

# the Conservationist

A Quarterly Publication of the Forest Preserve District of DuPage County

Winter 2020

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Forest Preserve District of DuPage County

# from the president



The groundhog gets a lot of press this time of year for its dedication to spending winter underground, but take a trip to your local DuPage forest preserve and you'll find it's business as usual for other wild animals.

Squirrels hole up in their dreys on the coldest days, but lines of tracks between the trees expose their persistent need to find nuts and seeds stashed in the fall. Voles and mice dig tunnels in the snow connecting their burrows with caches of food while coyotes and red-tailed hawks wait for subtle signs of movement from this small furry prey. Leafless woodlands make it easier to spot great horned owls, which are already nesting in January, but for the epitome of a cold-weather frenzy you need look no further than the nearest flock of black-capped chickadees.

With so many native wild animals on the go, we humans do not really have an excuse to be indoors, especially when DuPage forest preserves offer so many options.

For starters, catch wildlife action firsthand along 166 miles of forest preserve trails. Bring your cross-country skis (rangers groom over 70 miles as conditions allow), or rent a pair of snowshoes at three different forest preserve sites. (Details are on Page 11.) See how people made due in the 1890s (and take home a greater appreciation of modern conveniences) at "Farm Life in Winter" January and February at Kline Creek Farm, or find your favorite new outdoor activity at Wonders of Winter Feb. 1 at Mayslake. At this annual open house you can try ice fishing, snowshoeing, geocaching and more and then head inside historic Mayslake Hall to warm up and speak with forest preserve experts.

Let's all resolve to say "no excuses" in 2020 and to make the most of wintertime DuPage forest preserve fun!

**Daniel Hebreard**

President, Forest Preserve District of DuPage County



## BOARD OF COMMISSIONERS

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Daniel Hebreard, Woodridge

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### Executive Director

Ed Stevenson



## BOARD MEETINGS

For schedules and agendas or to watch live or recorded meetings, visit [dupageforest.org](http://dupageforest.org).



## THE CONSERVATIONIST

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## Communications & Marketing Director

Tony Martinez Jr.



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[dupageforest.org](http://dupageforest.org)

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On the cover: Great horned owl © Stan Tekiela

## 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

Image courtesy MDC

© Kelly Colgan Azar

# news & notes



## GIVE THE GIFT *of Nature*

Looking for a gift for that someone who has everything? Want an easy way to pay for DuPage forest preserve summer camps? Then get a Forest Preserve District gift card!

Use the cards to pay for programs and camps; reserve picnic shelters and campsites; rent canoes, kayaks, and boats; and buy cool swag, such as T-shirts, books, socks, and bags.

You can buy cards through Visitor Services at [forest@dupageforest.org](mailto:forest@dupageforest.org) or 630-933-7248 and at any Forest Preserve District education center. (See Page 22 for hours.) Interested in golf? Get gift cards for all three courses at [DuPageGolf.com](http://DuPageGolf.com).

## MANY Thanks

The Forest Preserve District thanks the donors who contributed to its efforts between Aug. 1 and Oct. 31. To learn how your financial support can benefit the District, visit [dupageforest.org/friends](http://dupageforest.org/friends). To give to the Friends of the Forest Preserve District, the 501(c)(3) nonprofit fundraising arm of the District, visit [dupageforest.org/donate](http://dupageforest.org/donate).

### Gifts of Note

Kathleen Favata

\$1,000 — Blackwell in memory of Duffy and Belvedere

Mr. and Mrs. Nik Porfyrus

\$500 — Mayslake Peabody Estate

### Gifts of Note to the Friends of the Forest Preserve District

Mary J. Demmon Private Foundation

\$5,000 — Danada Equestrian Center

Michael Firman and Marilyn Schweitzer

\$2,648.40 — Education, Natural Resources and Willowbrook Wildlife Center

Exelon

\$1,500 — Willowbrook Wildlife Center

Deborah Houlihan and Family

\$1,000 — Waterfall Glen in honor of Kenneth Bala

Richard Laurence Parish Foundation

\$1,000 — Areas of greatest need

Bruce "Zink" and Martha Sanders

\$1,000 — Willowbrook Wildlife Center

BP Foundation in recognition of Patricia Banaszak's volunteer hours

\$860 — Willowbrook Wildlife Center

Laura Torphy

\$750 — Willowbrook Wildlife Center

Wheaton Warrenville South High School Marching Band

\$681 — Areas of greatest need in memory of Peter Dudak

Scott Hardek

\$600 — Areas of greatest need

Lombard Junior Women's Club

\$600 — Law Enforcement thermal-imaging drone

Pepper Construction

\$500 — Areas of greatest need

WBK Engineering

\$500 — Areas of greatest need



## 2020 ANNUAL PERMITS ON SALE NOW

Purchase annual permits for private watercraft, archery, off-leash dog areas, and model crafts online now at [dupageforest.org](http://dupageforest.org) under "Registration & Permits."

New for 2020, active U.S. military personnel and honorably discharged U.S. veterans are eligible for one free annual permit per household per year for archery, watercraft and model crafts as well as off-leash dog areas.

In addition to online purchases, visitors can buy all annual permits in person at District headquarters, 3S580 Naperville Road in Wheaton, Monday – Friday 8 a.m. – 4 p.m. Dog lovers can also buy off-leash permits at Mayslake Peabody Estate, 1717 W. 31st St. in Oak Brook, Tuesday – Saturday 9 a.m. – 1 p.m.

Questions? Call Visitor Services weekdays 8 a.m. – 4 p.m. at 630-933-7248 or use our convenient online chat at [dupageforest.org](http://dupageforest.org).





## WORK STARTS ON OAK MEADOWS CLUBHOUSE

Construction has started on a new clubhouse and visitor center at The Preserve at Oak Meadows. The project should be completed by September 2020.

The design of the one-story, 18,018-square-foot building is a reinterpretation of mid-century modern architecture with angled flat roofs, transitional spaces that blend the indoors with the outside, and expansive windows for stunning views of the surrounding course. It will have a restaurant with indoor and outdoor seating, a room with adjoining outdoor terrace for meetings and banquets, a pro shop, locker rooms, and office space.

Environmentally friendly features will include a green roof, sustainably sourced wood and LED lighting systems. The project will also add solar panels to the existing golf cart storage building, making The Preserve the first in the nation with an entire fleet of electric carts charged completely by solar energy.

The building replaces the site's former 45,000-square-foot clubhouse, which was destroyed by lightning-ignited fire in 2009.



## COLLECTIONS *Corner*

As part of a new partnership, the Forest Preserve District is loaning artifacts from its collections to the DuPage County Historical Museum in Wheaton for the *Home Grown: Agriculture and Life in DuPage County* exhibit. Now through summer, museum visitors can see relics from the Forest Preserve District's past, such as beekeeping equipment from Kline Creek Farm and historical photos of St. James Farm. History fans can continue to learn about the powerful influence farming had in shaping the land and people of DuPage by visiting the forest preserves in person.

To read about other collection finds, read future "Collections Corner" features here in News & Notes, and follow the *Nature's Storytellers* blog at [dupageforest.org](http://dupageforest.org).

## LIVE *and on Demand*

Can't make it to a board meeting? Find schedules and agendas and watch it live or on demand at [dupageforest.org](http://dupageforest.org) under "Our Board."

Commission meetings and planning sessions are open to the public and held 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; planning sessions, 8 a.m. on the second and fourth Tuesdays. At both the board hears public comments and staff reports, discusses business, and votes on agenda items.

## ELECTRIC PLUG-INS JOIN DISTRICT FLEET

The Forest Preserve District has added two zero-emission Chevy Bolts to its fleet of alternative-fuel vehicles.

Each all-electric Bolt has an estimated range of 235 miles per full charge and will be used as a pool vehicle at the headquarters office. Staff will be able to remotely track key performance metrics such as current battery levels, energy usage in different temperatures, and energy efficiencies while driving.

The District currently uses biodiesel, E85 gasoline, liquid propane gas and compressed natural gas vehicles. Adding plug-ins was the next natural step in reducing the agency's carbon footprint, especially as trucks and vans go into production next year.





# Raising Devils for Dragonflies

by **ANDRES ORTEGA** AND **DAN GRIGAS**, NATURAL RESOURCES

Image courtesy MDC

**Y**ou've likely heard that if you want to help monarch butterflies, you should plant milkweeds. But what do you do if you want to help federally endangered Hine's emerald dragonflies? Easy. Plant devil crayfish.

As bizarre as it may sound, "planting" devil crayfish is a necessity if you want to create habitat for Hine's emerald dragonflies. To understand why, you need to know a few peculiarities about these beautiful but rare insects.

Like other dragonflies, Hine's emeralds are "aquatic insects." Adults lay their eggs in the water, and the larvae that hatch from those eggs stay underwater until they develop enough to leave and molt into winged adults. (For Hine's

emeralds, this can take up to five years.) But unlike other dragonflies, Hine's are picky about the waters they call home.

Hine's emerald dragonfly larvae only live in groundwater that flows through dolomite bedrock before surfacing to form rivulets, exceptionally shallow, narrow, slow-flowing bodies of water. Even then a Hine's emerald needs an additional feature, the final and most critical factor of all: a devil crayfish burrow.

For reasons still unclear, Hine's emerald dragonfly larvae only live in devil crayfish burrows. They won't live in other underground formations, and they won't use burrows of any other crayfish. Adult Hine's emeralds won't even breed in a habitat if devil crayfish aren't there as well.



▲ Ecologists collect female devil crayfish in the wild and raise their eggs in specially designed raceways (left) at the Forest Preserve District's Urban Stream Research Center. The eggs develop into juveniles (right), which will eventually be released in the forest preserves to create habitat for young Hine's emerald dragonflies.

One reason for this requirement may be that these crayfish are “primary burrowers.” They build complex burrows deep enough to reach underground water tables below the frost line, which means the water doesn’t freeze. This source of cold open water is critical if Hine’s larvae are to survive winter.

So if an area might be good habitat for Hine’s emeralds but is missing devil crayfish (or is currently Hine’s habitat but has few devil crayfish burrows), “planting” crayfish is essential. This is where the Forest Preserve District’s new devil crayfish captive-rearing program comes into play.

The goal is simple: Raise devil crayfish in captivity and release them as juveniles in the wild to create breeding grounds for Hine’s emerald dragonflies.

It starts by collecting “gravid” female crayfish (those carrying fertilized eggs) in the wild. Since devil crayfish mate in early spring, the best time to do this is April through early June.

The females go in a special tank at the Forest Preserve District’s Urban Stream Research Center, where they’re fed and kept comfortable and clean. The center is a one-of-a-kind facility for studying and rearing aquatic animals such as crayfish, dragonflies and mussels.

The crayfish eggs start out as small dark balls, which the female carries under her tail. In two to three months they change color and develop eyespots. Eventually they become free-swimming juveniles and will, a few at a time, leave the female for short periods. As they get older and venture further away, it’s time to remove the female from the tank. The more time her young spend away from her, the less she’s able to sense them under her tail when they return, which means she may begin to eat them, thinking they’re prey.

With the female gone, the juveniles are fed and kept clean until it’s time to “plant” them (aka release them) into appropriate forest preserve habitat.

Because this rearing process is relatively new in the world of crayfish, ecologists still have several questions to answer. How big should the crayfish be before they’re released? How many should go in a given area? How can ecologists make sure they stay put and dig burrows where Hine’s emerald dragonflies need them? Forest Preserve District ecologists are collaborating with their counterparts from the U.S. Fish & Wildlife Service, the University of South Dakota and other organizations to find answers to these questions.

By spring, visitors to Willowbrook Wildlife Center and Fullersburg Woods Nature Education Center can learn about this pioneering captive-rearing program. Behind the scenes, Forest Preserve District staff from several departments are developing artificial habitats for breeding and raising crayfish next year and beyond. Up front, visitors will be able to learn more about these ground-breaking efforts (and may even get to meet a few of these crayfish in person!) It’s a great chance to learn first-hand from the experts about one of the ways the Forest Preserve District is on the cutting edge of recovery efforts for native wildlife. •



© David Seidensticker

## Can't Have One Without the Other

The insect above is a Hine’s emerald dragonfly. It’s federally endangered. That means it’s at risk of becoming extinct. Only a handful live in DuPage forest preserves.

Hine’s spend the first part of their lives underwater as larvae. Unlike other dragonflies, Hine’s larvae only live in water at the bottoms of devil crayfish burrows.

To help Hine’s emeralds, the Forest Preserve District is not only raising the dragonflies for release into the wild but also raising devil crayfish so future Hine’s emerald larvae will have places to call home.



© Cary Buck

▲ Above ground, devil crayfish burrows look like chimneys.



© Ryan Hageny/USFWS

▲ A Hine’s emerald larva emerges from its burrow.

# winter calendar



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## January

- 3** Wizards, Wands and Wildlife
- 4** Volunteer Restoration Workday  
Wizards, Wands and Wildlife
- 5** Volunteer Restoration Workday
- 7** Art at Mayslake: Exploring Watercolor Begins  
Mayslake Hall Franciscan Era Tour
- 8** Yoga in the Mansion
- 9** Archery: Adults
- 11** Fishing: Hard Water Classic  
Music at Mayslake: Elmhurst Symphony Orchestra  
Volunteer Open House  
Volunteer Restoration Workday
- 12** Art at Mayslake: Vision Board Workshop  
Volunteer Restoration Workday
- 15** Yoga in the Mansion
- 16** Art at Mayslake: Creative Art Journaling Begins
- 18** Make Do and Mend: Make Your Own Beeswax Wraps  
Marvelous Monarchs  
Mayslake Hall Unseen Spaces Tour  
Volunteer Restoration Workday
- 19** Volunteer Restoration Workday
- 20** Archery: Families
- 21** Lectures at Mayslake: The Peabody Family
- 22** Yoga in the Mansion
- 25** Volunteer Restoration Workday
- 29** Yoga in the Mansion
- 30** Volunteer Information Session

## 2020 Summer Camps

**Early-bird registration for DuPage residents starts Jan. 1.**

**Open registration starts Feb. 1.**

In 2020 we'll have 28 different camps for kids entering kindergarten through eighth grade, many focusing on science, technology, engineering and math. With plenty of time for team-building, exploration, and play, kids might not realize they're firing up new neurons as they're making new friends! See pages 16 and 17 for details.



## Registering on [dupageforest.org](http://dupageforest.org)?

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

1. Visit [dupageforest.org](http://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.



## February

- 1** Volunteer Restoration Workday  
Wonders of Winter
- 2** Volunteer Restoration Workday
- 4** Art at Mayslake: Block Printing Valentines
- 5** Yoga in the Mansion
- 7** Peabody's Pages Book Club Begins  
Romantic Night Hike
- 8** Cast-Iron Cooking  
Make Do and Mend: Green Beauty  
Romantic Night Hike  
Volunteer Restoration Workday
- 9** Volunteer Restoration Workday  
Winter, Wildlife and You
- 11** Archery: Adults  
Peabody's Pages Book Club Begins
- 12** Yoga in the Mansion
- 15** Romantic Night Hike  
Volunteer Restoration Workday  
Wintertime Stroll and Story
- 16** Romantic Night Hike  
Volunteer Restoration Workday
- 17** Archery: Families
- 19** Yoga in the Mansion
- 22** Volunteer Restoration Workday
- 23** Native Landscaping: All About Plants
- 25** Art at Mayslake: Exploring Watercolor Begins
- 26** Yoga in the Mansion
- 29** Mayslake Hall Engineering Tour  
Volunteer Restoration Workday

## March

- 2** Art at Mayslake: Easy Botanical Drawing Begins
- 4** Yoga in the Mansion
- 7** Cast-Iron Cooking  
Volunteer Restoration Workday
- 8** Volunteer Restoration Workday
- 11** Aquatic Invasive Species Workshop  
Volunteer Restoration Workday  
Yoga in the Mansion
- 14** Music at Mayslake: Acappellago  
Volunteer Restoration Workday
- 15** Volunteer Restoration Workday
- 18** Native Landscaping: Design  
Yoga in the Mansion
- 21** Get Sticky! Maple Syrup Day  
Inside and Out: Family Life  
Nature Detectives: Signs of Spring Walk  
Sunset Walk at the Overlook  
Volunteer Restoration Workday
- 22** Volunteer Restoration Workday
- 25** Volunteer Restoration Workday  
Yoga in the Mansion
- 28** A Breath of Fresh Air: Spring Meditation  
Fishing: Trout Fishing for Kids  
Volunteer Restoration Workday
- 29** Archery: Families
- 30** Lectures at Mayslake: Louisa May Alcott



## Plants & Wildlife

### Get Sticky! Maple Syrup Day 16785

Discover the sweet secret of turning tree sap into syrup and enjoy samples along the way on a 75-minute guided tour. Tours depart every 20 minutes until 2 p.m. All ages. \$10 per person. Register online or at 630-850-8110.

March 21      10 a.m. – 3:15 p.m.      Fullersburg Woods

### Inside and Out: Family Life 16902

Take a walk through the preserve to learn about plant and animal families. Then step inside the mansion to explore the Peabody bedroom suite and discuss married life in the early 1900s. Ages 12 and up; under 18 with an adult. \$10 per person. Register online or at 630-206-9566.

March 21      1 – 2:30 p.m.      Mayslake

### Don't Forget!

Remember these dates and visit [dupageforest.org](http://dupageforest.org).

#### ANNUAL PERMITS AND PICNIC AND FAMILY CAMPING RESERVATIONS

Purchase 2020 permits for archery, off-leash dog areas, private watercraft and model crafts anytime, and make reservations for picnics and camping up to one year in advance.

**Dec. 1      Annual Permits for 2020 on Sale**

#### SUMMER CAMPS

Check out descriptions of our awesome lineup for kids entering grades K – 8 on pages 16 and 17. Questions? Call 630-933-7247.

**Jan. 1      Early-Bird Registration for DuPage Residents Begins**

**Feb. 1      Open Registration Begins**

#### NEED A HAND?

Have questions about permits, registrations or reservations? Call Visitor Services at 630-933-7248, chat with us online at [dupageforest.org](http://dupageforest.org), or stop by Forest Preserve District headquarters at 35580 Naperville Road in Wheaton Monday – Friday 8 a.m. – 4 p.m.

### NEW! Marvelous Monarchs 17118

Get ready for the annual arrival of the monarchs by learning how you can help these beautiful insects and other pollinators. Leave with a packet of native milkweed seeds to start your own native garden at home! Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-580-7025.

Jan. 18      1 – 2:30 p.m.      St. James Farm

### NEW! Nature Detectives: Signs of Spring Walk 17120

Spring starts March 19, so join us on a leisurely 1-mile walk in search of budding leaves, chattering birds, active insects, that fresh “spring” smell, and other signs of the season. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-580-7025.

March 21      1 – 2:30 p.m.      St. James Farm

### NEW! Wintertime Stroll and Story 17119

Join a guided treasure hunt to look for signs of wildlife, including the tracks they leave behind. Warm up after the walk with a wintertime story and hot chocolate. Ages 5 and up; under 18 with an adult. \$5 ages 5 – 17; 18 and over free. Register online or at 630-580-7025.

Feb. 15      2 – 3:30 p.m.      St. James Farm

### Wizards, Wands and Wildlife 16996

Spend an enchanted evening at Mayslake Hall! Wizard families will attend magical courses where they'll learn about nocturnal creatures, insect transformations, and ways wildlife find food. They'll also solve mysteries by investigating real animal bones! Ages 8 and up; under 18 with an adult. \$15 per person. Register online or at 630-942-6200.

Jan. 3      6 – 9 p.m.      Mayslake

Jan. 4      3 – 6 p.m.      Mayslake



## Registering on [dupageforest.org](http://dupageforest.org)?

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

1. Visit [dupageforest.org](http://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

Whether you're new to the sport or looking for a refresher, join us to learn safety tips, proper shooting techniques, and basic skills. Programs are inside except for Blackwell. Equipment provided. \$5 per person. Register online or at 630-933-7248.

### Adults 17096

Ages 18 and up.

Jan. 9	10 – 11:30 a.m.	Mayslake
Feb. 11	10 – 11:30 a.m.	Herrick Lake

### Families 17092

Ages 8 and up; under 18 with an adult.

Jan. 20	10 – 11:30 a.m.	Herrick Lake
Feb. 17	10 – 11:30 a.m.	Herrick Lake
March 29	10 – 11:30 a.m.	Blackwell

## Cast-Iron Cooking 17099

Help prepare a hearty meal over an open campfire as you learn tips for cooking with cast iron. Ages 8 and up; under 18 with an adult. \$20 per person. Register online or at 630-933-7248.

Feb. 8	10 a.m. – 12:30 p.m.	Herrick Lake
March 7	10 a.m. – 12:30 p.m.	Churchill Woods

## Horsin' Around

### NO RUSH BRUSH

*Danada Equestrian Center*

Enjoy 45 minutes of one-on-one groom time followed by 15 minutes of lectures or ground work. Ages 10 and up; under 18 with an adult. \$25 per person. Register at 630-668-6012.

### NEW! HORSEBACK RIDING LESSONS 17173

*St. James Farm*

Learn Horsemanship III or IV in a friendly group setting, or progress at your own pace with individual one-on-one lessons in the indoor arena with the horses from the Danada Equestrian Center. Ages 12 and up. Fees vary. Register online or at 630-668-6012.

**Feb. 18 – March 16**

## Fishing

### Hard Water Classic 17104

Take part in the only competitive ice-fishing tournament in DuPage, and then stick around for door prizes and awards. Bring your own equipment and bait. (If conditions aren't ideal, the event will take place Feb. 8.) All ages. \$20 per person in advance; \$25 at the event. Register online, at 630-933-7248 or at the event.

Jan. 11	Noon – 3:30 p.m.	Blackwell
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## More Ways to Play

### GROUP ADVENTURES BY REQUEST

Attention families, friends, Scouts, youth groups and seniors! Let us plan a ranger-led archery, fishing, cast-iron cooking, kayaking or nature hike program for your group of 10 or more. Ages and fees vary by program. To schedule yours, call 630-933-7247.

### SNOW TUBING

*Blackwell*

When there's plenty of snow on Mount Hoy (3 inches or more) take a thrilling 800-foot ride down the hill. Only Forest Preserve District inner tubes are allowed. Rentals are \$10 per tube per day and end at 3:30 p.m. Questions? Call 630-933-7248.

**Dec. 7 – Feb. 23**

**Saturdays & Sundays**

**Plus Dec. 23 – 27, Dec. 30 – Jan. 3, Jan. 17, Jan. 20 & Feb. 17**

**10 a.m. – 4 p.m.**

### SNOWSHOES

*Blackwell, Danada Headquarters & Fullersburg Woods*

Rentals are \$10 for two hours or \$15 per day and are only available when there's plenty of snow on the trails.

- When Mount Hoy's open, rent at the base until 2 p.m.
- Rent weekdays 8 a.m. – 2 p.m. at Forest Preserve District headquarters at Danada. Call 630-933-7248 for availability.
- Rent Monday – Saturday 10 a.m. – 2 p.m. and Sundays 1 – 2 p.m. at Fullersburg Woods Nature Education Center. Call 630-850-8110 for availability.

# winter calendar



## Trout Fishing for Kids

Introduce your young anglers to trout fishing at this preseason event just for them! Bait provided. Ages 15 and under with an adult. Free. No registration. Questions? Call 630-933-7668.

March 28                      8 a.m. – Noon                      Wood Dale Grove

## Romantic Night Hike 16766

Take a self-guided, lantern-lit 1- to 3-mile leisurely or moderate walk through the woods with your sweetheart. Then, warm up with hot cocoa around a cozy fire. Ages 18 and up. \$10 per person. Register online or at 630-850-8110.

Feb. 7, 8, 15 & 16    7 – 9 p.m.                      Fullersburg Woods

## Wonders of Winter

Try ice fishing, geocaching, snowshoeing, and other winter fun, and then warm up inside Mayslake Hall with activities and info on plants, animals, and more from rangers, naturalists, and volunteers. All ages. Free admission; fees for some activities. No registration. Questions? Call 630-933-7248.

Feb. 1                      10 a.m. – 2 p.m.                      Mayslake

# Health & Well-Being

## A Breath of Fresh Air: Spring Meditation 16904

Learn about the science behind meditation as a physical, mental and emotionally beneficial exercise, and then put that science into practice during a leisurely guided walk. Ages 18 and up. \$5 per person. Register online or at 630-206-9566.

March 28                      9:30 – 11 a.m.                      Springbrook  
March 28                      1:30 – 3 p.m.                      Mayslake

## Sunset Walk at the Overlook 17102

Drink in the sunset from 190 feet above the surrounding landscape, and hear about plants and wildlife on a 1.5-mile walk. All ages; under 18 with an adult. \$10 per person. Register at the hike, online or at 630-933-7248.

March 21                      5:30 – 7 p.m.                      Greene Valley

## Winter, Wildlife and You 16968

Take a leisurely guided stroll around the exhibit trail in the refreshing brisk air. Hear how wild animals cope with the cold, and discover ways to make it through winter yourself. Ages 18 and up. \$5 per person. Register online or at 630-942-6200.

Feb. 9                      11 a.m. – Noon                      Willowbrook

## Yoga in the Mansion 16990

Start your day in the beautiful historic library with a class for all levels led by a certified practitioner. Ages 18 and up. Wednesdays. \$40 per person in advance per each four-part class; \$14 per class for drop-ins. Register online or at 630-206-9566.

Jan. 8, 15, 22 & 29    7:30 – 8:30 a.m.                      Mayslake  
Feb. 5, 12, 19 & 26    7:30 – 8:30 a.m.                      Mayslake  
March 4, 11, 18 & 25    7:30 – 8:30 a.m.                      Mayslake

# Living Green

## NEW! Make Do and Mend

### Green Beauty 17002

Indulge yourself and lighten your effect on the earth as you uncover beauty secrets of the past at this DIY program. Mix your own perfectly perfumed dry shampoo, and treat yourself to a tinted lip balm courtesy of the farm's bees. Ages 18 and up. \$20 per person. Register online or at 630-876-5900.

Feb. 8                      10 – 11 a.m.                      Kline Creek Farm

### Make Your Own Beeswax Wraps 17090

Ditch disposable plastic cling wrap for reusable, biodegradable beeswax wrap. Make your own with beeswax from the farm's bees, and learn other food-preservation techniques our ancestors knew by heart. Ages 18 and up. \$20 per person. Register online or at 630-876-5900.

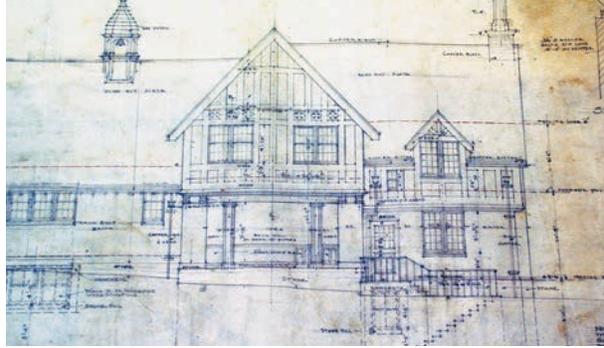
Jan. 18                      10 – 11 a.m.                      Kline Creek Farm

## Native Landscaping

### All About Plants 16780

Learn about the benefits of native plants and how their roots differ from ornamentals'. Get tips and tricks for planting natives at home to attract pollinators and other wildlife. Ages 18 and up. \$10 per person. Register online or at 630-850-8110.

Feb. 23                      1 – 2:30 p.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.

### Design 16781

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

March 18                      6 – 8 p.m.                      Fullersburg Woods

## Heritage

### Lectures at Mayslake

#### Louisa May Alcott 16905

Join historian and award-winning actress Leslie Goddard as she portrays Louisa May Alcott and shares stories of the writer's poverty-filled childhood, struggles to succeed, and origins of *Little Women*. Ages 12 and up; under 18 with an adult. \$10 per person. Register online or at 630-206-9566.

March 30                      7 – 8 p.m.                      Mayslake

#### The Peabody Family 16892

Hear about the original owners of Mayslake Hall, and see artifacts and photographs that will help you gain a better understanding of how the family affected DuPage, the U.S. and the world. Ages 12 and up; under 18 with an adult. \$5 per person. Register online or at 630-206-9566.

Jan. 21                      7 – 8 p.m.                      Mayslake

#### Mayslake Hall Engineering Tour 16898

Explore the mansion and learn about the structural, mechanical and electrical innovations used in its construction. Ages 12 and up; under 18 with an adult. \$15 per person. Register online or at 630-206-9566.

Feb. 29                      1:30 – 3 p.m.                      Mayslake

#### Mayslake Hall Franciscan Era Tour 16885

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.

Jan. 7                      7 – 8:30 p.m.                      Mayslake

### 1890s Living

#### Kline Creek Farm

Suggested admission donation of \$5 per person ages 3 and up to enter the farm. Registration not required. 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.**

#### FARMHOUSE MUSEUM TOUR

Tour the farmhouse museum, and learn how the home was a place for work as well as relaxation that served as the building block of the rural community.

**Jan. 2 – March 30**

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

#### FARM LIFE IN WINTER

There's a new lineup every day! Harvest ice on the lake, watch repairs in the wagon shed, check for new lambs, or enjoy a sleigh ride. (Rides \$5 per person ages 5 and up; under 5 free. Adults must accompany children under 13.) Follow us at facebook.com/klinecreekfarm, and check daily posts for activities.

**Jan. 2 – Feb. 29**

**Thursday – Monday 1:30 – 3:30 p.m.**

#### MAPLE SUGARING

See how sap becomes syrup as you tap with tools from the 1890s, check the collection buckets, watch sap thicken over the fire, and try a taste of real maple syrup.

**March 1 – 29**

**Saturdays & Sundays 1 – 4 p.m.**

### Restoration-in-Progress Tours

#### Mayslake Peabody Estate

Learn about the past and future of this historic 1920s 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.**

**No tours Dec. 14 – Jan. 11**



# winter calendar



## Mayslake Hall Unseen Spaces Tour 16890

Take a guided, behind-the-scenes tour (including stairs) of the mansion's basement and artifact collection storage space. Ages 12 and up; under 18 with an adult. \$15 per person. Register online or at 630-206-9566.

Jan. 18                      1:30 – 3:15 p.m.                      Mayslake

## Theater and More at Mayslake

*Mayslake Peabody Estate*

### FIRST FOLIO THEATRE'S *JEEVES SAVES THE DAY*

In this world premiere, Bertie again finds himself suffering the slings and arrows of misfortune at the hands of his Aunt Agatha and cousin Egbert. Throw in the imperious Sir Roderick Glossip and you've got another priceless predicament that cannot be overcome — unless the redoubtable Jeeves saves the day! Ages 12 and up; under 18 with an adult. \$25 – \$44 per person. Tickets at 630-986-8067 or firstfolio.org.

**Jan. 29 – March 1**

**Wednesdays, Fridays & Saturdays 8 – 10 p.m.**

**Thursdays & Sundays 3 – 5 p.m.**

### FIRST FOLIO THEATRE'S *LITTLE WOMEN*

Four young women playing in an attic bring to life Louisa May Alcott's beloved Jo, Meg, Beth and Amy in this world premiere that presents the trials, tribulations and triumphs of blazing new horizons for 19th-century women. Ages 12 and up; under 18 with an adult. \$25 – \$44 per person. Tickets at 630-986-8067 or firstfolio.org.

**March 25 – April 26**

**Wednesdays, Fridays & Saturdays 8 – 10 p.m.**

**Thursdays & Sundays 3 – 5 p.m.**

### EXHIBITS

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

### BOOK CLUB ARTISTS

**Jan. 15 – March 7**

### DOWNERS GROVE ART LEAGUE

**March 11 – May 4**

**Monday – Friday Noon – 3 p.m.**

**Saturdays 9 a.m. – 1 p.m.**

## Nature Art & Culture

### Art at Mayslake

#### Block Printing Valentines 16894

Hear the history of mass-produced valentines, learn about often-pictured plants, and make your own using block-printing techniques. Ages 18 and up. \$20 per person. Register online or at 630-206-9566.

Feb. 4                      1 – 3 p.m.                      Mayslake

#### Creative Art Journaling Four-Part Class 16889

Repurpose a hardcover book by using it as your base for creative expression, and learn to manipulate materials by layering with acrylics, pastels, watercolors and collage. Thursdays. Ages 18 and up. \$145 plus \$10 supply fee per person. Register online or at 630-206-9566.

Jan. 16 – March 5    9:30 a.m. – Noon                      Mayslake

#### Easy Botanical Drawing Four-Part Class 16899

Learn the basics as you draw plants from the fields, forest and gardens of Mayslake. Supplies included. Mondays. Ages 18 and up. \$100 per person. Register online or at 630-206-9566.

March 2 – 23                      6:30 – 9:30 p.m.                      Mayslake

#### Exploring Watercolor Six-Part Class 16882

Improve your skills at this intermediate-advanced, open-studio-style class. Work on independent and group projects with guidance from the instructor, and get feedback in group critique sessions. Tuesdays. Ages 18 and up. \$125 per person. Register online or at 630-206-9566.

Jan. 7 – Feb. 11                      10 a.m. – 12:30 p.m.                      Mayslake

Feb. 25 – April 21    10 a.m. – 12:30 p.m.                      Mayslake  
(except March 17)

#### Vision Board Workshop 16887

Use writing, drawing, mark making and image gathering to ignite creative insight that brings themes of change, adventure, personal interest and inspiration to the surface of a large board. Ages 18 and up. \$75 plus \$5 supply fee per person. Register online or at 630-206-9566.

Jan. 12                      9:30 a.m. – 4 p.m.                      Mayslake

## Registering on [dupageforest.org](http://dupageforest.org)?

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

1. Visit [dupageforest.org](http://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.



### Music at Mayslake

#### Acappellago

Enjoy this a cappella chamber choir's performance of *Escape to ... Springtime, the Only Pretty Ringtime*. Ages 12 and up; under 18 with an adult. \$15 - \$17 per person. Tickets at [acappellago.org](http://acappellago.org) or 708-484-3797.

March 14	7:30 - 9:30 p.m.	Mayslake
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#### Elmhurst Symphony Orchestra

Enjoy a delightful afternoon of Mozart. Take a guided tour of the mansion at 1 p.m. for an extra \$5. Ages 12 and up; under 18 with an adult. \$12 - \$30 per person. Tickets at [elmhurstsymphony.org](http://elmhurstsymphony.org) or 630-941-0202.

Jan. 11	2:30 - 4:30 p.m.	Mayslake
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### NEW! Peabody's Pages Book Club

Two-Part Program 16895

Discuss two great reads with light refreshments in the perfect setting: Mayslake Hall's 100-year-old library. In February we'll discuss *Before They're Gone: A Family's Year-Long Quest to Explore America's Most Endangered National Parks*; in March, *Little Women*. Ages 18 and up. \$5 per person. Register for either the two morning or two evening programs online or at 630-206-9566.

Mornings		
Feb. 7 & March 6	10 - 11:15 a.m.	Mayslake

Evenings		
Feb. 11 & March 10	6:45 - 8 p.m.	Mayslake

## Volunteer

### Aquatic Invasive Species Workshop

Whether you paddle, fish or simply enjoy strolling along the water, make a difference by becoming a Protect Your Waters volunteer. Learn how to help ecologists look for invasive zebra mussels and how you can teach forest preserve visitors about aquatic invaders. Ages 18 and up. Free. Register at 630-206-9630 or [nrvolunteer@dupageforest.org](mailto:nrvolunteer@dupageforest.org).

March 11	6 - 7:30 p.m.	Blackwell
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### Volunteer Information Session

Join us for a presentation highlighting over 50 DuPage forest preserve volunteer opportunities in 10 different programs. All ages. Free. No registration. Questions? Call 630-933-7233.

Jan. 30	6:30 - 7:30 p.m.	Danada HQ
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### Volunteer Open House

Make a resolution to join the Forest Preserve District's team of volunteers! Learn about our 10 programs and the 50-plus ways you can help out. Talk to staff and volunteers from each, and take a seat in the boardroom at 10 a.m. for a presentation highlighting the different opportunities. All ages. Free. No registration. Questions? Call 630-933-7233.

Jan. 11	9 a.m. - Noon	Danada HQ
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### Volunteer Restoration Workday 16928

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).

Jan. 4, 5, 11, 12, 18 & 19	9 a.m. - Noon	Maple Grove
Jan. 4 & 12	9 a.m. - Noon	Springbrook
Jan. 18	9 a.m. - Noon	Churchill Woods
Jan. 18	1 - 4 p.m.	Springbrook
Jan. 25	9 a.m. - Noon	Willowbrook
Feb. 1, 2, 8, 9, 15 & 16	9 a.m. - Noon	Maple Grove
Feb. 1 & 8	9 a.m. - Noon	Springbrook
Feb. 15	9 a.m. - Noon	Churchill Woods
Feb. 22	9 a.m. - Noon	Churchill/Glacial
Feb. 29	9 a.m. - Noon	Willowbrook
March 7, 8, 14, 15, 21 & 22	9 a.m. - Noon	Maple Grove
March 7, 11, 21 & 25	10 a.m. - Noon	Danada
March 14 & 28	9 a.m. - Noon	Springbrook
March 21	9 a.m. - Noon	Churchill/Glacial
March 21	9 a.m. - Noon	Churchill Woods
March 28	9 a.m. - Noon	Willowbrook



# 2020 Summer Camps

## Entering Kindergarten

**Animal Adventures** Fullersburg Woods, Oak Brook 🔍

July 6 – 10 • 9 a.m. – Noon • B, L

July 27 – 31 • 12:30 – 3:30 p.m. • L, A

Explore animals up close and learn what they eat, how they survive and where they live.

**Little Campers** Fullersburg Woods, Oak Brook

June 15 – 19 • 9 a.m. – Noon • B, L

July 6 – 10 • 12:30 – 3:30 p.m. • L, A

Discover the outdoors by pitching a tent, setting up camp, hunting for treasure and pretending to fish.

**Little Scientists** Fullersburg Woods, Oak Brook 🔍

June 15 – 19 • 12:30 – 3:30 p.m. • L, A

July 27 – 31 • 9 a.m. – Noon • B, L

Make slime, erupt a volcano, build a tower and have fun with experiments that inspire scientific curiosity.

**NEW Nature Play** Fullersburg Woods, Oak Brook

June 8 – 12 • 9 a.m. – Noon • B, L

Imagine creatively, explore boldly and learn naturally through guided nature play.

## Entering Grades 1 & 2

**NEW Farm Kids** Kline Creek Farm, West Chicago and St. James Farm, Warrenville

June 22 – 26 or July 20 – 24 • 9 a.m. – Noon • B, L

On Monday, Thursday and Friday, take care of the animals, create 1890s crafts, and prepare pie and ice cream for a snack at Kline Creek Farm. On Tuesday and Wednesday, play in the woods and learn about nature at St. James Farm.

**Green Thumbs** Fullersburg Woods, Oak Brook 🔍

June 15 – 19 • 9 a.m. – Noon • B, L

Dig in the dirt, discover how plants grow, search for flowers and grow your own garden.

**Grossology** Fullersburg Woods, Oak Brook 🔍

June 15 – 19 • 12:30 – 3:30 p.m. • L, A

July 27 – 31 • 9 a.m. – Noon • B, L

Learn why things are sticky, squishy, stinky and slimy through fun science experiments and grossly cool investigations.

**Habitat Hunters** Fullersburg Woods, Oak Brook 🔍

July 6 – 10 • 9 a.m. – Noon • B, L

Learn about the plants and animals of woodlands, prairies and wetlands by exploring a new habitat each day.

**Insect Investigators** Fullersburg Woods, Oak Brook 🔍

July 6 – 10 • 12:30 – 3:30 p.m. • L, A

Search for insects, study what makes them special, discover where they live and create a tiny bug playground.

**Nature Art** Fullersburg Woods, Oak Brook

July 27 – 31 • 12:30 – 3:30 p.m. • L, A

Paint, sculpt, draw and create using colors, textures, patterns and sounds in nature.

**NEW Nature Exploration** Fullersburg Woods, Oak Brook

Aug. 3 – 7 • 9 a.m. – Noon • B, L

Explore and play outdoors through guided activities that inspire creativity, adventure and a love of nature.

## Entering Grades 3 & 4

**Camp Rocks!** Fullersburg Woods, Oak Brook 🔍

June 15 – 19 • 12:30 – 3:30 p.m. • L, A

Learn how rocks, minerals, and fossils are formed; find meteorites; and collect fossils to add to your collection.

**Camping Adventures** Fullersburg Woods, Oak Brook

July 6 – 10 • 12:30 – 3:30 p.m. • L, A

July 27 – 31 • 9 a.m. – Noon • B, L

Work as a team to set up and maintain a campsite and build a campfire. Try fishing, hiking, and treasure hunting, and then stack a delicious s'more!

**Critter Camp** Fullersburg Woods, Oak Brook 🔍

June 15 – 19 • 9 a.m. – Noon • B, L

Hunt for tracks and clues, encounter live animals, and dig deeper into the lives of critters that call Fullersburg Woods home.

**Eco Explorers** Fullersburg Woods, Oak Brook 🔍

July 27 – 31 • 12:30 – 3:30 p.m. • L, A

Investigate the outdoors like a naturalist using scientific equipment to learn about aquatic animals, prairie flowers, woodland birds and ways you can help wildlife.

## Registration Info

Registration opens at [dupageforest.org/camps](http://dupageforest.org/camps) on **Jan. 1** for DuPage residents and **Feb. 1** for nonresidents. Unless noted, camps are five days **Monday – Friday** and are **\$150** for DuPage residents and **\$175** for nonresidents. Supervised lunch breaks and supervised play before and after camp are available for an extra fee.

**B** 8 – 9 a.m. \$45    **L** Noon – 12:30 p.m. \$15    **A** End of Camp – 5:30 p.m. \$90

 **STEM** Camp

**Questions?** Call 630-933-7247.

**Farmhands** Kline Creek Farm, West Chicago  
**Monday, Thursday & Friday • 9 a.m. – 3 p.m. • B, A**  
**Starting June 15, July 6 or July 27**

Experience how kids lived in the 1890s with games and barnyard and farmhouse chores. Feed the animals, cook your noon meal on a wood-burning stove, and learn old-fashioned string games.

### **Jr. Ranger Camp**

**\$250 DuPage resident; \$290 nonresident**

**July 6 – 10** Herrick Lake, Wheaton

**July 13 – 17** Mayslake, Oak Brook

**9 a.m. – 3 p.m. • B, A**

Learn conservation and stewardship through nature play, crafts and outdoor games.

**Nature's Superpowers** Fullersburg Woods, Oak Brook 

**July 6 – 10 • 9 a.m. – Noon • B, L**

Join forces with nature's superpowers: earth, wind, fire and water. Simulate an earthquake, build a wind-powered vehicle, learn how to build a fire and watch a glacier glide.

## Entering Grades 5 & 6

**Archery Camp** Blackwell, Warrenville

**July 13 – 17 • 9 a.m. – Noon • B, L**

Get closer to the bull's-eye by learning safety techniques, practicing proper shooting, and participating in friendly competitions and games.

**Horse Sense** Danada Equestrian Center, Wheaton

**\$250 DuPage resident; \$290 nonresident**

**June 1 – 5, June 15 – 19, July 6 – 10,**

**July 20 – 24 or Aug. 3 – 7**

**9 a.m. – 3 p.m. • B, A**

Enjoy hands-on experiences with horses and the daily activities of a working barn as well as lead-line rides, stable chores, games, crafts and Friday Family Day.

**Jr. Keeper Camp** Willowbrook Wildlife Center, Glen Ellyn 

**June 22 – 26, July 27 – 31 or Aug. 3 – 7**

**9 a.m. – Noon • B, L**

Learn what it takes to be a wildlife keeper as you go behind the scenes to help prepare food, clean, and care for different animals.

**Kayaking Camp** Hidden Lake, Downers Grove

**July 6 – 10 • 9 a.m. – Noon • B, L**

Learn about safety, gear, paddling strokes, and navigation and how to handle a kayak on lakes and rivers.

### **Ranger Adventure Camp**

**\$250 DuPage resident; \$290 nonresident**

**June 15 – 19 or July 20 – 24** Herrick Lake, Wheaton

**June 22 – 26 or July 27 – 31** Mayslake, Oak Brook

**9 a.m. – 3 p.m. • B, A**

Try archery, boating, fishing and hiking while improving your team-building and wilderness-survival skills.

## Entering Grades 7 & 8

**Dirty Jobs** Blackwell, Warrenville 

**July 13 – 17 • 9 a.m. – Noon • B, L**

Become a field scientist by helping with hands-on projects that protect local species and habitats. Be ready to get dirty.

**Jr. Keeper Camp** Willowbrook Wildlife Center, Glen Ellyn 

**July 20 – 24 • 9 a.m. – Noon • B, L**

Learn what it takes to be a wildlife keeper as you go behind the scenes to help prepare food, clean, and care for different animals.

### **NEW Ranger Explorer Camp**

**\$175 DuPage resident; \$200 nonresident**

**Aug. 3 – 8** Blackwell, Warrenville

**Aug. 10 – 15** Waterfall Glen, Darien

**Monday – Thursday • 9 a.m. – Noon • B, L**

**Friday 6 p.m. – Saturday 8 a.m.**

Learn how to navigate an orienteering course, build a shelter and a fire, and develop your outdoor survival skills. Then, wrap up the week with an overnight campout (equipment provided).

**Riding Sense** Danada Equestrian Center, Wheaton

**\$400 DuPage resident; \$460 nonresident**

**June 8 – 12, June 22 – 26, July 13 – 17,**

**July 27 – 31 or Aug. 10 – 14**

**9 a.m. – 3 p.m. • B, A**

Enjoy all the fun of Horse Sense camp with the wonders and challenges of a daily riding lesson using western tack led by a Danada instructor.



The natural world is the refuge of the spirit, remote, static, richer even than human imagination.

— Edward O. Wilson, *Biophilia*

# The Love of Living Things

by **BETH BENGTON**, CONTRIBUTING WRITER

© Randy Bjorklund

**P**icture yourself by a lake on a sunny morning. A few ducks paddle by, dried oak leaves rustle in the breeze and chickadees zip from branch to branch. If you imagine feeling calm, happy or relaxed in this type of setting, it's no surprise. Research shows that time spent in nature positively affects our mental and physical health in many ways. It lowers stress, boosts the immune system and improves focus and creativity. But what's behind it all? Why do our minds and bodies respond in such significant ways to the natural world? In a word, it's biophilia.

"Biophilia" comes from the Greek *bio* for "life" and *philia* for "love" and means "a love of life or living things." The concept was introduced by psychoanalyst Erich Fromm in 1973 and popularized by Harvard biologist Edward O. Wilson in *Biophilia* in 1984. Wilson's hypothesis suggests humans possess an innate tendency to seek connections with other forms of life and that the positive feelings we have toward living things in their natural surroundings are deeply rooted in our biology.

Humans evolved as hunter-gatherers who constantly needed to respond to surrounding ecological cues to survive. The natural world provided food and shelter, but it also gave us experiences crucial to the development of our problem-solving and critical-thinking skills, sense of safety and security, and creativity. Although we no longer rely on the natural world as directly as our ancestors, we still have the inherent urge to seek out and focus on other forms of life.

According to the biophilia hypothesis, our emotional and behavioral responses to nature spring from these subliminal prompts. If you feel captivated by the sight of grazing deer, calmed on a walk among trees, intrigued by bird song, or rewarded by caring for pets or plants, it may be more than personal preference. It could be a hard-wired response based on benefits our forebears gained from associating with living things eons ago.

Yale social ecologist and biophilia pioneer Stephen Kellert saw this association as critical to the well-being of modern humans. He believed cutting ourselves off from the ecological prompts that informed our ancestors' development caused frustration and discontent. He also thought it might seriously hinder our ability to fully develop our physical and intellectual capacities.

"If we stray too far from our inherited dependence on the natural world, we do so at our own peril," Kellert wrote in *Birthright: People and Nature in the Modern World*. "We will never be truly healthy, satisfied, or fulfilled if we live apart and alienated from the environment from which we evolved."

But how do we connect with nature when over 75% of Americans live in urban areas? The answer lies in taking little opportunities every day. Fortunately, DuPage forest preserves have 26,000 acres of nearby natural areas to enjoy and explore, and the next page has ways to beneficially experience these areas, whether you have a few minutes or a couple of hours. •



◀ Visit DuPage forest preserves regularly if you can. It's great to get out and move around, but even if you stay in your car with the window open, you'll benefit from viewing the scenery.



◀ Pause for a minute before you start walking. Close your eyes. Listen to the wind moving through the trees and dried grasses or feel the falling snow on your face (or tongue!)



◀ Walk for 10 minutes in silence — no talking, music, social media or podcasts. How many subtle sounds and colors can you count?



◀ Take a few minutes to pay attention to anything that moves — animals, leaves or ice-covered twigs bobbing in the breeze.

© David Prahli



◀ Learn to identify plants or animals you regularly see. (Maybe a red-bellied woodpecker!) Once you do, you'll likely start to see them in other places as well.



◀ Look up and open up. Often we keep our eyes focused downward on our feet or phones and our thoughts inward. Remind yourself to look all around you and fully take in what you see.

© Kelly Colgan Azar



◀ Stop for a moment before getting back into your car. Take in any parting scents, sounds, or sights around you, and save them as a mental postcard until your next visit.

# destination: discovery

## YOUR QUICK GUIDE

To what's going on at the Forest Preserve District's six special destinations!

### THE SWEETEST SEASON

In March, when the days warm but nighttime temperatures still drop below freezing, you know it's maple syrup time.

Collecting sap for maple syrup only happens in early spring, when changes in daily temperatures create pressure within the trees' trunks. This pressure moves the sap (sugars mixed with water pulled up by the roots) through the trunk.

To collect sap, tappers drill a hole in the tree and knock in a hollow tube called a "spile," which lets the clear watery sap drip into a bucket secured around the trunk. The trees heal without permanent damage and can be tapped year after year. When nighttime temperatures warm and the trees begin to bud, the process is over, and it's time to remove the spiles and start boiling the sap into syrup.

Any maples produce sap, but sugar maples deliver sap with the highest sugar concentration, about 2%. Curious to know more? Discover all of maple sap's sweet secrets at "Get Sticky" March 10 at Fullersburg Woods. Find registration details on Page 12.



### JOIN THE CLUB AT MAYSLAKE

Now that the shelves at Mayslake Peabody Estate's newly restored library are mostly filled, the space is again becoming a place for exploration, reflection and interaction.

Besides changing exhibits and activities, the hall wants to make books the center of attention, so this winter it's kicking off the "Peabody's Pages Book Club."

This fun forum will discuss titles from 1880 – 1922, the interpretive period at Mayslake Hall, or ones that relate the connections between people and nature. Share your thoughts, listen to others, and appreciate a book in a deeper, sometimes surprising way. Read how to sign up on Page 15.



### SEVENTH GRADERS *the Bee's Knees at Kline Creek*

The next time you stroll by the honey house at Kline Creek Farm and learn something new about honeybees, thank the seventh graders at Hadley Junior High in Glen Ellyn.

In 2018 the students received a problem-based learning assignment: Research honeybee colony collapse and formulate a solution. Before starting, they needed to interview experts, so they called in Kline Creek Farm, which has managed active hives for years. The students completed their research and got helpful feedback by presenting their ideas to a panel of volunteer beekeepers from the farm. The whole class then voted on a plan of action: Encourage the Forest Preserve District to spread the word about the importance of honeybees to the modern food supply.

The students sent a letter to the executive director asking for the farm's help, and soon, all involved came up with a creative indoor-outdoor exhibit augmented by interactive displays and a pollinator garden compliments of master gardeners from the University of Illinois Extension. Now, passersby as well as visitors inside the honey house can discover more about why honeybees are so vital.



## CHANGES AT DANADA (COATS, THAT IS)

Despite the chilly weather, the Danada Equestrian Center horses will soon be losing (yes, losing) their winter coats.

Horses shed their coats twice a year, but it's a process triggered by the amount of daylight, not the temperature. Receptors in the eyes relay changes in daylight to the pineal gland in the brain, which produces melatonin. Less light means more melatonin and more hair growth, so in late summer horses start to grow in longer coats with hollow hairs, as shown in the top photo below of Cody. These hairs trap air close to the body, keeping the animals warm.

In January when daily sunlight starts to increase, melatonin levels drop, and the horses begin to shed out this coat for shorter solid hairs, as shown in the bottom photo of Cody. These hairs repel rain and keep the animals cooler.

You may see the horses grooming each other as they try to shed out their itchy longer coats. Sign up for a late winter "No Rush Brush" (details on Page 9) and help our fuzzy friends get ready again for spring!



## CREATING *Positive Experiences*

Few enjoy stepping on the scale, let alone on a daily basis, and the animals along the exhibit trail at Willowbrook Wildlife Center are no exception. To make it easier for the center to keep tabs on animals' weight and other conditions, it uses "positive reinforcement training."

The method, which is cutting-edge for rehabilitation centers, lets an animal decide whether or not to participate in a training activity. Trainers pay close attention to body language and reactions to gauge if an animal's actively participating or showing signs of stress. They then adapt the routine accordingly. This gives the animal a sense of control over its environment and makes it more likely to comply with certain cues.

Trainers use positive reinforcement training to "station" animals each day on scales or on platforms for feet or beak inspections, all vital exams that help the center monitor animals' health.

Because Willowbrook works with the animals every day, look for training activities the next time you visit. Employees or volunteers can explain their techniques and answer your questions. Check the spring calendar for programs where you can help, too!



## INDOOR RIDING LESSONS COME TO ST. JAMES FARM

Starting in February, the horses of Danada Equestrian Center will be taking day trips to St. James Farm for riding lessons at the newly renovated indoor arena. This Forest Preserve District first means that beginning, intermediate and advanced riders will no longer have to wait until spring to advance their skills. For registration information, see Page 11.

# directory



## HEADQUARTERS

35580 Naperville Road  
Wheaton • 630-933-7200  
TTY 800-526-0857  
dupageforest.org  
forest@dupageforest.org

### Visitor Services

630-933-7248  
Monday – Friday 8 a.m. – 4 p.m.

### Office

Monday – Friday 8 a.m. – 4:30 p.m.

### Volunteer Services

630-933-7233

### Conservationist Subscriptions

630-933-7085

### Fundraising & Development and the Friends of the Forest Preserve District

630-933-7097

### Law Enforcement

630-933-7240

## GOLF Courses

### THE PRESERVE AT OAK MEADOWS

900 N. Wood Dale Road  
Addison • 630-595-0071

### MAPLE MEADOWS GOLF COURSE

272 S. Addison Road  
Wood Dale • 630-616-8424

### GREEN MEADOWS GOLF COURSE

18W201 W. 63rd St.  
Westmont • 630-810-5330



## HOURS

Most forest preserves are open daily from one hour after sunrise until one hour after sunset. Education centers have varying hours and are closed on select holidays.

## ACCESSIBILITY

If you have accessibility needs or concerns, please call the District's ADA coordinator at 630-933-7683 or TTY 800-526-0857 at least 48 hours before your visit.

## EDUCATION Centers

### DANADA EQUESTRIAN CENTER

35507 Naperville Road  
Wheaton • 630-668-6012

#### Office

Daily 8 a.m. – 4 p.m.

#### Barn

Monday – Friday 8 a.m. – 8 p.m.  
Saturdays & Sundays 8 a.m. – 6 p.m.

### FULLERSBURG WOODS NATURE EDUCATION CENTER

3609 Spring Road  
Oak Brook • 630-850-8110

Monday – Saturday 9 a.m. – 5 p.m.  
Sundays 1 – 5 p.m.

### KLINE CREEK FARM

1N600 County Farm Road  
West Chicago • 630-876-5900

Thursday – Monday 9 a.m. – 5 p.m.  
(Thursdays June – August 9 a.m. – 8 p.m.)  
Closed Tuesdays & Wednesdays

### MAYSLAKE PEABODY ESTATE

1717 W. 31st St.  
Oak Brook • 630-206-9566

#### Office

Monday – Friday 8 a.m. – 4 p.m.  
Saturdays 9 a.m. – 1 p.m.  
Closed Sundays

#### Tours

Wednesdays 11 a.m. & 12:30 p.m.  
Saturdays 9, 9:30, 10, 11 & 11:30 a.m.  
No tours mid-December – mid-January

### WILLOWBROOK WILDLIFE CENTER

525 S. Park Blvd.  
Glen Ellyn • 630-942-6200

#### Visitor Center

Daily 9 a.m. – 5 p.m.

#### Animal Admittance

##### November – March

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

##### April – October

Daily 7:30 a.m. – 6 p.m.





**Forest Preserve District  
of DuPage County**

35580 Naperville Road  
P.O. Box 5000  
Wheaton, IL 60189

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# Don't miss a single issue.

To stay on our list and ensure you receive the spring issue in your mailbox, **call 630-933-7085** and leave a voicemail with your name and address, **or email [signmeup@dupageforest.org](mailto:signmeup@dupageforest.org) by Dec. 31.**

(You can always read the *Conservationist* 24/7 at [dupageforest.org](http://dupageforest.org), but we hope you'll resubscribe!)