

the Conservationist

A Quarterly Publication of the Forest Preserve District of DuPage County

Spring 2018

Steps to Mindful Thinking

Learn to Kayak

Insect, Bug or "Other"?



Forest Preserve District of DuPage County

from the president



When you're looking for a quick nature fix, the Forest Preserve District has 145 miles of trails, 30 lakes and nearly 26,000 acres waiting for you 365 days a year. When you're ready to try something new or to spend time with people who enjoy the same activities that you do, we host over 50 programs with multiple sessions every season. To better help you find these programs, starting this spring we're packaging them in a redesigned calendar. It'll make it easier to find your favorite ways to connect to nature (and might introduce you to forest preserve experiences you never knew existed!)

Want to try archery, fishing or kayaking? "Ways to Play" will set you up for an action-packed spring. Interested in the things that grow and live in the forest preserves and the ways the Forest Preserve District is helping native species? Browse through "Plants & Wildlife." We're so excited about the work we do in the field of conservation we even created a "Living Green" section with ideas on how to use environmentally friendly practices at home.

Each day seems to bring new reports on the benefits of spending time in nature (less stress, better mood and memory) so we're offering new ways to relax and recharge in "Health & Well-Being" and added new titles like "Mindful Walking for Seniors" and "Shinrin-Yoku." (Not familiar with the term? Read about it and other ways to practice mindful thinking in "Taking It All In" on Page 6.)

Some of our most popular destinations tell the stories of the relationships between the land and early DuPage residents through tours, demonstrations and special celebrations, which you can find under "Heritage." Many offer a chance to experience and explore the arts surrounded by a beautiful forest preserve setting, programs featured in "Nature Art & Performances."

I don't know about you, but I'm ready for spring, and I've already found a few programs in our new calendar I'm set to join. I hope you do, too!

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

Spring 2018, Vol. 54, No. 2

Editor

Jayne Bohner



FOREST PRESERVE DISTRICT OF DUPAGE COUNTY

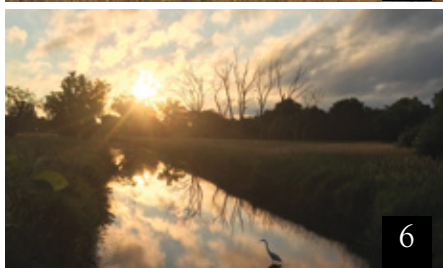
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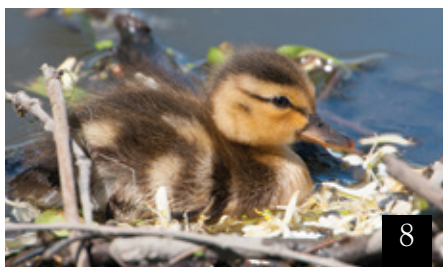
The Conservationist is a quarterly publication of the Forest Preserve District of DuPage County. Subscriptions are free for DuPage County residents and \$5 per year for nonresidents. To subscribe or unsubscribe, call 630-933-7085 or email forest@dupageforest.org. You can also read this and previous issues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



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On the cover: Virginia bluebells iStock.com/gurineb

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

news & notes



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FOREST PRESERVE RESEARCH REACHES REGIONAL GUIDE

For career ecologists and people who study plants as a serious pastime, last year's release of *Flora of the Chicago Region* by Gerould Wilhelm and Laura Rericha was a welcomed event. As the updated successor to the fourth edition of *Plants of the Chicago Region* by Wilhelm and Floyd Swink from 1994, the scientific tome contains descriptions, maps, historical references and more for 3,149 species, including 292 new finds for DuPage identified and submitted by the Forest Preserve District's plant ecologist and volunteers.

Of those 292 newly identified plants, 205 grew in the Chicago area but hadn't been officially identified in DuPage; 87 had never been documented anywhere in the region. Forest Preserve District research discovers new accounts like these each year, including some in 2017 that didn't make it into *Flora of the Chicago Region*.

Experts consider the 1,392-page hardcover to be the most comprehensive regional flora guide in the United States. It follows the basic formatting of its predecessor with added features, such as lists of pollinators and other animals associated with each plant.

IF YOU CARE *Leave Them There*

With the arrival of the spring breeding season, Willowbrook Wildlife Center reminds residents it's normal for wild animals to leave their young alone for several hours at a time while they look for food. Human intervention may be helpful, though, if an animal is injured or truly abandoned.

Call Willowbrook at 630-942-6200 or email willowbrook@dupageforest.org for guidance. Calls are answered daily 9 a.m. – 4:30 p.m., and after-hours recordings provide general information.



LIVE *and on Demand*

Can't make it to an upcoming board meeting? Find schedules and agendas and watch proceedings live or on demand at dupageforest.org under "Our Board."

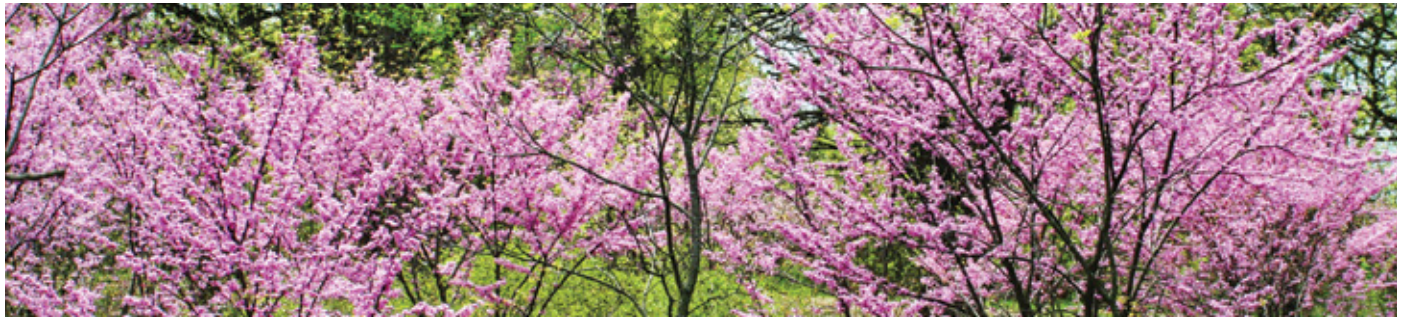
Commission meetings and planning sessions are open to the public and take place at Forest Preserve District headquarters at 35580 Naperville Road in Wheaton. Normally, commission meetings are at 8 a.m. on the first and third Tuesdays of the month, and planning sessions are at 8 a.m. on the second and fourth Tuesdays. At both the board discusses Forest Preserve District business, hears public comments and staff reports, and votes on agenda items.

COUNTY FARM BRIDGE RECEIVES DUAL AWARDS

The Forest Preserve District's County Farm Road bridge and trail improvements project in Hanover Park recently received awards from both the Suburban Branch of the American Public Works Association and the American Council of Engineering Companies of Illinois. The 388-foot-long prefabricated steel truss structure over County Farm connects Hawk Hollow and Mallard Lake forest preserves and provides a link in the North Central DuPage Regional Trail. A new trail on the east side of the road connects the bridge to trails in Mallard Lake. The project as a whole provides safe crossing over the busy road and makes it easier to commute by bicycle, reducing traffic congestion and pollution.

For a map of the trails at Mallard Lake (and maps of other scenic forest preserve destinations) visit dupageforest.org.





MANY Thanks

The Forest Preserve District thanks the donors who contributed to its efforts between Nov. 18 and Feb. 11. To learn how contributions of financial support can benefit the District, visit dupageforest.org/donate. To give to the Friends of the Forest Preserve District, the 501(c)(3) nonprofit fundraising arm of the District, visit dupageforestgiving.org/donate/designated-gifts.

Gifts of Note

Harold and Mary Bamford
\$1,500 — Willowbrook Wildlife Center

Michael and Diane Webb
\$1,500 — Mayslake Peabody Estate and Willowbrook Wildlife Center

Chicago Pastel Painters
\$1,388 — Mayslake Peabody Estate

Anonymous
\$1,200 — Willowbrook Wildlife Center

First Congregational Church of West Chicago
\$1,000 — Willowbrook Wildlife Center

Patrick and Mary Ellen Mauro
\$800 — Mayslake Peabody Estate

Richard James McCann Foundation
\$750 — Willowbrook Wildlife Center

Jeffrey Fowers and Janneke Waal Fowers
\$702 — Mayslake Peabody Estate

Diane Telander
\$600 — Willowbrook Wildlife Center

Anonymous
\$500 — Mayslake Peabody Estate

Brian and Kathleen Beggerow
\$500 — Willowbrook Wildlife Center

Gary and Therese Davis
\$500 — Willowbrook Wildlife Center

Kenneth McAfee
\$500 — Willowbrook Wildlife Center

Howard Goldstein and Margaret McGrath
\$500 — Willowbrook Wildlife Center

John Hudak
\$500 — Willowbrook Wildlife Center

Roux Associates Inc.
\$500 — Willowbrook Wildlife Center

Gifts of Note to the Friends of the Forest Preserve District

Chamberlain Group Inc.
\$5,000 — Special Needs Adventure Days

The Crown Family
\$5,000 — Willowbrook Wildlife Center

Seth Becker and Helen Nam
\$1,510 — Willowbrook Wildlife Center

Anonymous
\$1,150 — Greatest Needs

Tom and Ruth Cloonan
\$1,000 — Willowbrook Wildlife Center

Donald and Susan Panozzo
\$1,000 — St. James Farm and Willowbrook Wildlife Center

Wild Goose Chase Inc.
\$1,000 — Willowbrook Wildlife Center

Paul Herbert and the Robert R. McCormick Foundation (matching gift)
\$750 — Herrick Lake Forest Preserve in Memory of Nancy Herbert

Kathy Isoda
\$600 — Adopt a Blanding's Turtle and Accessible Piers Priority Project

Daniel Grobe Sachs and Kathleen Sachs and the Motorola Solutions Foundation (matching gift)
\$600 — Willowbrook Wildlife Center in Honor of Greg and Alice Plutko

Susan Armitage
\$500 — Willowbrook Wildlife Center

P.R. Davis
\$500 — Adopt a Blanding's Turtle and Greatest Needs

Mohammed "Jeff" and Jamila Esat
\$500 — Greatest Needs

Phil and Amy Gelber
\$500 — Willowbrook Wildlife Center

Daniel and Barbara Hanrahan
\$500 — Waterfall Glen Forest Preserve

Dave and Connie Hill
\$500 — Mayslake Peabody Estate

Larry Larson
\$500 — Adopt a Blanding's Turtle, Willowbrook Raptor Housing and Greatest Needs

Mark and Janet Lawrence
\$500 — Adopt a Blanding's Turtle

Brian Nalley
\$500 — Willowbrook Wildlife Center

Roger and Susan Nelson
\$500 — Fish Stocking in Memory of Rich and Carol Liebich

John and Marion Tableriou
\$500 — In Memory of Alexis Breeze and Colby Jebidiah

Webco Industries Inc.
\$500 — Willowbrook Wildlife Center in Memory of Dolores Kowalski

**FOR MORE NEWS & NOTES,
SEE PAGE 25.**



Taking It All In

by **ABIGAIL DEAN** AND **KERIANN DUBINA**, FULLERSBURG WOODS NATURE EDUCATION CENTER

We live in a world where it's normal to be busy with the demands of work and home. Much of our time is planned out, and many of our thoughts are devoted to the future, leaving us little time to rest, reflect or experience life in the moment. Fortunately, trying a few easy practices in a DuPage forest preserve can help clear some headspace and allow us to enjoy the here and now.

If you've read any magazines or newspapers or watched any TV over the past decade, you've likely heard the term "mindfulness." Rooted in religious teachings dating back centuries, today's mindfulness takes many forms. Therapists, corporate managers, clinicians and teachers have all adapted its principles, and there are even a few apps. But for many individuals, mindfulness is simply a way to break the cycle of worry by bringing immediate attention to the present and focusing each of their senses on their physical surroundings. Regardless of your age or abilities, mindful thinking can help you reduce stress while improving memory, concentration and attitude.

The concept may sound intimidating, but the practice of mindfulness is easy, especially if you're walking or sitting in a forest preserve. After all, the natural world produces a constantly changing stream of phenomena for the senses. How does the sun feel on your face? The wind on your skin? What bird songs can you hear? Do you smell the aroma of mountain mint? How does a fallen oak leaf feel between your fingertips?

For one specific mindful experience, walk the labyrinth at the visitors garden next to the Danada House at Danada Forest Preserve. Labyrinths are meandering, open geometric paths made of circular twists and turns. You walk from the perimeter to the center and out again along the same route. They're not mazes, and there's no way to get lost. By focusing on how you take each step, your brain relegates stressors and distractions to the background, allowing you to recognize otherwise-overlooked sensations along the way.

You can also practice mindful thinking in the forest preserves while jogging, walking your dog or (in a few preserves) floating on the water. In a kayak you can close your eyes and breathe along with the rhythm of drips from the blades of your paddle. Place the tips of your fingers in water and feel the coolness move around them. Watch clouds' reflections morph across the surface.

If you're interested in other ways to find peace through the forest preserves, consider joining "Poetic Prompts to Mindfulness," "Mindful Walking for Seniors," or "Shinrin-Yoku," the Japanese approach to reaping the restorative benefits of nature through calming walks. These programs and more are in the new "Health & Well-Being" section of our calendar, which starts on Page 13.

On your next forest preserve visit, take a deep breath and give mindfulness a try. It might be your favorite new route to relaxation. •



A Countdown to Calm

- 5 Focus on **FIVE** things you see around you — birds, an oak tree or passing cloud, or a leaf cartwheeling over a trail in the wind.
- 4 Focus on **FOUR** things you feel. Maybe it's the bark on a tree, the supple green leaf of a milkweed or the rocks between the toes of your bare feet.
- 3 Focus on **THREE** things you hear. Listen for the wind through blades of prairie grass, water over rocks, or the whistled pairs of notes of a black-capped chickadee.
- 2 Focus on **TWO** things you smell. Think about the multiple aromas in a damp forest or a spicy stand of bergamot.
- 1 Focus on **ONE** thing you taste. Can you still sense what you last had to eat or drink?

Forest Preserve Feel-Goods

If practicing mindfulness doesn't seem like your way to relax, you can still benefit from a visit to a DuPage forest preserve. Studies show spending time in nature reduces stress and blood pressure, increases focus and energy, and improves sleep. Scientists are also researching "phytoncides," which trees and other plants produce, for the chemicals' reported ability to boost human wellness for up to 30 days. (Let's face it, though. After a long winter who *wouldn't* feel better after some time on the trails?)

➤ A seat on a bench along Maple Lake at Meacham Grove Forest Preserve expands the reach of mindful thinking from land to water.

➤ Mindfulness can help you notice otherwise-overlooked sensations, such as the ripple of water around the keel of a kayak. (Don't have your own kayak? See Page 11 for rental information.)



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▲ Focusing on each step along the labyrinth at Danada Forest Preserve (and not the day's worries) makes you more aware of sights and sounds in the immediate area.

spring calendar

Plants & Wildlife	Page 10	Living Green	Page 16
Ways to Play	Page 11	Heritage	Page 16
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S	M	T	W	T	F	S
1	2	3	4	5	6	7
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April

- 2** Forest Fitness Walk
- 5** Art at Mayslake: Collage Lines and Simple Shapes Begins
Music at Mayslake: WDCB Jazz Presents Neal Alger
- 6** FullersBird Friday
Lectures at Mayslake: Seaside Changing Sands
Volunteer Restoration Workday
- 7** Fishing: Spring Trout Season Opener
Volunteer Restoration Workday
- 9** Forest Fitness Walk
- 12** Music at Mayslake: Elmhurst Symphony Orchestra
- 13** Fishing: Families
FullersBird Friday
- 14** Animal Ambassadors of Willowbrook
NEW! Calmness and Coloring
Helping Hands at Herrick Lake
Volunteer Restoration Workday
- 15** Native Landscaping: For Birds, Bees and You
- 16** Forest Fitness Walk
- 17** Art at Mayslake: Exploring Watercolor Begins
NEW! Mindful Walking for Seniors
- 20** Fishing: For Bass
FullersBird Friday
- 21** Kayaking: River Trip
Lamb and Wool Festival
Spring Into Volunteering
Volunteer Restoration Workday
- 22** Earth Week Forest Preserve Pick-Me-Up
Fishing: Families
Lamb and Wool Festival
Native Landscaping: All About Plants
- 23** Art at Mayslake: Botanical Art Plants of Illinois Begins
Earth Week Forest Preserve Pick-Me-Up
Forest Fitness Walk
- 24** Earth Week Forest Preserve Pick-Me-Up
The Natural World Book Club
- 25** Archery: Adults
Earth Week Forest Preserve Pick-Me-Up
Native Landscaping: Design
Wildflower Walk
- 26** Earth Week Forest Preserve Pick-Me-Up
Photography: Digital Photo Fundamentals I Begins
- 27** Earth Week Forest Preserve Pick-Me-Up
FullersBird Friday
- 28** Volunteer Restoration Workday
Volunteer Workday at the Nursery
When Darkness Falls
- 30** Forest Fitness Walk
Full Moon Hike

May

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|---|---|---|
| <p>1 Archery: Active Adults
Photography: Intermediate Photo Composition Begins</p> <p>2 Bike With a Ranger
Forest Fitness Walk
Kayaking: Basics
Wildflower Walk</p> <p>4 Archery: Families
FullersBird Friday
Sunset at the Scenic Overlook</p> <p>5 Long-Distance Trek
Volunteer Restoration Workday
Volunteer Workday at the Nursery
Warbler Walk
Wildflower Walk</p> <p>6 Archery: Families
Volunteer Restoration Workday</p> <p>7 Forest Fitness Walk</p> <p>9 Archery: Active Adults
Forest Fitness Walk
Volunteer Restoration Workday</p> <p>11 FullersBird Friday
Native Plant Sale
Volunteer Workday at the Nursery</p> | <p>12 International Migratory Bird Day and "The Big Sit" Bird Count
Native Plant Sale
Volunteer Restoration Workday</p> <p>13 Fishing: With Mom</p> <p>14 Archery: Families
Forest Fitness Walk</p> <p>15 NEW! Mindful Walking for Seniors</p> <p>16 Archery: Families
Forest Fitness Walk
FullersBird Evening at The Preserve
Music at Mayslake: Sinfonietta Bel Canto
Volunteer Workday at the Nursery</p> <p>17 Bike With a Ranger</p> <p>18 Fishing: Families
FullersBird Friday
Kayaking: Just for Kids</p> <p>19 Kayaking: River Trip
NEW! Nature Poetry Walk
NEW! Shinrin-Yoku
Volunteer Restoration Workday</p> | <p>20 Music at Mayslake: Picos
Vultures: Nature's Cleanup Crew</p> <p>21 Archery: Just for Kids
Forest Fitness Walk
Volunteer Workday at the Nursery</p> <p>22 Kayaking: Adventure Series Begins</p> <p>23 Forest Fitness Walk
Volunteer Restoration Workday</p> <p>25 FullersBird Friday
Volunteer Workday at the Nursery</p> <p>26 Canceled Due to Construction
Mayslake Hall Franciscan Era Tour</p> <p>27 Kayaking: Basics</p> <p>28 Full Moon Hike
Memorial Day Remembered</p> <p>29 The Natural World Book Club</p> <p>30 Archery: Families
Forest Fitness Walk</p> <p>31 Fishing: Adult Introductory Series Begins
Photography: Digital Photo Fundamentals II Begins</p> |
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June

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| <p>1 Fishing: For Carp
Kayaking: Basics
Tractor-Drawn Wagon Rides</p> <p>2 Hummingbirds: Navigating for Nectar
National Trails Day Hike
Volunteer Workday at the Nursery</p> <p>6 Archery: Families
Forest Fitness Walk
Tractor-Drawn Wagon Rides</p> <p>7 Bike With a Ranger
NEW! Poetic Prompts to Mindfulness</p> <p>8 Fishing: Rivers
Tractor-Drawn Wagon Rides
Volunteer Workday at the Nursery</p> <p>9 Volunteer Restoration Workday</p> <p>10 Fishing: Just for Kids Fishing Derby</p> <p>11 Fishing: Families</p> | <p>12 Archery: Families</p> <p>13 Archery: Families
Tractor-Drawn Wagon Rides
Volunteer Workday at the Nursery</p> <p>14 Music at Mayslake: WDCB Jazz Presents Elmhurst College Jazz Band</p> <p>15 Archery: Just for Kids
Lectures at Mayslake: Ballet Russes
Tractor-Drawn Wagon Rides</p> <p>16 Kayaking: Basics
NEW! Shinrin-Yoku</p> <p>17 Fishing: With Dad</p> <p>18 Volunteer Workday at the Nursery</p> <p>19 NEW! Mindful Walking for Seniors</p> <p>20 Kayaking: Just for Kids
Tractor-Drawn Wagon Rides</p> <p>21 Horse-Drawn Hayrides</p> | <p>22 Tractor-Drawn Wagon Rides</p> <p>23 Backyard Chickens
Great American Campout
Sunrise Hayride</p> <p>24 Kayaking: With a Ranger</p> <p>25 Full Moon Hike</p> <p>26 The Natural World Book Club</p> <p>27 Kayaking: Basics
Kayaking: Just for Kids
Tractor-Drawn Wagon Rides</p> <p>29 Archery: Families
Fishing: For Catfish
Tractor-Drawn Wagon Rides</p> <p>30 Celebrating the Fourth
Fishing: Rivers
Mayslake Hall Gardens and Grounds Tour
Volunteer Restoration Workday
Volunteer Workday at the Nursery</p> |
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spring calendar



Plants & Wildlife

Animal Ambassadors of Willowbrook 13357

Learn more about the center's permanent trail residents and how they interact with animal-care staff and trainers. Get involved with their daily care during a fun enrichment project, and see a live training session. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-942-6200.

April 14 11 a.m. – 12:30 p.m. Willowbrook

FullersBird Evening at The Preserve 13396

Join a naturalist on this special evening hike to see how the diversity of birds changes throughout spring and at night. Ages 18 and up. \$3 per person in advance; \$5 at the walk. Register online or at 630-850-8110.

May 16 6:30 – 8 p.m. Oak Meadows

FullersBird Friday 13387

See how the diversity of birds changes throughout spring on a short naturalist-led walk. Ages 18 and up. \$3 per person in advance; \$5 at the walk. Register online or at 630-850-8110.

April 6	7:30 – 9:30 a.m.	Blackwell
April 13	7:30 – 9:30 a.m.	Fullersburg Woods
April 20	7:30 – 9:30 a.m.	Herrick Lake
April 27	7:30 – 9:30 a.m.	Meacham Grove
May 4	7:30 – 9:30 a.m.	W. DuPage Woods
May 11	7:30 – 9:30 a.m.	Fullersburg Woods
May 18	7:30 – 9:30 a.m.	St. James Farm
May 25	7:30 – 9:30 a.m.	Springbrook

Hummingbirds: Navigating for Nectar 13344

Learn how hummingbirds behave and help with pollination. Search for them with a naturalist and find out how to attract these birds to your yard. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-942-6200.

June 2 1:30 – 3 p.m. Willowbrook

International Migratory Bird Day

Have a flock of fun celebrating the spring migration! Mark the day with guided walks, bird-banding demonstrations and a possible release. Activities ongoing. Bring binoculars. All ages. Free. No registration. Questions? Call 630-942-6200.

May 12 8 a.m. – Noon Willowbrook

"The Big Sit" Bird Count 13449

New for 2018, join Willowbrook's version of "The Big Sit," the international birding event where beginners and experts alike sit and count how many species they can spot in a 17-foot circle. Come for an hour or come for all 12! It's a great way to pick up birding ID tips while helping to track local populations. All ages. Free. Register online or at 630-942-6200.

May 12 7 a.m. – 7 p.m. Willowbrook

Vultures: Nature's Cleanup Crew 13358

Learn about vultures' adaptations and the roles they play in different ecosystems. Then, join a guided hike to meet the center's resident turkey vultures. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-942-6200.

May 20 1 – 3 p.m. Willowbrook

Warbler Walk 13343

Bring your binoculars and join a naturalist on a walk to look for these colorful birds as they make their annual trip north from South America. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-942-6200.

May 5 8:30 – 10:30 a.m. W. DuPage Woods

When Darkness Falls 13457

Hike through the dark woods with a ranger and learn how to use your senses like a nocturnal predator. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-933-7248.

April 28 7:30 – 9:30 p.m. Waterfall Glen

Wildflower Walk 13401

Find out how to identify different spring flowers and discover which varieties you can grow at home during a leisurely walk with a plant expert. Ages 18 and up. \$5 per person. Register online or at 630-850-8110.

April 25	10 – 11 a.m.	Fullersburg Woods
May 2 & 5	10 – 11 a.m.	Fullersburg Woods



Registering on dupageforest.org?

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

1. Visit dupageforest.org and click "Registration & Permits."
2. In the search box, enter the five-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.

Ways to Play

Archery

Learn the history and basic techniques of this classic sport. Equipment provided. Free. Register online or at 630-933-7248.

Active Adults 13336

Ages 50 and up.

May 1	10 – 11:30 a.m.	Churchill Woods
May 9	10 – 11:30 a.m.	Blackwell

Adults 13340

Ages 18 and up.

April 25	5 – 6:30 p.m.	Blackwell
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Families 13328

Ages 8 and up; under 18 with an adult.

May 4, 16 & 30	6 – 7:30 p.m.	Blackwell
May 6	10 – 11:30 a.m.	Churchill Woods
May 14	5:30 – 7 p.m.	Churchill Woods
June 6, 13 & 29	7 – 8:30 p.m.	Blackwell
June 12	10 – 11:30 a.m.	Maple Grove

Just for Kids 13602

Ages 5 – 8 with an adult.

May 21	5:30 – 7 p.m.	Churchill Woods
June 15	10 – 11:30 a.m.	Mayslake

Fishing

Adult Introductory Series Four-Part Program 13612

Learn the basics with instruction and fishing at a different lake each week. Thursdays. Ages 18 and up. \$59 per person. Register online or at 630-933-7248.

May 31 – June 21	4:30 – 6:30 p.m.	Multiple
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For Bass 13455

Try some of the most effective lures on the market on one of the county's best bass lakes. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-933-7248.

April 20	5:30 – 7:30 p.m.	Hidden Lake
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For Carp 13615

Get tips for hooking one of the biggest, strongest, easiest-to-find fish. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-933-7248.

June 1	6 – 8 p.m.	Songbird Slough
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For Catfish 13631

Learn how to target one of the most popular North American fish with bottom-fishing tactics. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-933-7248.

June 29	6 – 8 p.m.	Songbird Slough
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More Ways to Play

KAYAK, CANOE AND BOAT RENTALS

Blackwell Forest Preserve in Warrenville

Herrick Lake Forest Preserve in Wheaton

Explore Silver and Herrick lakes from a different point of view. Rentals are \$10 per hour for canoes, kayaks and rowboats (\$15 per hour for rowboats with trolling motors at Blackwell) and end one hour before closing. Questions? Call 630-933-7248.

April 7 (Blackwell) or May 5 (Herrick Lake) – May 27
Saturdays & Sundays 8 a.m. – 6:30 p.m.

Memorial Day – Labor Day

Saturdays & Sundays 8 a.m. – 6:30 p.m.

Monday – Friday 11 a.m. – 6:30 p.m.

Open 8 a.m. Memorial Day, July 4 & Labor Day

Sept. 8 – Sept. 30

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

FAMILY CAMPING

Blackwell Forest Preserve in Warrenville

Over 60 wooded and semiwooded sites with electricity are available Friday and Saturday nights May 4 – Sept. 30 and extra nights around the holidays. Call 630-933-7248 weekdays 8 a.m. – 4 p.m. or visit dupageforest.org and click "Things to Do," "Get Outdoors" and "Family Camping."

spring calendar



Families 13346

Learn fish ecology and identification as well as techniques and regulations. Ages 8 and up; under 18 with an adult. Free. Register online or at 630-933-7248.

April 13	5 – 6:30 p.m.	Blackwell
April 22	10 a.m. – Noon	Hidden Lake
May 18	6 – 7:30 p.m.	St. James Farm
June 11	7 – 8:30 p.m.	Blackwell

Just for Kids Fishing Derby 13722

Bring the family to this friendly fishing competition just for kids 15 and younger with raffles and prizes for the biggest catches. Free. Register online, at the event, or at 630-933-7248.

June 10	8 a.m. – Noon	Blackwell
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Rivers 13616

Pick up tips for fishing in rivers and streams. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-933-7248.

June 8	5:30 – 7:30 p.m.	Fullersburg Woods
June 30	10 a.m. – Noon	Fullersburg Woods



Register Soon!

RIDING LESSONS 13468

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. Lessons for new to advanced riders begin in April, May and June. Ages 12 and up. \$40 – \$250 per DuPage resident; \$50 – \$310 per nonresident. Register online or at 630-668-6012.

SUMMER CAMPS FOR KIDS & TEENS 13243

Multiple Locations

From critters, crafts and kayaking to life on the farm or time as a ranger, the Forest Preserve District has a great lineup of day camps for kids and teens ages 4 –15. Several camps are still open so register online!

Spring Trout Season Opener

Try your luck on Silver, Pickerel or Grove lakes. Anglers 16 and older must carry valid Illinois fishing licenses with inland trout stamps. All ages. Free. No registration. Questions? Call 630-933-7668.

April 7	6 a.m.	Blackwell, Pratt's Wayne & Wood Dale Grove
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With Dad 13620

Enjoy a morning by the lake with Dad as you learn about different fish and how to catch them. Ages 8 and up; under 18 with an adult. Free. Register online or at 630-933-7248.

June 17	10 a.m. – Noon	Hidden Lake
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With Mom 13605

Spend an afternoon along the water with Mom as you learn how to catch different kinds of fish. Ages 8 and up; under 18 with an adult. Free. Register online or at 630-933-7248.

May 13	10 a.m. – Noon	Hidden Lake
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Great American Campout 13397

Bring your tent and gear to a family-fun campout that's part of the National Wildlife Federation's nationwide event! Enjoy picnic games, archery, a scavenger hunt, evening nature programs, a guided night hike and an egg-drop contest. Campfire dinner, s'mores and continental breakfast included. All ages; under 18 with an adult. \$20 per person ages 2 and up; under 2 free. Register online or at 630-850-8110.

June 23 – 24	1 p.m. – 11 a.m.	Greene Valley
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Golfing

The Preserve at Oak Meadows in Addison

Maple Meadows in Wood Dale

Green Meadows in Westmont

A round at a forest preserve course is a great way to enjoy the outdoors! Outings and leagues are available for all abilities. For tee times and specials, visit dupagegolf.com or call 630-595-0071 for The Preserve, 630-616-8424 for Maple Meadows, or 630-810-5330 for Green Meadows.

Season Opener April 1



Registering on dupageforest.org?

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

1. Visit dupageforest.org and click "Registration & Permits."
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Kayaking

Adventure Series Four-Part Program 13606

Learn the basics as you explore different waters each week. Equipment provided. Ages 12 and up; under 18 with an adult. \$80 per person. Tuesdays. Register online or at 630-933-7248.

May 22 – June 12	5 – 7 p.m.	Multiple
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Basics 13350

Learn strokes and safety tips on a paddle in a one-person kayak. Equipment provided. Ages 12 and up; under 18 with an adult. \$20 per person. Register online or at 630-933-7248.

May 2	5 – 7 p.m.	Herrick Lake
May 27	10 a.m. – Noon	Hidden Lake
June 1 & 27	6 – 8 p.m.	Herrick Lake
June 16	10 a.m. – Noon	Hidden Lake

Just for Kids 13595

Learn the basics in a kid-friendly setting. Equipment provided. Ages 9 – 12 with an adult. \$10 per person. Register online or at 630-933-7248.

May 18	6 – 7:30 p.m.	Hidden Lake
June 20 & 27	6 – 7:30 p.m.	Mayslake

River Trip

Take a 4-mile guided paddle through Warrenville Grove and Blackwell. Equipment provided. Ages 14 and up; under 18 with an adult. \$30 per person. Register at warrenvilleparks.org or 630-393-7279.

April 21	9 a.m. – Noon	Multiple
May 19	9 a.m. – Noon	Multiple

With a Ranger 13622

Bring your own kayak or canoe to this free guided program along Salt Creek or rent a kayak for \$20 per person. Ages 12 and up; under 18 with an adult. Register online or at 630-933-7248.

June 24	9 – 11:30 a.m.	Fullersburg Woods
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Health & Well-Being

Bike With a Ranger 13464

Bring your bike and tour several forest preserves on a 15- to 18-mile ranger-led ride. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-933-7248.

May 2	9 a.m. – Noon	Spring Creek Res.
May 17	9 a.m. – Noon	Cricket Creek
June 7	9 a.m. – Noon	Waterfall Glen

NEW! Calmness and Coloring

Unplug, relax and escape modern-day stresses at an afternoon of coloring. Materials provided. All ages; under 18 with an adult. Free. No registration. Questions? Call 630-206-9566.

April 14	1 – 3 p.m.	Mayslake
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Earth Week Forest Preserve

Pick-Me-Up 13747

Celebrate Earth Day and pick up your mood as you help pick up litter or remove invasive nonnative plants. Ages 8 and up; under 18 with an adult. Free. Register online or at 630-206-9630 at least five days in advance (10 days by phone for groups of five or more).

April 22	10 a.m. – Noon	Pioneer Park
April 22	1 – 3 p.m.	Springbrook
April 23 & 26	4 – 6 p.m.	Goodrich Woods
April 24 & 27	4 – 6 p.m.	Burlington Park
April 25	1 – 3 p.m.	Pioneer Park
April 25	4 – 6 p.m.	Springbrook

spring calendar



Forest Fitness Walk 13366

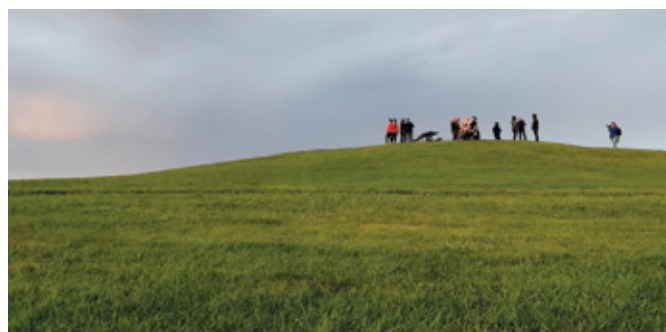
Enjoy the wonders of the preserves with a ranger or naturalist, and get some healthy exercise on these brisk walks that increase in distance every week. Ages 18 and up. \$3 per person in advance; \$5 at the walk. Register online or at 630-850-8110.

April 2	8:30 – 10:30 a.m.	Hidden Lake
April 9	8:30 – 10:30 a.m.	Fullersburg Woods
April 16	8:30 – 10:30 a.m.	Greene Valley
April 23	8:30 – 10:30 a.m.	Herrick Lake
April 30	8:30 – 10:30 a.m.	Timber Ridge
May 2	6 – 7:30 p.m.	Meacham Grove
May 7	8:30 – 10:30 a.m.	Meacham Grove
May 9 & 30	6 – 7:30 p.m.	Waterfall Glen
May 14	8:30 – 10:30 a.m.	Blackwell
May 16	6 – 7:30 p.m.	Greene Valley
May 21	8:30 – 10:30 a.m.	Fullersburg Woods
May 23	6 – 7:30 p.m.	Fullersburg Woods
June 6	6 – 7:30 p.m.	Greene Valley

Full Moon Hike 13381

Take in the sights and sounds of a preserve under a full moon during a 3-mile hike. Ages 18 and up. \$3 per person in advance; \$5 at the walk. Register online or at 630-850-8110.

April 30	7 – 9 p.m.	Oak Meadows
May 28	7 – 9 p.m.	Fullersburg Woods
June 25	7 – 9 p.m.	Blackwell



Scenic Overlook

Greene Valley Forest Preserve in Naperville

Get a bird's-eye view of Greene Valley — and the Chicago skyline — from 190 feet above the landscape. Free. Questions? Call 630-792-2100.

May 5 – Oct. 28

Saturdays & Sundays 11 a.m. – 6 p.m.

Weather or IEPA work may affect hours without notice.

Helping Hands at Herrick Lake

Celebrate Earth Day by removing litter from this popular preserve. Youth groups and Scouts are welcome. All ages; under 14 with an adult. Free. Register at 630-462-8707.

April 14	9 a.m. – Noon	Herrick Lake
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Long-Distance Trek 13709

Reenergize your New Year's resolution to get in shape and crank up your daily step count on an invigorating 10-mile hike. Ages 18 and up. \$15 per person. Register online or at 630-850-8110.

May 5	9 a.m. – 2 p.m.	Waterfall Glen
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NEW! Mindful Walking for Seniors 13753

Experience the healing benefits of nature and gain tips on mindfulness on a 1-mile (or shorter) guided walk designed just for you! Come alone or bring a friend; these selected trails can accommodate people with walkers, canes and wheelchairs. Ages 60 and up. Free. Register online or at 630-933-7248.

April 17	1:30 – 3 p.m.	Hidden Lake
May 15	1:30 – 3 p.m.	Spring Creek Res.
June 19	1:30 – 3 p.m.	St. James Farm

National Trails Day Hike 13816

Celebrate with trails fans across the U.S. as you learn about wildlife, plants, history and forest preserve features on a ranger-led hike. All ages; under 18 with an adult. Free. Register online or at 630-933-7248.

June 2	Noon – 1:30 p.m.	Greene Valley
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The Natural World Book Club 12850

Engage in a community of nature lovers and readers at these monthly meetings, where we'll discuss chosen books with topics ranging from nature and industry to homesteading in the city. Ages 18 and up. \$5 per person. Register online or at 630-850-8110.

April 24	6 – 7:30 p.m.	Fullersburg Woods
May 29	6 – 7:30 p.m.	Fullersburg Woods
June 26	6 – 7:30 p.m.	Fullersburg Woods



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NEW! Nature Poetry Walk 13437

Listen to poetry and experience the shared rhythms and connections of written verse and nature on a morning walk. Ages 12 and up; under 18 with an adult. Free. Register online or at 630-580-7025.

May 19	10 – 11:30 a.m.	St. James Farm
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NEW! Poetic Prompts to Mindfulness 13436

Soak in the bucolic beauty of Kline Creek Farm at dusk as you muse on poems of nature, life and self by Walt Whitman, Emily Dickinson, Li Po, Rumi and others. Ages 18 and up. Free. Register online or at 630-876-5900.

June 7	6 – 7 p.m.	Kline Creek Farm
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NEW! Shinrin-Yoku 13431

Deepen your relationship with nature and open your senses to the physical and mental health benefits of the outdoors known as "Shinrin-yoku" on a relaxing, therapeutic guided walk at sunrise or sunset. Ages 18 and up. \$10 per person. Register online or at 630-850-8110.

May 19	7:30 – 8:30 a.m.	Fullersburg Woods
June 16	6:30 – 7:30 p.m.	Herrick Lake

Spring Into Volunteering

Show the Earth a little kindness as you help clean up a popular preserve. Youth groups and Scouts are welcome. All ages; under 14 with an adult. Free. Register at 630-462-8707.

April 21	9 a.m. – Noon	Spring Creek Res.
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Sunrise Hayride 13680

After coffee, cocoa and doughnuts in the barn, relax on a tractor-drawn hayride through this scenic preserve. Bask in the summer sunrise over Rice Lake, and then get a glimpse of the horses in their paddocks as they greet the day. All ages; under 18 with an adult. \$10 per person. Register online or at 630-668-6012.

June 23	4:30 – 6 a.m.	Canada
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Sunset at the Scenic Overlook 13607

Drink in the sunset from the top of the scenic overlook. All ages; under 18 with an adult. Free. Register online or at 630-933-7248.

May 4	7 – 8:30 p.m.	Greene Valley
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Volunteer Restoration Workday 13621

Help improve a prairie or woodland by collecting seeds or removing nonnative plants. Ages 8 and up; under 18 with an adult. Free. Register online or at 630-206-9630 at least five days in advance (10 days by phone for groups of five or more).

April 6	1 – 3 p.m.	Canada
April 7 & 14	9 a.m. – Noon	Maple Grove
April 7, 14 & 28	9 a.m. – Noon	Springbrook
April 21	9 a.m. – Noon	Churchill/Glacial
April 21	9 a.m. – Noon	W. Chicago Prairie
May 5 & 19	9 a.m. – Noon	Churchill/Glacial
May 5 & 19	9 a.m. – Noon	Maple Grove
May 6	9 a.m. – Noon	Springbrook
May 9 & 23	9 a.m. – Noon	St. James Farm
May 12	9 a.m. – Noon	W. DuPage Woods
May 19	9 a.m. – Noon	W. Chicago Prairie
June 9	9 a.m. – Noon	Churchill/Glacial
June 9	9 a.m. – Noon	Maple Grove
June 9	9 a.m. – Noon	W. Chicago Prairie
June 30	9 a.m. – Noon	Springbrook

Volunteer Workday at the Nursery 13646

Help weed, water, or collect and clean seeds from native grasses and flowers. Ages 12 and up; under 18 with an adult. Free. Register online or at 630-206-9630 at least five days in advance (10 days by phone for groups of five or more).

April 28	8 – 11 a.m.	Blackwell
May 5, 11, 16, 21 & 25	8 – 11 a.m.	Blackwell
June 2, 8, 13, 18 & 30	8 – 11 a.m.	Blackwell



Living Green

Backyard Chickens 13410

Find out how to buy and raise chicks for eggs and meat as you learn about shelter, care, nutrition, breed characteristics and processing for the dinner table. Ages 18 and up. \$40 per person. Register online or at 630-876-5900.

June 23	10 a.m. – 4 p.m.	Kline Creek Farm
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Native Plant Sale

Attract butterflies, bees and other pollinators with flowers, grasses, trees and shrubs adapted to DuPage conditions, and get advice from Forest Preserve District plant experts while you shop. All ages. Free admission. No registration. For details and presale orders, visit dupageforest.org/native-plant-sale.

May 11	11 a.m. – 7 p.m.	Mayslake
May 12	9 a.m. – 2 p.m.	Mayslake

Sign up for these native landscaping programs to make the most of this year's sale!

Native Landscaping: All About Plants 13398

Learn about the benefits of native plants and how their root structures differ from ornamentals'. Get tips and tricks for planting natives in your own yard to attract pollinators and other wildlife. Ages 18 and up. \$5 per person. Register online or at 630-850-8110.

April 22	1 – 2:30 p.m.	Fullersburg Woods
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Native Landscaping: Design 13399

Bring digital or hand-drawn pictures of your landscaping plan to a 40-minute customized session with our experts, and leave with a design for your own backyard habitat. Sessions start at 6, 6:40 and 7:20 p.m. Ages 18 and up. \$15 per person. Register online or at 630-850-8110.

April 25	6 – 8 p.m.	Fullersburg Woods
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Native Landscaping: For Birds, Bees and You 13400

Learn how to create a beautiful, lower-maintenance, highly productive, resource-conserving backyard landscape that benefits wildlife and you. Ages 18 and up. \$5 per person. Register online or at 630-850-8110.

April 15	1 – 2:30 p.m.	Fullersburg Woods
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Heritage

Celebrating the Fourth

Experience the excitement of one of the country's first holidays. In the afternoon, play baseball using rules from 1887, make crafts, and watch model hot-air balloon launches. Stay into the evening for a reading of the Declaration of Independence followed by a leisurely ice cream social. All ages. Free. No registration. Questions? Call 630-876-5900.

June 30	1:30 – 8 p.m.	Kline Creek Farm
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Family Field Day at St. James Farm

Celebrate the farm's heritage at this annual event featuring equestrian, canine, and sheep-herding demos, a dairy exhibit, hayrides, kids activities, archery, fishing and food. All ages. Free admission; fees for some activities. No registration. Questions? Call 630-580-7025.

May 26	11 a.m. – 5 p.m.	St. James Farm
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Horse-Drawn Hayrides

Hear about farming with real horsepower on a 30-minute ride through the farmstead and fields. Rides begin at 5:30, 6:15 and 7 p.m. and are first-come, first-served. All ages; under 18 with an adult. \$5 per person ages 5 and up; under 5 free. No registration. For questions or private rides, call 630-876-5900.

June 21	5:30 – 7:30 p.m.	Kline Creek Farm
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Lamb and Wool Festival

Watch farmhands shear the Southdown sheep and see how trained border collies herd a flock. Learn how washed wool becomes dyed, spun wool and enjoy quilting and other handwork demonstrations. All ages. Free. No registration. Questions? Call 630-876-5900.

April 21 & 22	10 a.m. – 4 p.m.	Kline Creek Farm
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Mayslake Hall Franciscan Era Tour 13698

Learn about the Franciscan Province of the Sacred Heart, which owned and operated Mayslake Hall as a retreat house from 1924 to 1991, and the "mad monks" who chased away curious visitors. Ages 12 and up; under 18 with an adult. \$15 per person. Register online or at 630-206-9566.

May 26	1 – 2:30 p.m.	Mayslake
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Registering on dupageforest.org?

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Mayslake Hall Gardens and Grounds Tour 13720

Explore the gardens and learn about the carved treasures on the mansion's facade. Ages 12 and up; under 18 with an adult. \$15 per person. Register online or at 630-206-9566.

June 30 9 – 10:30 a.m. Mayslake

Memorial Day Remembered

Observe Memorial Day with music and drama in a ceremony rooted in the history and traditions of the late 1800s, when the holiday was known as "Decoration Day." All ages. Free. No registration. Questions? Call 630-876-5900.

May 28 1:30 – 3:30 p.m. Kline Creek Farm

Tractor-Drawn Wagon Rides

Learn about the buildings, natural areas and equestrian roots of this preserve on a 30-minute covered wagon ride. Rides begin at 11:30 a.m., 12:30 p.m. and 1:30 p.m. and are first-come, first-served. All ages; under 18 with an adult. \$5 per person ages 5 and up; under 5 free. No registration. Questions? Call 630-580-7025.

June 1, 6, 8, 13, 15, 11:30 a.m. – 2 p.m. St. James Farm
20, 22, 27 & 29



1890s Living

Kline Creek Farm in West Chicago

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

NEW! EXTENDED THURSDAY SUMMER HOURS

June – August

Thursdays 9 a.m. – 8 p.m.

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.

June 4 – Aug. 27

Mondays 10 a.m.

FARM CHORES FOR KIDS

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

June 4 – Aug. 30

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

LIFE ON THE FARM HOUSE TOUR

Explore the lifestyle of a successful 1890s farm family as you tour the farmhouse museum.

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



Restoration-in-Progress Tours

Mayslake Peabody Estate in Oak Brook

Learn about the past — and future — of this historic 1920s Tudor Revival-style mansion. All ages; under 18 with an adult. \$8 per person. No registration. Questions? Call 630-206-9566.

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

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



spring calendar



Nature Art & Performances

Art at Mayslake

Botanical Art: Plants of Illinois Five-Part Class 13685
From the state flower, tree, and prairie grass to commerce and folklore, plants are important to Illinois. Learn how to draw or paint several types of plants and have the opportunity to exhibit your work at Mayslake's *Illinois' Bicentennial* exhibit. Mondays. Ages 18 and up. \$125 per person. Register online or at 630-206-9566.

April 23 – May 21 9:30 a.m. – 12:30 p.m. Mayslake

Collage: Lines and Simple Shapes Eight-Part Class 13682
Using inspiration from Frank Lloyd Wright, Wassily Kandinsky and Piet Mondrian, create a palette of collage papers and compositions focusing on strong lines and shapes. Thursdays. Ages 18 and up. \$185 per person. Register online or at 630-206-9566.

April 5 – May 24 9:30 a.m. – Noon Mayslake

Exploring Watercolor Five-Part Class 13684
Explore and enhance your artistic style at this intermediate-advanced class. Tuesdays. Ages 18 and up. \$125 per person. Register online or at 630-206-9566.

April 17 – May 22 10 a.m. – 12:30 p.m. Mayslake

Lectures at Mayslake

Ballet Russes 13691
Explore the 1909 – 1929 journey of this influential dance company and its founder, Serge Diaghilev, whose work with choreographers like Nijinsky and Balanchine, composers like Ravel and Stravinsky, and artists like Bakst and Picasso changed the art world forever. Ages 18 and up. \$5 per person. Register online or at 630-206-9566.

June 15 10 – 11 a.m. Mayslake

Seaside: Changing Sands 13690

Hear how 19th-century increases in transportation, leisure time and disposable income changed the seaside from a place to work to a place to relax and how these changes inspired – and dismayed – artists. Ages 18 and up. \$5 per person. Register online or at 630-206-9566.

April 6 10 – 11 a.m. Mayslake



Music at Mayslake

Elmhurst Symphony Orchestra

Hear Josefien Stoppelenburg, Jean Hatmaker and Stephen Alltop perform an engaging array of solos, duets and trios, from Baroque arias by Bach and Handel to newer works by Kodály and Willem Stoppelenburg, Josefien's father. Ages 12 and up; under 18 with an adult. \$7 – \$25 per person. Tickets at elmhurstsymphony.org or 630-941-0202.

April 12 7:30 – 9:30 p.m. Mayslake

Picoso

Listen to contemporary and traditional chamber music by Spanish and Latin American composers, and then meet the musicians at a lively gourmet dessert reception. Ages 12 and up; under 18 with an adult. Free – \$25 per person. Tickets at picosamusic.com.

May 20 7 – 9 p.m. Mayslake



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Sinfonietta Bel Canto

Enjoy Gilbert & Sullivan's comedic one-act operetta *Trial by Jury*, a courtroom tale of a breach of promise over a broken engagement with a judge, plaintiff and defendant all equally flawed, fickle and hilarious! This production features a staged performance accompanied by orchestra. Ages 12 and up; under 18 with an adult. \$7 - \$24 per person. Tickets at sinfoniettabelcanto.org.

May 16 7:30 - 9:30 p.m. Mayslake

WDCB Jazz Presents Elmhurst College Jazz Band 13718

Enjoy an evening with this internationally acclaimed ensemble under the direction of Doug Beach. All ticket proceeds will go to the restoration of historic Mayslake Hall. Ages 12 and up; under 18 with an adult. \$15 per person. Register online or at 630-206-9566.

June 14 7:30 - 9:30 p.m. Mayslake

WDCB Jazz Presents Neal Alger 13695

Spend an evening with Neal Alger as he explores Brazilian jazz. All ticket proceeds will go to the restoration of historic Mayslake Hall. Ages 12 and up; under 18 with an adult. \$15 per person. Register online or at 630-206-9566.

April 5 7:30 - 9:30 p.m. Mayslake

Photography

Digital Photo Fundamentals I Five-Part Class 13686

Learn about digital cameras and the aesthetics of great images with weekly assignments that exercise your creative skills. Thursdays. Ages 18 and up. \$150 plus \$20 supply fee per person. Register online or at 630-206-9566.

April 26 - May 24 6:30 - 9:30 p.m. Mayslake

Digital Photo Fundamentals II Five-Part Class 13689

Learn to create images using your camera's shutter priority, aperture priority and manual modes. Prerequisite: Fundamentals I. Thursdays. Ages 18 and up. \$150 plus \$20 supply fee per person. Register online or at 630-206-9566.

May 31 - June 28 6:30 - 9:30 p.m. Mayslake

Intermediate Photo Composition Five-Part Class 13687

Explore power shapes, point and counterpoint contrasts and ways to capture the decisive moment. Ages 18 and up. \$150 per person. Register online or at 630-206-9566.

May 1, 8 & 15 7 - 10 p.m. Mayslake
May 5 & 12 TBD TBD



Theater and More at Mayslake

Mayslake Peabody Estate in Oak Brook

FIRST FOLIO THEATRE'S MARY'S WEDDING

A couple discovers first love as the world collapses in 1914, leaving them to hide their love as they try to find a place where the uncertainties of WWI can't find them. Ages 14 and up; under 18 with an adult. \$25 - \$44 per person. Tickets at 630-986-8067 or firstfolio.org.

March 28 - April 29

Wednesdays, Fridays & Saturdays 8 - 10 p.m.

Thursdays & Sundays 3 - 5 p.m.

PLUS April 14 - 28 Saturdays 4 - 6 p.m.

ART EXHIBITS

All ages. Free. No registration. Questions? Call 630-206-9566.

Near West Art Collective

Through April 20

The Art of Pollinators

May 2 - June 1 (Reception May 7 at 6 p.m.)

Nature Artists Guild of the Morton Arboretum

June 6 - July 13

Monday - Friday 9 a.m. - 3 p.m.

Saturdays 9 a.m. - 1 p.m.

Paddling in the Preserves

by **RAY SOSZYNSKI**, COMMUNITY SERVICES & EDUCATION

Our group floats along Salt Creek as I demonstrate the steps of the forward stroke to the 12 first-time kayakers who are learning to propel themselves through the water. A chattering belted kingfisher flies inches above our heads. We've disturbed its hunting session. Halfway through the trip we rest our arms and let the current carry us past Fullersburg Woods Nature Education Center on the western shore. I use the break to share details on the stone building, built in the 1930s by the Civilian Conservation Corps for use as a boathouse and used today by naturalists as a venue for programs on native plants and wildlife. We resume dipping alternating ends of our paddles in the water and continue our journey.

The Forest Preserve District has been offering introductory kayaking programs like this for a decade, and they've become some of its most popular experiences. Each includes the use of a kayak, paddle and personal flotation device; participants only need to bring sunscreen and shoes and clothes that can get wet.

To ensure everyone is comfortable and having fun, our American Canoe Association-certified instructors cover the basics on land before anyone launches. They explain the parts of a kayak and different models and cover what to bring on a trip, how to hold the paddle and execute strokes, and — most importantly — how to be safe. Only then do they demonstrate how to enter the kayak, launch from shore, and maneuver on the



▲ Safety and familiarity come first in any Forest Preserve District introductory kayak program. New paddlers learn the basics on land before they touch the water.

water, throwing in a game or two for added fun.

For me, these introductory programs are the most rewarding to lead. Ninety-five percent of participants have never navigated a kayak and are usually apprehensive, but after an hour on the water that anxiety is replaced with confidence, laughs and an amazement at how easy kayaking really is.

Many times instructors would finish a program and hear, “So what else do you offer?” which is why we created “Paddle With a Ranger.” These guided tours of the preserves are similar to Forest Preserve District nature hikes but take place on the water instead of the trails, occasionally on lakes not typically open to boating. Rangers not only talk about the history of the landscape but also help spot cameo appearances by resident wildlife. Recently, these tours have expanded to include day-long trips for intermediate



► Kayaking is for all ages. Forest Preserve District instructors lead programs for adults and families — and some just for kids!



◀ Fishing by kayak not only gives anglers exciting action but also brings them face-to-face with other fishing fans.

paddlers along the West Branch DuPage River.

The next logical addition to the lineup became “Fishing by Kayak.” This twofold program not only gives paddlers an alternative way to enjoy their time on the water but also shows anglers a new way to fish. Several first-timers have reeled in some big catches on these trips!

Along the way we also started offering introductory programs by age, designing experiences just for kids, families, and adults over 18 or 50. While someone over 30 might not have a problem with paddling across an open lake, 7- and 8-year-olds may feel more comfortable sticking closer to shore.

If you’re eager to hit the water and don’t own a kayak, you can rent one at Blackwell or Herrick Lake by the hour (canoes and rowboats, too). Rentals include paddles and PFDs, and helpful employees provide rules and basic instructions before you launch. To keep up with demand, last year the Forest Preserve District started mobile rentals as well. With trailers fitted with racks and secure straps, rangers are able to bring gear to Hidden Lake, Wood Dale Grove and other forest preserves select weekends in summer.

So are you ready to hit the water? Look for spring programs plus rental dates and fees for Blackwell and Herrick Lake under “Ways to Play” in the calendar starting on Page 11. And follow us this summer on Facebook @DuPageForest to see where our mobile rentals will be next! •

Bring Your Own

Have your own boat and looking for a place to put in? Certain watercraft with Forest Preserve District permits can float over select forest preserve lakes. Some forest preserves have canoe launches as well along both branches of the DuPage River and Salt Creek (no District permit required).

For fees, rules, locations and other details, visit dupageforest.org.



iStock.com/famVeld



Insect, Bug or “Other”?

by **ANDRES ORTEGA**, NATURAL RESOURCES

Bug, insect, spider, creepy-crawly. When people see something small with lots of legs crawling or flying around their homes, gardens or forest preserves, calling it by the right name isn’t always their top concern. But believe it or not it’s fairly easy to figure out who’s who.

Let’s start with what these little creatures have in common. First, they’re all invertebrates, which means they don’t have spines. By most estimates, invertebrates make up over 90 percent of all animal life on the planet. (The other 10 percent are the vertebrates — mammals, birds, fish, reptiles and amphibians.) When most people think about animals, they think large and furred or feathered and often forget about invertebrates, the majority of which are no more than a couple of inches long.

If an invertebrate has legs, a segmented body and a hard outer shell, or exoskeleton, it’s an arthropod, a word that comes from the Greek for “joint” and “foot.” Arthropods are the largest group, or phylum, of animals on the planet and have members ranging from butterflies, bees and mosquitoes to spiders, crayfish and lobsters.

Arthropods live worldwide, and some can be relatively large (Maine lobsters can grow to 44 pounds), but as a general rule they’re not able to get as big as vertebrates. Exoskeletons can’t support large, heavy bodies, and the animals can only take in enough oxygen to support smaller frames.

But back to those truly small arthropods that fly and crawl.

How can we tell who’s who?

If you look purely at the numbers, there’s a good chance the critter you’re trying to ID is an insect. Ninety percent of all life may be invertebrates, but 80 percent of all life are insects. To be certain, you need to count the body parts on an adult. (Developing arthropods that are still larvae or nymphs don’t always have all the final requisite parts.)

If it has three pairs of legs, three distinct body segments and one pair of antennae it’s an insect. It may or may not have wings, although if it does, it’s definitely an insect. They’re the only arthropods that developed the ability to fly. In DuPage, familiar insects include butterflies, ants, crickets, bees, beetles, houseflies and mosquitoes. Even some of the largest insects in the state — common green darners and black saddlebags, two types of dragonflies, and luna moths — call DuPage home.

If the arthropod you’re looking at has four pairs of walking legs and (usually) two distinct body segments, it’s probably an arachnid. (Some arachnids have another pair of appendages that look like a fifth pair of legs but are used for something other than walking, such as grabbing prey.) Well-known arachnids include spiders, scorpions, ticks and mites.

Harvestmen, also known as daddy longlegs, are also arachnids, but they’re not spiders. They’re anatomically different. Most prominently, the two parts of a harvestman’s body are fused together, creating what looks like a single oval. A harvestman

◀ People call them “lightning bugs,” but these insects are members of the order Coleoptera, which means they’re beetles and not “true bugs.”

Think you know your Hemiptera from your housefly?

Hi, there. We may not look like it but we’re insects. We’re monarch butterfly larvae (aka caterpillars), and we’re wondering what you know about arthropods. If you want to know, too, take our quiz! You can find it in the online version of this article. Visit dupageforest.org, click the Conservationist link at the bottom of the page, and look for spring 2018.

© Vicki DeLoach

also has just one pair of eyes centered at the front. Spiders have three or four sets (although many people choose not to get close enough to count). Harvestmen don’t spin webs, and contrary to urban legend they’re not the most venomous animals on the planet. Not only do they not produce venom, they don’t even have fangs. Instead their mouthpart consists of a tiny pair of claws used to grasp prey.

Our last well-known group of arthropods are the multilegged myriapods, the centipedes and millipedes. “Myriapod” comes from the Greek for “10,000” and “foot,” and although one Californian millipede does have 750 legs, most have well under 100.

While myriapods in the tropics can grow over 10 inches long, most in DuPage aren’t nearly as big. One myriapod people likely know is the house centipede, which looks frightening but is generally harmless to humans. It only eats other arthropods, and although it can bite, producing something similar to a mild sting, if it comes across a human it’s more likely to scurry away on its 15 pairs of legs.

So the remaining question is, “Then what’s a ‘bug?’” Technically, a bug is a member of a specific order of insects called Hemiptera, the “true bugs.” They’re different than other insects because they have a specific type of biting or sucking mouthpart called a “stylet” that they use to pierce plants or other invertebrates and suck out the juices. Aphids, cicadas, squash bugs and stink bugs are all “true bugs.”



© Dan Thomas

▶ Not only are they not bugs, pill bugs (or do you call them roly-polies?) aren’t even insects. They’re a type of woodlouse, a land crustacean related to shrimp and lobsters.



© Ben Snee

▶ Centipedes, which are arthropods but not insects, may get their common name from the Latin for “hundred feet,” but familiar house centipedes have only 30 legs.

Unfortunately, common names can't always tell you who's who. Lightning bugs, lady bugs and June bugs are all insects, but none of them are "true bugs." Neither are pill bugs, which aren't even insects but crustaceans more closely related to crabs and shrimp than to other arthropods.

So next time you're out in a DuPage forest preserve and you see something small crawl, climb or fly, take a moment to consider what you call it. Your ability to know the answer may surprise you! •

What arthropod is it?

This is by no means a complete list, but it should help you start to figure out who's who. Does it have:

Three distinct body segments, **three** pairs of legs and **one** pair of antennae?

It's likely an **insect**.

beetle
butterfly or moth
dragonfly or damselfly
housefly, horsefly or mosquito
"true bug" (cicada, aphid, stink bug)
wasp, bee or ant



Four pairs of walking legs and **two** body segments?

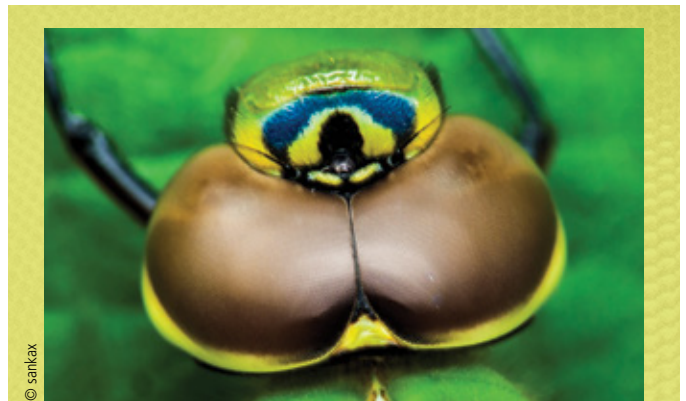
You've probably got an **arachnid**.

harvestman
mite or tick
spider



Multiple body parts with **one** pair of legs per segment? It's a **myriapod**!

centipede
millipede



© sankax

The Eyes Have It

Insects have what scientists call "compound eyes." Instead of one lens per eye, each eye has thousands of individual lenses called "ommatidia" that work together to generate an image. The more ommatidia, the more clearly an insect can see. Dragonflies have about 30,000. (They catch their food on the fly, so sharp vision is a must.) Houseflies have so many ommatidia they can almost see 360 degrees around, a big reason it's difficult to sneak up on one with a swatter!



© John Flannery



© Minette Layne



© Eric Begin

▲ Urban legend aside, daddy longlegs (aka harvestmen) are not the most venomous animals on the planet. They don't produce venom and they don't have fangs.

▲ Only cicadas and a few other insects have the sucking, piercing mouthparts called "stylets" that make them "true bugs."

▲ Several insects have wings (they're the only arthropods that can fly), but butterflies, such as this eastern tiger swallowtail, have taken the adaptation to the extreme.

news & notes



© Josh More

ADOPT a Blanding's

For over 20 years the Forest Preserve District has been leading regional efforts to help the state-endangered Blanding's turtle by raising hatchlings in captivity for a year or two, giving the young turtles a better chance for survival in the wild. Now, you can be a part of the program, too!

Adopt a Blanding's turtle and your donation will help provide care for one of the hatchlings. You won't be able to take it home (we'll give you a plush turtle for that) but you will be able to name it. Because each turtle is chipped, you may even get updates once yours is released in the wild. Your gift will also support field-monitoring and habitat-improvement efforts.

For donation levels and other info, visit dupageforest.org/donate and click "Adopt-a-Blanding's Turtle" in the right column.



THANK YOU, VOLUNTEERS!

In recognition of National Volunteer Week, April 15 – 21, the Forest Preserve District is applauding its 940 long-term and 1,385 one-time volunteers. Last fiscal year these dedicated individuals donated more than 59,000 hours, an in-kind value of over \$1.5 million! The District will honor its volunteers and recognize those with milestone accomplishments May 3 at its annual banquet.



THE PRESERVE Receives Golf Digest's Green Star Award

In December *Golf Digest* magazine bestowed its 2017 Green Star environmental award on the Forest Preserve District's The Preserve at Oak Meadows for demonstrating "the best in sustainable, efficient and innovative environmental practices that every golf facility could emulate."

"The Preserve at Oak Meadows ... might be the most important new golf course of 2017," said Ron Whitten, golf architecture editor at *Golf Digest*. "The Preserve demonstrates that a golf course can serve golfers and the greater community."

The Preserve underwent a major two-year restoration project that improved stormwater management and water quality for Salt Creek, enhanced habitat for fish and other aquatic species, and created a premier 18-hole public golf destination. It reopened for a brief preview season in late summer 2017 and has a full grand-opening season scheduled for 2018. Visit dupagegolf.com for details.



A DELIGHTFULLY DIFFICULT JOB

Your challenge was to show us what five minutes in a DuPage forest preserve does for you. Our challenge was to select winners from the 1,500 awe-inspiring images you submitted to the Forest Preserve District's Take 5 Photo Contest.

For the second year in a row, local photographers and forest preserve enthusiasts wowed us with images of forest preserve plants, animals, people, buildings, landscapes, landmarks and weather. Recognized photographers for 2017 included Kim Stines of St. Charles, whose winning image of springtime mayapples is on the left.

directory



GENERAL *Contacts*

HEADQUARTERS

35580 Naperville Road
Wheaton, IL 60189

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

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

630-933-7233

GOLF *Courses*

THE PRESERVE AT OAK MEADOWS

900 N. Wood Dale Road
Addison, IL 60101
630-595-0071

MAPLE MEADOWS GOLF COURSE

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

GREEN MEADOWS GOLF COURSE

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



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.

EDUCATION *Centers*

DANADA EQUESTRIAN CENTER

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

The center's office is open Monday –
Friday 8 a.m. – 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

April – October the center is open daily
9 a.m. – 5 p.m. but is closed on select
holidays. November – March hours
may vary.

KLINE CREEK FARM

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

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

MAYSLAKE PEABODY ESTATE

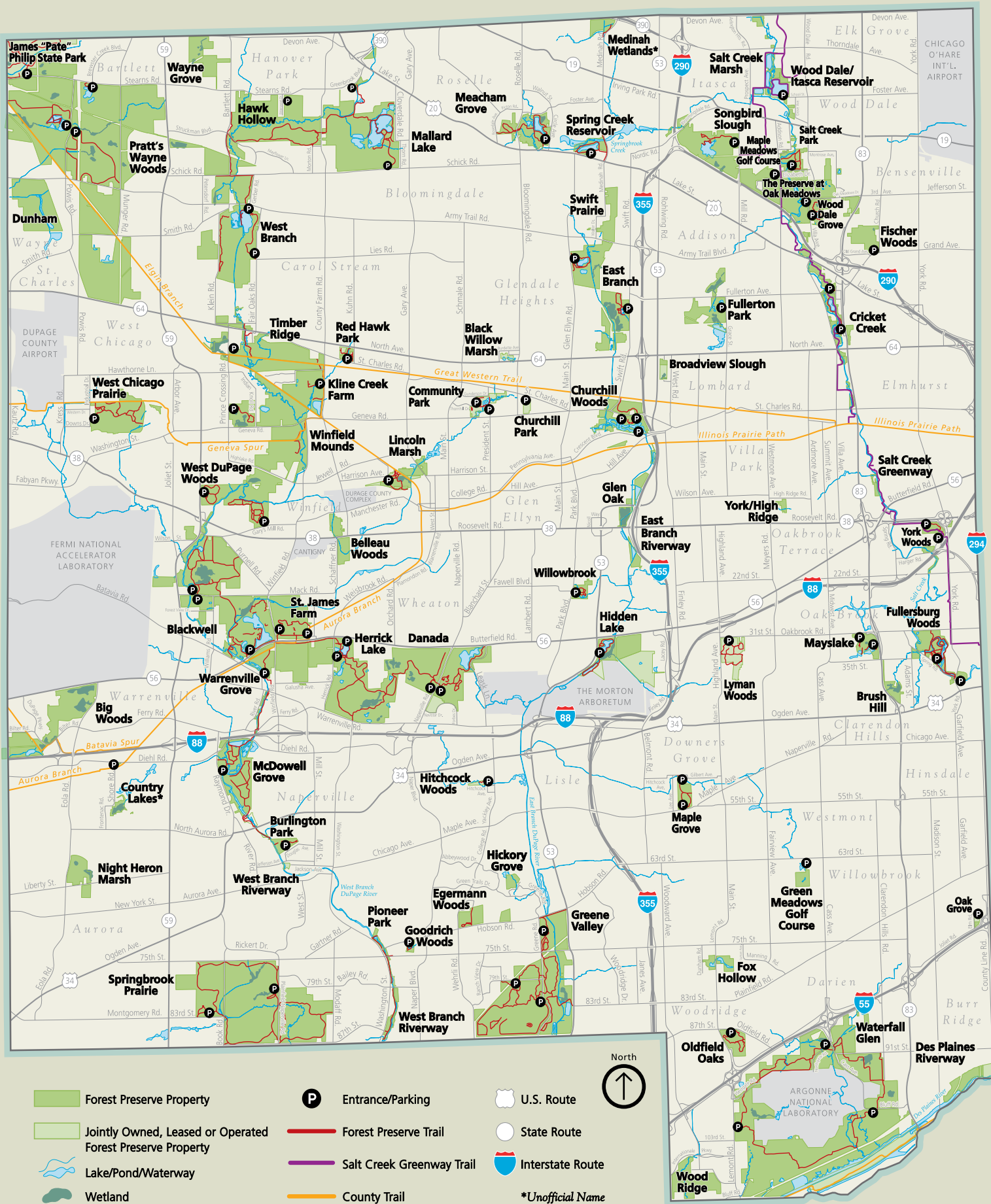
1717 W. 31st St.
Oak Brook, IL 60523
630-206-9566

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
9 a.m. – 5 p.m. The animal admittance
area is open 8:30 a.m. – 6 p.m. All areas
are closed on select holidays.





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

Spring 2018

Native Plant Sale

Mayslake Peabody Estate • Oak Brook

May 11 • 11 a.m. – 7 p.m.

May 12 • 9 a.m. – 2 p.m.

Can't wait until May
to start planning?

Place orders March 12 – April 16
to pick up at the sale!

Visit dupageforest.org/native-plant-sale
for details as well as planting picks,
tips and tricks.

