 206-9630. (Groups of five or more must register by July 25.)

Aug 6	8 – 11 a.m.	W. Chicago Prairie
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summer calendar



Ranger Adventure Day 8043

Hey, kids, find out what it takes to be a ranger as you try archery, go on a guided hike and enjoy other outdoor fun while learning about plants and animals. Ages 9 – 12. \$60 per person. Register at dupageforest.org or (630) 933-7248.

Jul 8	9 a.m. – 3 p.m.	Mayslake
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Ranger Trek Jr. 8042

Learn about critters that live in the preserves as you explore different habitats on a guided hike. Ages 10 and under with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 20	10 – 11:30 a.m.	Waterfall Glen
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Ride the Trails 8070

Bring your bike and tour several forest preserves on a 15- to 18-mile ranger-led ride. Ages 12 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Jul 14	9 a.m. – Noon	Cricket Creek
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St. James Farm 1906 Caboose Tour 7647

Hear about the onboard lives of the conductor and brakeman and CA&E's connection to the preserve as you tour a restored CB&Q 1906 caboose. All ages; under 13 with an adult. \$5 per person. Register at dupageforest.org or (630) 580-7025.

Jul 9	10 – 11 a.m.	St. James Farm
Aug 13	10 – 11 a.m.	St. James Farm

St. James Farm Dairy Day

Experience life on a 1900s dairy farm from making butter to milking cows to seeing a hay elevator at work. Take a guided wagon ride and enjoy displays and games. All ages. Free. Registration not required. Questions? Call (630) 580-7025.

Sep 10	10 a.m. – 2 p.m.	St. James Farm
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Riding Lessons 7694

Danada Equestrian Center in Wheaton

Learn valuable horsemanship and riding skills in a friendly group setting or receive one-on-one instruction and progress at your own pace with private lessons. Ages 12 and up. \$40 – \$250 per DuPage resident; \$50 – \$310 nonresident. Register at dupageforest.org or (630) 668-6012.

St. James Farm History Walk 7648

Learn about the farm's beginnings and development on a leisurely 1-mile walk. Ages 5 and up; under 13 with an adult. \$5 per person. Register at dupageforest.org or (630) 580-7025.

Jul 16	10 – 11 a.m.	St. James Farm
Aug 20	10 – 11 a.m.	St. James Farm
Sep 17	10 – 11 a.m.	St. James Farm

Sunrise Hike 8069

Enjoy sunrise from the hilltop as you learn about wildlife, plants, history and forest preserve features on a ranger-led hike. Ages 8 and up; under 18 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Sep 27	6 – 7 a.m.	Meacham Grove
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Trek Sawmill Creek 8060

Hike with a ranger and discover what lurks in and around Sawmill Creek. Ages 6 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Aug 13	9 a.m. – Noon	Waterfall Glen
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Twilight Tuesday 7669

Learn about the animals that call the woods home during a hike and talk, and then complete a fun project to attract wildlife to your own backyard. Ages 6 and up with an adult. \$8 per person. Register at dupageforest.org or (630) 850-8110.

Jul 5	7 – 9 p.m.	Fullersburg Woods <i>Hummingbirds</i>
Aug 2	7 – 9 p.m.	Fullersburg Woods <i>Bats</i>
Sep 6	7 – 9 p.m.	Fullersburg Woods <i>Toads</i>

Volunteer Restoration Workday 8151

Help remove nonnative plants or spread seeds. Ages 8 and up; under 18 with an adult. Free. Register at dupageforest.org or (630) 206-9630 at least five days in advance (10 days for students fulfilling requirements and groups of five or more).

Jul 16	9 a.m. – Noon	W. Chicago Prairie
Jul 23	9 a.m. – Noon	Churchill Woods
Aug 13	9 a.m. – Noon	Churchill Woods
Sep 9, 23	10 a.m. – Noon	Danada
Sep 10	9 a.m. – Noon	Churchill Woods
Sep 10, 18	9 a.m. – Noon	W. Chicago Prairie
Sep 24	9 a.m. – Noon	Springbrook



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2. In the search box, enter the four-digit number next to the program name in this calendar.
3. If a program has more than one date, time or location, click "More" to find the one you want.

Volunteer Workday at the Native Plant Nursery 8207

Lend a hand weeding, watering, or collecting and cleaning seed. Ages 12 and up; under 18 with an adult. Free. Register at dupageforest.org or (630) 206-9630 at least five days in advance (10 days for students fulfilling requirements and groups of five or more).

Jul 6, 15, 23, 27	8 – 11 a.m.	Blackwell Nursery
Aug 1, 10, 19, 27, 31	8 – 11 a.m.	Blackwell Nursery
Sep 9, 14, 19, 24	8 – 11 a.m.	Blackwell Nursery

When Darkness Falls 8048

Hike the dark woods with a ranger and learn how to use your senses like a nocturnal predator. Ages 6 and up; under 16 with an adult. Free. Register at dupageforest.org or (630) 933-7248.

Sep 10	7 – 9 p.m.	Waterfall Glen
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Wilderness Survival 7946

Learn how to set up camp, build a fire and perform other survival skills. Ages 7 and up; under 18 with an adult. \$5 per person. Register at dupageforest.org or (630) 933-7248.

Jul 31	10 a.m. – Noon	Blackwell
Sep 3	9 – 11 a.m.	Pratt's Wayne

Wildlife Camp Out 8032

Bring your camping gear and sleep with your family under the stars at Willowbrook! Enjoy fun, spooky stories by the fire; learn about owls and other animals; meet the center's raptors; and hit the trails for a star-lit hike. Dinner and breakfast included. Some tents available for rent for an extra fee. Ages 7 and up; under 18 with an adult. \$30 per person ages 16 and up; \$20 ages 7 – 15. Register at dupageforest.org or (630) 942-6200.

Jul 30 – 31	6 p.m. – 9 a.m.	Willowbrook
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Willowbrook's 60th Anniversary Celebration 7961

Bring the family and celebrate with us! Enjoy a pizza dinner and then rotate through stations featuring popular areas of the center. End the night with a surprise activity (and a Willowbrook favorite). Ages 7 and up with an adult. \$15 per person ages 13 and up; \$10 ages 7 – 12. Register at dupageforest.org or (630) 942-6200.

Jul 9	5 – 8 p.m.	Willowbrook
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Wagon Rides

Enjoy stories about cultural and natural history on a 30-minute guided ride, weather permitting. All ages; under 13 with an adult. \$5 per person ages 5 and up; under 5 free. Registration not required.

HORSE-DRAWN WAGON RIDES

Kline Creek Farm in West Chicago

Hear about 1890s farming with real horsepower on a ride through the farmstead and fields. Questions? Call (630) 876-5900.

**Thursdays in July and August
at "Evening in the Country"
5:30, 6:15 and 7 p.m.**

**Sundays Sept. 11 – 25
Noon, 12:45, 1:30, 2:15 and 3 p.m.**

TRACTOR-DRAWN WAGON RIDES

St. James Farm in Warrenville

Learn about the buildings, natural areas and equestrian roots of this preserve. Questions? Call (630) 580-7025.

**Wednesdays and Sundays Through Sept. 28
Plus Fridays Through Aug. 26
11:30 a.m., 12:30 p.m. and 1:30 p.m.**

Red-headed woodpecker
(*Melanerpes erythrocephalus*)

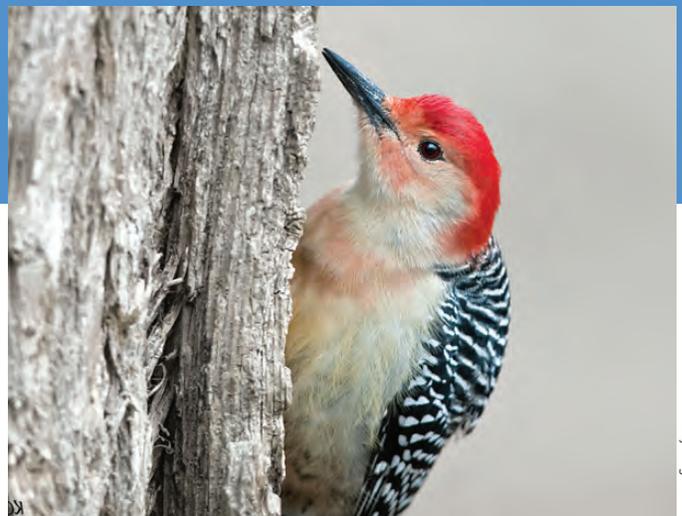
Which Woodpecker Is It?

by **BRIAN KRASKIEWICZ**, ECOLOGIST

What's black-and-white and red all over? (Well besides a newspaper.) A woodpecker! And in DuPage County seven different kinds of woodpeckers – all black-and-white with at least some red plumage – call our forest preserves home.

A few features set woodpeckers apart from other birds. They have powerful bills they hammer into trees, sometimes to look for food and sometimes just to “drum,” or communicate with other woodpeckers. To protect their brains from all that banging, they have shock-absorbent skulls. They also have long, thin, sticky tongues that probe inside holes to grab insects.

One of the most striking in DuPage is the red-headed woodpecker, which has large white wing patches, a white rump and belly, and a head that looks freshly dipped in neon red paint. You may spot red-headed flying to and from branches, catching insects midair between stops, although they also eat berries, nuts and seeds. The Forest Preserve District has improved habitat in many forest preserve woodlands, but the number of red-headed woodpeckers has declined enough to make sightings uncommon. One reason may be that nonnative



▲ Red-bellied woodpecker (*Melanerpes carolinus*)

European starlings are cornering the market on nesting cavities favored by these woodpeckers.

The red-bellied woodpecker, on the other hand, is a DuPage County regular. It gets its common name from the rosy-pink feathers on its belly, but the coloring can be difficult to spot in the field. More noticeable is the red on its cap and the back of its neck, especially on males. Red-bellieds mainly eat insects and spiders but are common at backyard feeders with suet, peanuts or sunflower seeds.

Our next two woodpeckers, the downy and the hairy, can be difficult to tell apart. Both frequent backyard suet and sunflower feeders and sport checkered wings and striped backs. The males of both have red patches on their heads. But side by side the downy is about two-thirds the size of the hairy. The downy is

North America's smallest woodpecker and can forage for ants, spiders, caterpillars and wood-boring beetle larvae on the outermost branches of trees, even on the stems of plants. The heavier hairy is limited to trunks and larger branches as it looks for ants and larvae.

Don't let the name fool you on this next one: The northern flicker is all woodpecker. Its brownish gray plumage is patterned with black spots and bars, and its chest bears a conspicuous crescent-shaped black bib. In flight, it reveals even more, showing off the white patch on its rump and the vivid yellow feathers on the underside of its tail and wings, which give it the alias "yellow-shafted flicker." When it's not flying, you're likely to see this woodpecker on the ground, where it forages for its favorite meal: ants.

Another woodpecker with an unusual but appropriate name is the yellow-bellied sapsucker. Sapsuckers create holes or "sap wells" in trees, where they feed on sap and the insects stuck inside. Look for neat horizontal rows of sap wells on birch and maple trees or – to the dismay of some homeowners – wood-sided houses. A sapsucker may look like a hairy or downy woodpecker but only until you spot its black bib, red crown and forehead, white wing patches, and creamy-white belly. Sapsuckers are true migrants and don't typically breed in DuPage but are often sighted in spring and fall.

Of all seven DuPage woodpeckers, the largest and most uncommon – yet most recently newsworthy – is the pileated. About the size of a crow, this mostly black woodpecker has white stripes on its face and neck, large white patches on the underside of its wings, and a trademark triangular red crest.

I spotted my first DuPage pileated in the early 2000s when I was working in Waterfall Glen Forest Preserve in Darien. I was surprised to see the large black bird with white wing patches land on a tree trunk after darting across my path, rising and falling in the undulating flight pattern typical of a woodpecker. Over the next several years there would be additional – albeit sporadic – sightings by birders at Waterfall Glen as well as the adjacent Des Plaines Riverway Forest Preserve, reports that would start to steadily increase around 2008. Today, there are not only more pileated woodpecker sightings but also more sightings in more preserves, even though the reason for the increase isn't yet clear.

It may be that the pileated woodpecker population as a whole is increasing and there are simply more of these birds on the landscape. Pileateds have large home ranges, so people may also be seeing the same few birds moving between woodlands in adjacent preserves. As the Forest Preserve District continues to remove nonnative shrubs and invasive trees from DuPage woodlands, it may be that new open habitats with a greater variety of native plants and animals are creating better-suited foraging and potential nesting areas for these impressive birds.

With nearly 26,000 acres it's easy to see why so many woodpeckers call DuPage County's forest preserves home, and with so many remarkable types of woodpeckers, it's easy to see why a visit to a forest preserve near you is a great idea! •



▲ Downy woodpecker (*Picoides pubescens*)



▶ Hairy woodpecker (*Picoides villosus*)



▲ Northern flicker (*Colaptes auratus*)



▶ Yellow-bellied sapsucker (*Sphyrapicus varius*)



▲ Pileated woodpecker (*Dryocopus pileatus*)



Take 5 (and Get Happy)

by JAYNE BOHNER, COMMUNICATIONS & MARKETING

Whether broadcast on cable news, shared on Facebook or printed here in the *Conservationist*, the word is spreading. Spending time outside – even five minutes – is good for you. Fortunately, with nearly 26,000 acres and 145 miles of trails, you can get a healthier body, sharper mind and happier you without ever leaving the county.

Getting outdoors helps us as we get older, too. Research shows that folks over 70 who get outside every day have fewer aches and pains and sleep better than those who don't.

All it takes is a few minutes. That's a walk along the Nature Trail through Parson's Grove at Danada Forest Preserve in Wheaton, the boardwalk at Timber Ridge Forest Preserve in West Chicago or the shoreline at Hidden Lake Forest Preserve in Downers Grove. (We'll talk more about lakes later, so read on.)



© Matthew Paulson

Healthier Body

We don't need studies to tell us that taking a short stroll is better than spending an extra 15 minutes on the couch, but how many of us know we can bump up those benefits by going somewhere green?

Doctors and PhDs looking at blood chemistry, brain activity and other physiological attributes have recorded how blood

▲ Hearing this kind of chatter on a walk can be good for you.

pressure, heart rate and levels of stress hormones all decrease more after a walk in the woods than one down a city street. Yes, the breeze through the trees and singing birds are better on the nerves than a rusted-out muffler. Prefer to measure the benefits in pounds? You'll burn 10 percent more calories if you run on a trail instead of a treadmill.

Sharper Mind

Spending one hour outdoors can improve memory by 20 percent, which may help you remember to pick up that gallon of milk on the way home. Spend the hour outside walking and you'll do even more for your noggin.

Walking in general, whether on a track or treadmill, sets off a chain reaction of chemicals that shoot through your body thanks to an increase in heart rate. When they reach the brain, they boost imaginative thinking. (Talk about getting your creative juices flowing.) Walking on a trail, though, seems to also trigger a subtle spike in innovation. Trying to figure out how to rearrange that bedroom closet? Take a walk. Take a walk outside, though, and you might come up with a truly novel approach. (For instance, have you thought about hooks?)





© Vail Marston

◀ How can you not feel inspired after a summertime walk through Springbrook Prairie Forest Preserve in Naperville?

Happier You

Sitting in a natural area for just five minutes can make you feel more energetic and less stressed or depressed. It's a simple prescription that's addictive in a good way. The better you feel, the more your brain will want you to get back out there again and again.

Nature's efficacy increases if you're near a lakeshore, wetland or babbling brook. Collaborative efforts by neuroscientists, psychologists and aquatic experts are showing that waterscapes have inherent positive effects on disposition. The theory is



Show Us Your 5

No matter how many times researchers tell us the outdoors can lead to a healthier body, sharper mind and happier you, sometimes it takes old-fashioned word-of-mouth to encourage people to get outside. That's why the District is asking you this summer to help us show everyone how to "Take 5" in DuPage County's forest preserves. (Hey, we're offering some great prizes in return.) For details on our Take 5 Photo Contest, visit dupageforest.org/take5.



that water's placid surface and soothing sounds give the senses something simple to focus on, which lets the brain take a timeout. It may be a side effect of our long-standing relationship with water. After all, it covers three-quarters of the globe and is a compound we cannot live without.

Fortunately, DuPage County's forest preserves are full of the stuff. With 30 lakes, over 45 miles of rivers and streams, and scores of healthy marshes, it's easy to get your fix. You can even experience the benefits of water by floating on top of it in a rented kayak, canoe or rowboat at Herrick Lake at Herrick Lake Forest Preserve in Wheaton or Silver Lake at Blackwell Forest Preserve in Warrenville. Visit dupageforest.org/recreation and click on the boating icon for details.

Of course being happy boosts your immune system, too, which brings us back to where we started. So take our word for it, and take five! •

◀ It's official. DuPage forest preserve lakes aren't just pretty. Our brains are wired to relax near meditation-inducing bodies of water, such as Silver Lake at Blackwell Forest Preserve in Warrenville.

directory



EDUCATION *Centers*

DANADA EQUESTRIAN CENTER

35507 Naperville Road
Wheaton, IL 60189
(630) 668-6012

The center's office is open Monday through Friday from 8 a.m. to 4:30 p.m. and is closed on Saturdays, Sundays and select holidays.

FULLERSBURG WOODS NATURE EDUCATION CENTER

3609 Spring Road
Oak Brook, IL 60523
(630) 850-8110

The center is open daily April through October from 9 a.m. to 5 p.m. November through March hours may vary. It is closed on select holidays.

KLINE CREEK FARM

1N600 County Farm Road
West Chicago, IL 60185
(630) 876-5900

The farm is open Thursday through Monday from 9 a.m. to 5 p.m. and is closed on Tuesdays, Wednesdays and select holidays.

MAYSLAKE PEABODY ESTATE

1717 W. 31st St.
Oak Brook, IL 60523
(630) 206-9566

The estate is open only during scheduled programs and events.

WILLOWBROOK WILDLIFE CENTER

525 S. Park Blvd.
Glen Ellyn, IL 60137
(630) 942-6200

The visitor center and the surrounding Willowbrook Forest Preserve are open daily from 9 a.m. to 5 p.m. The animal admittance area is open 8:30 a.m. to 6 p.m. All are closed on select holidays.

GENERAL *Contacts*

HEADQUARTERS

Street Address
35580 Naperville Road
Wheaton, IL 60189

The headquarters office is open Monday through Friday from 8 a.m. to 4:30 p.m. The office is closed on Saturdays, Sundays and select holidays.

Mailing Address

P.O. Box 5000
Wheaton, IL 60189

Website

dupageforest.org

Email Address

forest@dupageforest.org

Main Number

(630) 933-7200

TTY

(800) 526-0857

CONSERVATIONIST SUBSCRIPTION LINE

(630) 933-7085

FUNDRAISING AND DEVELOPMENT

(630) 871-6400

LAW ENFORCEMENT

(630) 933-7240

VISITOR SERVICES

(630) 933-7248

VOLUNTEER SERVICES

(630) 933-7681

GOLF *Courses*

GREEN MEADOWS GOLF COURSE

18W201 W. 63rd St.
Westmont, IL 60559
(630) 810-5330

MAPLE MEADOWS GOLF COURSE

272 S. Addison Road
Wood Dale, IL 60191
(630) 616-8424

OAK MEADOWS GOLF COURSE

Closed for Renovations Until 2017
900 N. Wood Dale Road
Addison, IL 60101

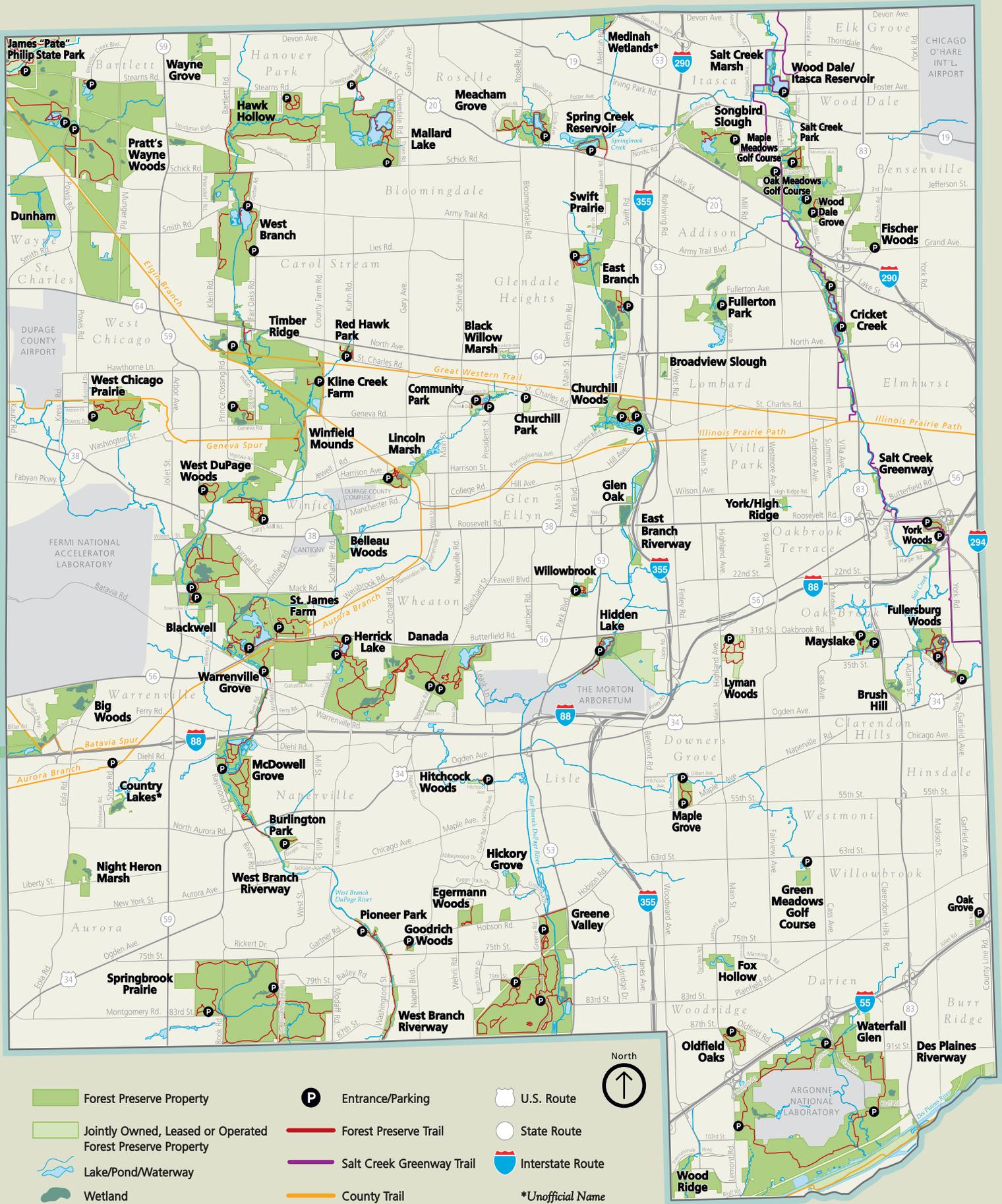


PRESERVE *Hours*

Most forest preserves are open daily from one hour after sunrise until one hour after sunset.

ACCESSIBILITY

Individuals with accessibility needs or concerns should contact the District's ADA coordinator at (630) 933-7683 or TTY (800) 526-0857 at least 48 hours before their visit.



Forest Preserve Property

Jointly Owned, Leased or Operated Forest Preserve Property

Lake/Pond/Waterway

Wetland

Entrance/Parking

Forest Preserve Trail

Salt Creek Greenway Trail

County Trail

U.S. Route

State Route

Interstate Route

*Unofficial Name



North



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P.O. Box 5000
 Wheaton, IL 60189-5000
 (630) 933-7200
 dupageforest.org

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the Conservationist

A Quarterly Publication of the Forest Preserve District of DuPage County **Summer 2016**

Take5

DuPage Forest Preserves
PHOTO CONTEST

5 MINUTES IN A DUPAGE FOREST PRESERVE CAN MEAN A ...
HEALTHIER BODY SHARPER MIND HAPPIER YOU

AND REALLY COOL PRIZES!

July 10 – Sept. 5
 Visit dupageforest.org/take5 for details.

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