



# Northwest Illinois Audubon Society

www.nwilaudubon.org

## NIAS MONTHLY MEETINGS

Join us the first Tuesday of every month, September through May. All of our meetings are open to the public.

Most meetings are held at the St John United Church of Christ, 1010 Park Blvd., in Freeport.

Most meetings begin at 7PM with announcements, followed by the program at 7:30 and then refreshments.

Check the current newsletter or our website (nwilaudubon.org) for specific monthly details, special events or any changes to the usual time and place.

Please join us!

## INSIDE THIS NEWSLETTER:

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5. Fall Seed Collection
  - Remembering Lauren Frederick
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6. Conservation Committee
7. Thank You!

Text: [allaboutbirds.org](http://allaboutbirds.org)  
Top: Rough-legged Hawk  
by Dick Daniels  
Bottom: Program photo provided

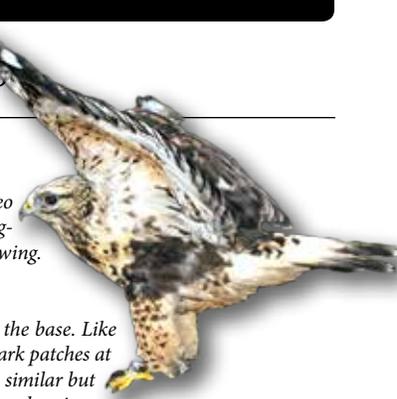
October - November 2016

### Rough-legged Hawk *Buteo lagopus*

Rough-legged Hawks are fairly large hawks with broad wings that, compared to other Buteo hawks, are fairly long and narrow. The tail is also longer than in many other buteos. The wing-tips are broad and often swept back slightly from the wrist, giving a hint of an M shape to the wing. The bill is fairly small.

These are boldly patterned, dark-brown hawks with tails that are dark at the tip and pale at the base. Like many hawks they occur in light and dark morphs. Light morphs have pale underwings with dark patches at the bend of the wing. Females have pale heads and dark belly patches; on males the pattern is similar but more mottled. Dark morphs are mostly dark brown but usually show pale trailing edges to the underwing.

When hunting, Rough-legged Hawks often face into the wind and hover, scanning the ground below for small mammal prey. They often perch on fence posts and utility poles, and sometimes on slender branches at the very top of a tree. They soar with their wings raised in a slight dihedral, or V-shape. These hawks breed in the arctic. In winter they migrate to open habitats such as fields, prairies, deserts, and airports in the U.S. and southern Canada.



### GENERAL MEMBERSHIP PROGRAM "Hawks, Owls, and Eagles" of North Central Illinois

7:00 PM Tuesday, October 4, 2016  
St. John United Church of Christ,  
1010 Park Blvd. Freeport

Michael Eickman will present a program "Hawks, Owls and Eagles" of North Central Illinois. Mike has been banding raptors at the Sand Bluff Bird Observatory for over 25 years. He has also served as President of the SBBO and is now an elected Board Member of the Forest Preserves of Winnebago County.

To join one of the "Day with the Hawk" events held on Saturdays and Sundays in October at Sand Bluff, contact Mike Eickman at 815-871-8483 to make a reservation. Cost is \$25.00

### GENERAL MEMBERSHIP PROGRAM "Bird Feeding Stations"

7:00 PM Tuesday, November 1, 2016  
St. John United Church of Christ,  
1010 Park Blvd. Freeport

The program will be Bird Feeding Stations by Mark Keister and Richard Benning. Everyone is encouraged to bring pictures of their own feeding station or a favorite they have observed.



# CALENDAR CONSIDERATIONS

**September 25** - Prairie seed collecting at Elkhorn Creek, 2-4 p.m. Tools, water, snacks and guidance provided.

*Carpool from the Staples lot in Freeport at 1:30 p.m. The preserve is located about 3 miles southwest of Forreton in the southeast corner of West Grove and Freeport Rds. The parking lot is off of West Grove Rd. If weather is questionable call Mary at 815-938-3204.*

**October 4** - 7:00 PM, General membership meeting "Hawks, Owls and Eagles" of North Central Illinois, St Johns Church of Christ, 1010 Park Blvd. Freeport.

**October 7th** - BIRDSEED ORDERS DUE. See page 4 for more info.

**October 8** - Field Trip, Kishwaukee River Paddle, 7 a.m. - 12:30 p.m. See page 3 for details.

**October 9** - Prairie Seed Collecting at our Silver Creek Biodiversity Preserve, 2-4 p.m. Tools, water, snacks and guidance provided.

*Carpool from the Staples lot in Freeport at 1:15. The preserve is about 2 miles south of Leaf River in the southwest corner of the intersection of Leaf River Rd. and West Grove Rd. (S. Main St. crosses HWY 72 in Leaf River and becomes Leaf River Rd.). If weather is questionable call Mary at 815-938-3204.*



July Screech Owl Campfire at E.C.B.P. photo by Juliet D'Souza

**October 13** - 7:00-9:00 PM - "Talking About the Issues" discussion session at the home of Richard Benning, 704 N Davis St in Davis (815-865-5279) The topic for the first hour will center around the effect land usage for livestock production has on climate change.

Call Richard for a copy of an article about this topic. The second hour will be the customary discussion of whatever issues are brought forth by participants. All are welcome to attend this issues discussion.

*Carpool from the Staples parking lot in Freeport at 6:30 or call Richard for directions.*

**October 18** - Stewardship session at our Elkhorn Creek Biodiversity Preserve, 1-3 p.m. Tools, gloves, water, snacks and guidance provided. We'll be working primarily on Multi-flora Rose and honeysuckle.

*Carpool from the Staples lot in Freeport at 12:30 p.m. The preserve is located about 3 miles southwest of Forreton in the southeast corner of West Grove and Freeport Rds. The parking lot is off of West Grove Rd. If weather is questionable call Mary at 815-938-3204.*

**October 20** - Birdseed order pickup day. See page 4 for more info.

**October 21** - Birdseed order pickup day. See page 4 for more info.

**October 22** - Birdseed order pickup day. See page 4 for more info.

**October 25** - NIAS Potluck and Reflections for Elkhorn Creek and Silver Creek Preserves Volunteers at 6:00 p.m. We'll gather at the home of Randy and Nancy Ocken (815-440-5768) 3445 N. Union Rd., Polo. Bring a dish to pass; beverages and table service will be provided. After supper we'll discuss 2016 preserves stewardship and consider ideas for 2017. Any and all preserve volunteers from stewardship or educational activities are welcome to participate.

*Carpool from the Staples lot at 5:30 p.m. or call Ockens for directions. Please RSVP to Ockens if you plan to attend.*

*(October 30 continued) Carpool from the Staples lot in Freeport at 5:00 p.m. The preserve is located about 3 miles southwest of Forreton in the southeast corner of West Grove and Freeport Rds. The parking lot is off of West Grove Rd. If weather is questionable call Mary at 815-938-3204.*

**November 1** - 7:00 PM General Membership Meeting, "Bird Feeding Stations", S St Johns Church of Christ, 1010 Park Blvd. Freeport.

**November 11** - Prairie Seed Processing at the Nienhuis Deluxe Heated Shed! Join us from 7-9 p.m. for a fun evening as we prepare our seed collection for planting. No experience is necessary and refreshments will be provided. Seed processing is sort of like a botanical quilting bee with lots of good conversation.

*Anita and John live at 3350 S. Hill Grove Rd., Pearl City, about 8 miles west of Freeport. Carpool from the Staples lot in Freeport at 6:30 or call Anita for directions at 815-443-2401.*

**November 13** - "Talking About the Issues" monthly discussion session, 1:30-3:30 p.m. (note afternoon time!) at the home of Mary Blackmore, 9024 W. West Grove Rd., Forreton (815-938-3204). The first hour topic will focus on the 100th anniversary of the National Park Service and President Obama's August designation of the Katahdin Woods and Waters National Monument in Maine.



Whooping Cranes at Necedah N.W.R. photo by Anne Straight

**October 27** - Stewardship session at our Silver Creek Biodiversity Preserve, 1-3 p.m. Tools, gloves, water, snacks and guidance provided. We'll be working primarily on honeysuckle.

*Carpool from the Staples lot in Freeport at 12:15. The preserve is about 2 miles south of Leaf River in the southwest corner of the intersection of Leaf River Rd. and West Grove Rd. (S. Main St. crosses HWY 72 in Leaf River and becomes Leaf River Rd.). If weather is questionable call Mary at 815-938-3204.*

**October 27** - Conservation conversations at Amigo's in Freeport, 5:30 p.m. Please join us for good company, good food and the chance to talk about conservation issues.

**October 29** - Field Trip, Mississippi Birding, 8 a.m. - 4 p.m. See page 3 for details.

**October 30** - New Moon Campfire at our Elkhorn Creek Biodiversity Preserve. With fortunate weather conditions we'll enjoy plentiful stars during this last campfire of the year. Prairie stroll at 5:30 p.m., with the campfire to follow at 6 p.m. S'mores and water will be provided. Bring a lawn chair and flashlight.

Call Mary for a copy of the topic article. The second hour will be the customary discussion of whatever issues are brought forth by participants. All are welcome to attend.

*Carpool from the Staples lot in Freeport at 1 p.m., or call Mary for directions.*

**November 15** - Stewardship session at our Silver Creek Biodiversity Preserve, 1-3 p.m. Tools, gloves, water, snacks and guidance provided. We'll be working primarily on honeysuckle.

*Carpool from the Staples lot in Freeport at 12:15. The preserve is about 2 miles south of Leaf River in the southwest corner of the intersection of Leaf River Rd. and West Grove Rd. (S. Main St. crosses HWY 72 in Leaf River and becomes Leaf River Rd.). If weather is questionable call Mary at 815-938-3204.*

**November 17** - Prairie Seed Processing and Potluck Lunch, 9 a.m. Details same as November 11 except for this morning work session bring a dish to pass and table service for lunch after our work.

**November 17** - Conservation conversations at Amigo's in Freeport, 5:30 p.m. Please join us for good company, good food and the chance to talk about conservation issues.

**November 19** - Field Trip, The Geology of Our Preserves, 12:30 - 5:00 p.m. See page 3 for details.

Questions About Your Membership?  
Contact Teresa Smith at 815-238-3963  
or [timtreesmith@gmail.com](mailto:timtreesmith@gmail.com)



## Kishwaukee River Paddle

Saturday, October 8,  
7 a.m.-12:30 p.m.

Leader: Don Miller (to register see below)  
Carpool from Staples in Freeport at 7 a.m.

Join us for a leisurely fall paddle down the beautiful Kishwaukee River in Rockford. We'll put in at the Kishwaukee River Forest Preserve for about a 2-hour trip. This section goes through scenic woodland bluffs with a good chance for Bald Eagle, Osprey, Great Blue Heron, Belted Kingfisher and more. The Kishwaukee is one of the few class A rivers in Illinois, making it a haven for various species of mussels. A couple of stops are planned by our leader, Severson Dells Director Don Miller, to view the interesting plants and geology along the river.

Dress for the weather, including a hat and footwear that can get wet. Bring a water bottle if desired; snacks will be provided. This portion of the river is suitable for inexperienced paddlers. Prior to put-in, time will be allotted for shuttling vehicles and for a safety orientation. Canoes will be provided but there is a participant limit of 16. Call Mary at 815-938-3204 by October 6 to register for this trip.

## Birding on the Mississippi

Saturday, October 29,  
8 a.m.-4 p.m.

Leader: Anne Straight, 815-938-3263  
Carpool from the Forreton municipal lot at 8 a.m.

Meet at Spring Lake at 9 a.m. to begin enjoying birds in and along the Mississippi River. Our emphasis will be finding diving ducks, but we also hope to view some late migrating songbirds. If we're really lucky we may see some early migrating Tundra Swans.

We'll eat lunch in Thomson then continue on to Lock and Dam 13. Please call Anne to confirm your attendance.

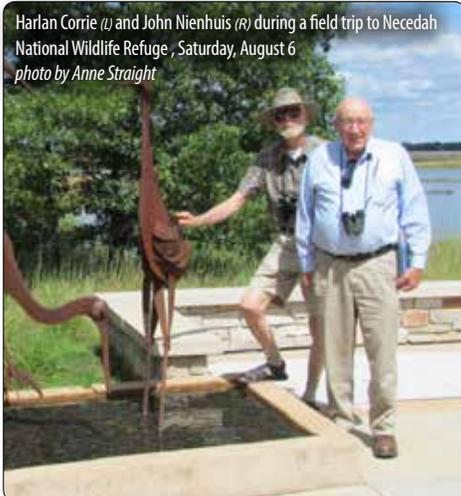
## The Geology of Our Preserves

Saturday, November 19,  
12:30-5:00 p.m.

Leader: Steve Simpson, 815-821-1956  
Carpool from the Staples lot in Freeport at 12:30 p.m.

Our Elkhorn Creek and Silver Creek Biodiversity Preserves contain fascinating geology. Fault lines, St. Peter Sandstone, Ordovician-age dolomite and much more will be explained to us by HCC geology instructor Steve Simpson. Be sure to come with your questions, such as, "Why are all of the seeps on the west side of the stream at Elkhorn Creek?" and "Why does the north branch of Silver Creek have a rocky bottom, even up to the banks?"

We'll begin at Silver Creek at 1:15 p.m. and then finish at Elkhorn Creek. Please call Mary at 815-938-3204 to confirm your attendance.



## SAND BLUFF OWL NIGHTS

Owl Nights at the Sand Bluff Bird Observatory will be offered to the public on October 14, 15 and 21.

The programs run from 7 p.m. to midnight during prime migration of the tiny Northern Saw-Whet Owl. While catching owls is never guaranteed, the programs present a good chance to hold, photograph and release a Saw-Whet.

A per person donation of \$25 is requested; due to late hours it is recommended that children be at least 10 years old. Contact Steve Reischel for details and reservations at 608-882-6703.

## 9 WAYS



### TO TAKE RECYCLING TO THE NEXT LEVEL

[GREENAMERICA.ORG/RETHINKING-RECYCLING/](http://GREENAMERICA.ORG/RETHINKING-RECYCLING/)

Single-stream recycling, the simple act of dumping all of your recyclables into one bin, has become one of the most common recycling methods in the US. Public participation has increased due to the ease of single-stream bins, but the chances for contamination have skyrocketed. Reducing contamination is critical to making our recycling system effective and sustainable. Unfortunately, contamination can occur anywhere in the recycling journey: Broken glass and food or liquid residues can ruin paper bales. Likewise, the wrong types of plastic and food/liquid residues can spoil plastic bales. These items then become unrecyclable and likely to end up in landfills or incinerators, or they may be sold to countries with lower contamination standards.

#### 1. REDUCE AND REUSE

The less you throw away, the better off the planet will be.

#### 2. DON'T "WISH-CYCLE"

Get a list of the items your local recycler accepts and put only those into your recycling bins.

#### 3. USE RECYCLING BEST PRACTICES

Fend off recycling contamination with our tips to Rescue Your Recycling.

#### 4. DON'T LANDFILL YOUR FOOD WASTE

Food waste is the single largest component of waste headed into US landfills, at 18 percent. Instead, it could be turned into rich compost to make the soil healthier and able to sequester more carbon. Check out Green America's best composting tips.

#### 5. BE MINDFUL ABOUT E-WASTE

Many "recyclers" send electronic waste to developing countries, where it's dismantled by hand, harming workers and the environment. Certified E-Stewards recyclers ensure that your electronics are recycled responsibly.

*Find one near you at [e-stewards.org](http://e-stewards.org).*

#### 6. RECYCLE YOUR "WEIRD" THINGS

Check out Green America's list of 21 Things You Didn't Know You Could Recycle.

#### 7. SUPPORT EXTENDED PRODUCER RESPONSIBILITY

Pressure corporations to use less packaging, make their packaging easily recyclable, and take back hard-to-recycle packaging and products. See p. 10 for ways shareholders are using their power, and encourage your members of Congress to support extended producer responsibility laws at the state and federal level.

#### 8. NETWORK WITH ZERO-WASTE COMMUNITIES

Eco-cycle's "Zero-Waste Map" allows you to find zero-waste policies and programs working today in communities just like yours across the US. If you're fighting off an incinerator, the Global Alliance for Incinerator Alternatives is a worldwide alliance of more than 800 groups working toward zero waste, environmental justice, and an end to incinerators.

#### 9. FIND EXPERT ASSISTANCE FOR YOUR COMMUNITY

The Institute for Local Self-Reliance's Waste to Wealth program helps communities across the US fight incinerators and landfills, and research, demonstrate, and plan recycling, composting, and zero-waste community programs.

# KIDS & FAMILIES

## *Audubon in the Library* Wildlife Wednesday

*Appropriate audience is two- to seven-year olds*  
10:30 a.m. to 11:00 a.m.

An Audubon member hosts a monthly series called Wildlife Wednesdays at the Freeport Public Library. During the program, there is first a special story time followed by an activity related to the theme.

October 5: *Spiders*

November 2: *Turkeys and Turkey Vultures*

## *Family Nature Hike*

### Oakdale Nature Preserve – Fall hike

*Saturday, November 5*  
10:00 a.m. to approximately 11:30 p.m.

*Meet in front of the Mogle Center at Oakdale Nature Preserve, 4433 S. Cranes Grove Rd.*

We will lead a hike around Oakdale and look for birds and other fall creatures before the snow arrives! We will have binoculars for the kids & family members to use and nets/jars to observe any critters we can find.

*Participants should dress appropriately for the weather with good hiking footwear. Contact leader Juliet D'Souza at 201-233-0946 to register and/or if weather is questionable.*



September hike for "Aquatic Creatures" at Oakdale  
(photos by Elizabeth Chambers)



*Visit our Kids and Families section on our webpage at:  
[nwilaudubon.org/kids-families.asp](http://nwilaudubon.org/kids-families.asp)*

## *Annual Birdseed Fundraiser!*

Birdseed sale order forms were mailed to Audubon members in mid-September, with an order deadline of October 7th. Don't miss out on ordering our high quality seeds and locally created premium mixes. This is our main fundraiser and your support helps fund the programs and projects of the Northwest Illinois Audubon Society.

Thank you for your support. Please encourage your friends & family to make a purchase.

*If you have questions or need additional forms, contact Tim Smith at 815.835.5109 or [timtreetsmith@gmail.com](mailto:timtreetsmith@gmail.com). You can also find a copy of the birdseed order form on our website at [www.nwilaudubon.org](http://www.nwilaudubon.org).*

## *Pick-up Times and Locations*



Freeport (Thurs. Oct. 20, noon - 4:00 p.m. and  
Fri. Oct. 21, 8:30 a.m. - 4:00 p.m.)  
O'Mara Transport Co. | 1240 S. Adams Street

Stockton (Sat. Oct. 22, 8:30 - 11:30 a.m.)  
John Day residence: 815-947-3151  
12987 E. Blair Hill

Forreston (Sat. Oct. 22, 8:30 - 11:30 a.m.)  
Anne Straight residence: 815-938-3263  
606 S. 5th Avenue

Dakota (Sat. Oct. 22, 8:30-11:30 a.m.)  
Chris Kruger residence: 815-238-9259  
201 W. Zimmerman Street

Davis (Sat. Oct. 22, 8:30-11:30 a.m.)  
Jeremy Dixon residence: 815-821-3921  
319 N. Wright St.

*A money-back guarantee on all birdseed sales. Satisfaction must be yours or we will buy back your unused seed at prorated prices.*

## **WELCOME NEW MEMBERS!**

Barbara Hessenius –Freeport  
Karen Graves – Pearl City  
Norlene and Ed Weinberg – Mount Morris  
John and Gail Mitchell – Lanark  
Gary and Heidi Downing - Freeport

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# FALL PRAIRIE SEED COLLECTING

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It's not too late to help with prairie seed collecting. With the exception of the scheduled seed collecting days on September 25 and October 9, we will also collect on short notice as weather permits. To get on the contact list, e-mail Nancy at [rnocken@gmail.com](mailto:rnocken@gmail.com) or call Mary at 815-938-3204. When contacted, join us if you are available, or if not, we will catch you another time.

*No experience? No problem! Seed collecting is an easy, leisurely task. Novices are welcome. There will always be a leader to point out which plants to pick seed from. Water, snacks and equipment will be provided. Wear long pants and long sleeves. It's a fun way to spend a couple of hours on nice fall afternoons. We hope you can join us!*

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Bernard Lischwe and Mary Blackmore collecting seed with special NIAS issue "Milk Jug Seed Baskets" photo by Dan Barron

## TOWARD A COOLER PLANET

by Dan Barron

As planet Earth destabilizes and urgency for significant greenhouse gas reduction escalates, the call for meaningful change seems like a distant chant amongst the noise of political fervor. Pragmatic carbon policy in recent years has stagnated into a bog of obstruction, lawsuits against the EPA and economic growth hinged on limitless consumerism. As the stage for American policy changes, a fresh dialogue on greenhouse gas emissions needs to be brought forward, whomever the new occupant of 1600 Pennsylvania Avenue might be.

While we try to encourage our politicians to make strides toward meaningful climate policy and wait for this election year to play out, there are numerous steps that can be taken to reduce emissions almost immediately.

Many of you are already aware of simple common-sense solutions that result in quantifiable reductions of greenhouse gas emissions. Turning down the thermostat by a few degrees, buying locally produced food, walking or planning more efficient trips to the grocery store, and even participating in "meatless Mondays" can significantly reduce greenhouse gas emissions after only a few months.



Sheep graze around one of Wisconsin-based Vernon Electric Cooperative's solar arrays. photo by Vernon Electric Cooperative

Eventually the awareness and implementation of small behavioral improvements may lead to bigger lifestyle changes, such as purchasing local energy shares from a "solar garden" (available in many states), investing in home grid-tie solar power or driving an all-electric car.

No matter what the scale, all positive actions are superior to inaction. Mindful improvements aspiring to reduced emissions are cumulative and beneficial.

## REMEMBERING LAUREN FREDERICK

On July 5, our chapter lost long-time member and friend Lauren Frederick. Lauren was very active in our chapter over the years. He served on our board in numerous capacities including At-Large Member, Program Chair, Conservation Chair and two terms as Treasurer.

In addition, Lauren chaired our Bird Seed Sale Fundraiser for many years and regularly hosted issues discussions. Lauren will be remembered fondly for his keen interest in environmental issues, especially human population growth, his attention to detail, willingness to volunteer, and wonderful sense of humor.

Our chapter is very grateful to Lauren's widow, Violet, for making a generous donation to our chapter from Lauren's memorial fund. While we will miss Lauren, we'll always remember that he made us better people and made our chapter a better organization.

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The factors contributing to cataclysmic climate destabilization are numerous and have been building for centuries. I am hopeful that meaningful solutions to slow and stop this trend are equally numerous.

We must have enough courage to push both simple and complex solutions to the forefront of our lifestyle decisions. Meaningful change can happen in our homes and businesses everyday. One degree, one meal, and one mile at a time.

# Conservation Committee Update

Candy Colby, Conservation Committee Chair

## GOOD NEWS ON THE CLIMATE CHANGE FRONT:

The U.S. and China – together responsible for 40% of the world's carbon emissions – have both formally joined the Paris global climate agreement. President Obama announced a new target to cut net greenhouse gas emissions 26-28% below 2005 levels by 2025. President Xi Jinping of China announced targets to peak CO<sup>2</sup> emissions around 2030 with the intention to try to peak early and to increase the non-fossil fuel share of all energy to around 20% by 2030. The joint announcement marks the first time China has agreed to peak its CO<sup>2</sup> emissions. According to a White House fact sheet, China's target will require it to build an additional 800-1000 gigawatts of nuclear, wind, solar and other zero emission generation capacity by 2030 – more than all the coal-fired power plants that exist in China today and close to total current electricity generation capacity in the United States.

While there's still work to be done with the countries now having to put the plans into action, this announcement is an important step forward for the planet.

## "PLANTS FOR BIRDS" CAMPAIGN:

With cooler weather on the way, fall is a good time to plant. Consider adding native plants to your landscape to help improve bird habitat. The National Audubon Society has announced a "Plants for Birds" campaign and now has a helpful web site with a native plant data base. Just type in your zip code and a list of plants will appear with its characteristics and species of birds attracted. My own plant wish list now includes Downy Service Berry (*Amelanchier*

*arboria*), American Cranberry Viburnum (*Viburnum trilobum*), and New Jersey Tea (*Ceanothus americanus* - hummingbirds will visit this plant to eat the tiny insects that pollinate the flowers!). Also, when doing fall cleanup, consider leaving an area intact with leaves and stalks. The previous season's spent plant material is home to many insects – a critical food source for birds that are feeding their young. Happy gardening!

## VEGGIE ROASTED RATATOUILLE

With all the vegetable bounty here's another way to use some of that produce:

*What you need:*

- 1 eggplant, peeled and cut into ½ inch dice
- 1 onion
- 1 red bell pepper, seeded and cut into ½ inch dice
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 2 zucchini cut into ¼ inch rounds
- 1 (28-oz) can diced tomatoes, drained, or 2-4 diced fresh tomatoes
- 1 teaspoon minced fresh thyme or ½ teaspoon dried
- 3 tablespoons Basil Pistou
- 1 tablespoon fresh parsley, chopped

*What you do:*

Preheat oven to 425 degrees. Lightly oil a large baking dish or roasting pan. Add eggplant, onion, bell pepper, and garlic to the pan. Drizzle with olive oil and season with salt and pepper to taste. Toss gently to

combine. Cover and roast until vegetables are slightly softened, about 20 minutes. Remove pan from oven. Add zucchini, tomatoes and thyme, tossing gently to combine. Roast uncovered until all vegetables are tender, about 20 minutes longer. Stir in pistou, sprinkle with parsley and serve hot. [Serves 6-8].

*Recipe by Robin Robertson, August 24, 2016, VegNews e-newsletter*

## BASIL PISTOU

[Makes 1 cup.]

*What you need:*

- 2 cups packed fresh basil leaves
- 3 garlic cloves, chopped
- ¼ cup olive oil
- ½ teaspoon salt
- A few grinds of black pepper.

*What you do:*

Combine all ingredients in a food processor and process until blended.

*Recipe by Robin Robertson, June, 27, 2016, VegNews e-newsletter*

## The Jo Daviess Conservation Foundation (JDCF) is hosting a potluck and program:

*"Insects and Our Food: Pests to Protein,"*

Wednesday, October 5, at Woodbine Bend restaurant, on the Woodbine Bend Golf Course, just south of the town of Woodbine, Illinois

Going back to the plagues of ancient times, insects have threatened our food. In today's gardens and fields, the state-of-the-art method of control is called Integrated Pest Management. Which bugs are really a threat? And when and how should we control them? Our experts will tell you. . . . And what about the food value of insects themselves? We all know they are eaten by other cultures. Why not here? We'll learn about the environmental and nutritional benefits of entomophagy (humans eating insects) from a passionate proponent.

And for the adventuresome, specially prepared insect dishes will be on hand to sample. If attending the potluck at 5:30, please bring a dish to pass and your own table service. Wine, beer and other beverages will be available for purchase. This is not a BYOB event. The presentation will begin at 7 p.m. for those wishing to attend just the program.



**WE HAVE NEW NIAS T-SHIRTS!**  
Available for purchase at NIAS meetings

*T-shirts are certified preshrunk organic cotton in natural color.*



## Would you like to join Audubon as a NEW Member or give a GIFT membership?

Two types of membership are available:

### 1. Northwest Illinois Audubon Society and National Membership

includes this local newsletter, local mailings and the national "Audubon" magazine.

\_\_\_\_\_ National Membership \$20

All renewals for national memberships need to use the national membership form.

### 2. Northwest Illinois Audubon Society Local only Membership

includes this newsletter and other mailings from our local chapter. \_\_\_\_\_ Local Only \$15

Name of new member or gift recipient \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

If this is a gift membership, please indicate the name of the person providing the gift membership:

Name \_\_\_\_\_

Make check payable to **NORTHWEST ILLINOIS AUDUBON SOCIETY** and mail to:  
Treasurer, Northwest Illinois Audubon Society, P.O. Box 771, Freeport, IL 61032

## BOARD MEMBERS

**President** | Rex Sides, 408.390.3970

**Vice President** | Chris Kruger

**Secretary** | Nancy Ocken

**Treasurer** | Tim Smith

**President Emeritus** | Lynn Feaver

**At-large** | Hannah Badgett, Gay Broocks,

Fred Redmore, Kayse Rushford,

Henry Simpson, Steve Simpson

## COMMITTEE CHAIRS

**Conservation** | Candy Colby

**Programs** | Mark Keister

**Education** | Juliet D'Souza

**Publicity** | Teresa Smith

**Membership** | Bernard Lischwe

**Field Trips** | Mary Blackmore

**Sustainable Agriculture**

Richard Benning, Mary Blackmore,

Laura Dufford and Heidi Thorp

**Newsletter Editor** | Dan Barron

1706 Johnson St - La Crosse WI 54601

815-541-3261 - dan@beewise.us

[nwilaudubon@gmail.com](mailto:nwilaudubon@gmail.com)

## WE CAN'T, BUT YOU CAN!

Due to our chapter's 501(c)(3) non-profit IRS status, we are prohibited from engaging in election year activities. This includes, but is not limited to, endorsing candidates, participating in campaigns, and publishing candidate opinion pieces in this newsletter.

While our chapter cannot participate in those types of activities, our members as individuals are free to do as they like. We encourage you to include environmental issues, such as climate change in your decision process as you vote for the candidates of your choice.

## THANK YOU!



Alice Akins for preparing a wonderful deluxe breakfast at her home for Elkhorn Creek volunteers after their July 21 stewardship session. It was great, Alice!

Our July Butterfly Festival volunteers who helped with set-up, provided refreshments, led tours, loaned equipment, caught and/or identified butterflies, staffed the welcome tent and cleaned up: Tim and Teresa Smith, Kara Gallup, Rex Sides, Anne Straight, Mary Blackmore, Chris Kruger, Terri Clark, Richard Benning, Dave Derwent, John Walt, Carol Redmore and Severson Dells.

Recent field trip leaders: Mary Blackmore, Richard Benning, Juliet D'Souza and Laura Dufford.

Stewardship volunteers July 9 through August 8: Mary Blackmore, Fred and Carol Redmore, Judy and Harlan Corrie, Bernard Lischwe, Chris Kruger, John and Anita Nienhuis, Kara Gallup, Anne Straight, Juliet D'Souza, Randy and Nancy Ocken, Bob Remer, Tim and Teresa Smith, Lynn Feaver, Kayse Rushford and Dave Derwent.

Alice Akins for donating two pairs of binoculars and a Birds of North America field guide for use during our chapter birding outings.

Dave Derwent for his many many hours of stewardship work at the Freeport Prairie Nature Preserve.

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Audubon Society**

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