



Northwest Illinois Audubon Society

June - July 2017

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!

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Text: allaboutbirds.org
Top: Yellow-rumped Warbler by Rodney Campbell
Middle: Richard Benning leads a butterfly festival hike, Photo Provided

Yellow-rumped Warbler *Setophaga coronata*

Yellow-rumped Warblers typically forage in the outer tree canopies at middle heights. They're active, and you'll often see them sally out on long flights to catch insects in mid-air. In winter they spend lots of time eating berries from shrubs, and they often travel in large flocks. In summer, Yellow-rumped Warblers are birds of open coniferous forests and edges, and to a lesser extent deciduous forests. In fall and winter they move to open woods and shrubby habitats, including, areas of coastal vegetation, parks, and residential areas.



ELKHORN CREEK BUTTERFLY FESTIVAL

Saturday, July 29th, 1:00-5:00 p.m.

Join us for a fun, informative family friendly afternoon as we explore the Elkhorn Creek Biodiversity Preserve for the many butterflies that are found there. From 1-5 p.m. participants may join guided butterfly tours or look on their own for those winged beauties. Tours will begin at; 1:00, 2:00, 3:00 and 4:00 p.m. "Illinois Butterflies and Moths" pocket guides will be distributed at no charge while supplies last. We'll have a shady rest area with chairs, as well as a restroom, cold beverages, snacks and information about pollinators. If the weather is questionable, call Mary Blackmore at 815-938-3204 before 10 a.m. on July 29. Explorers at previous Butterfly Festivals have found 29 species of butterflies and skippers, among them; Tiger Swallowtail, Meadow Fritillary, Buckeye, Comma, Peck's Skipper, Silver Spotted Skipper and Milbert's Tortoiseshell.

The preserve is located about 3 miles southwest of Forreton in the southeast corner of West Grove and Freeport Roads. The parking lot is off of West Grove Rd. We hope to see you there!

RECORD CRANE COUNT IN STEPHENSON COUNTY

A record 15 sites were monitored in Stephenson County on the April 8 Crane Count, with a record number of Sandhill Cranes observed: 119! Around half of those cranes were sighted within three large flocks. Also, a record were the 5 sites where volunteers reported nest building or occupied nests. In addition to the nesting sandhills, there were many observations of probable courtship due

to unison calling, making a total of 14 pairs. Twenty-six NIAS volunteers participated as part of the multi-state Annual Midwest Crane Count sponsored by the International Crane Foundation.

The weather was perfect for the count: no precipitation and light winds. An aesthetic bonus for counters was a stunning orange moonset and a gorgeous sunrise. Many volunteers reported amphibian calls, as well as numerous other species of birds.

Without the help of our many volunteer counters, the Crane

Count would not be possible. Deep thanks go to Sue Merchant, Jeremy Dixon, Richard Benning, Mary Blackmore, Rebecca Shriver-Rice, Jesse and Alice Akins, Mark Keister, Phil Swalve, Glenn Hagemann, Chris Fye, Gary Gordon, Bernard Lischwe, Judy Corrie, Bonnie Bade, Tim and Teresa Smith, Dave and Virginia DeSwarte, Rex Sides, Betty Mickel, Anne Straight, Juliet Moderow, Karla Toelke, Sherrie Shoemaker and Colleen Wilson. Additional thanks go to Kara Gallup for entering our results online and to Mary Blackmore for coordinating our count.

CALENDAR CONSIDERATIONS

May 30 – Preserve Stewardship, Elkhorn Creek, 8-10 a.m. *See page 6 for more details.*

June 1 – Preserve Stewardship, Silver Creek, 8-10 a.m. *See page 6 for more details.*

June 5 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m. *See page 6 for more details.*

June 6 – Field trip, Local Foods: Grow Freeport with FACC, 6:30 p.m. – 8:00 p.m. *See page 3 for more information.*

June 8 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m. *See page 6 for more details.*

June 10 – Audubon Council of Illinois (ACI) summer meeting at the Stillman Nature Center, Barrington, 10 a.m. – 3 p.m. *ACI is a coalition of National Audubon Society chapters. For agenda and carpool information contact Rex at 408-390-3970.*

June 12 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m. *See page 6 for more details.*

June 14 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m. *See page 6 for more details.*

June 14 – Audubon in the library, Animal homes I: Hives, Galls, Mounds, Shells, and Webs! *See page 4 for more details.*

June 15 – “Talking About the Issues” monthly discussion session, 7-9 p.m., at the home of John and Anita Nienhuis, 3350 S Mill Grove Rd., Pearl City, 815-443-2401. The first hour topic will be the importance of developing the capacity for wonder and amazement in science education.

To obtain a copy of the topic article, “A Case For Wonder,” contact Mary Blackmore at 815-938-3204. The second hour will be discussion of whatever issues are brought forth by participants. All are welcome.

June 19 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m. *See page 6 for more details.*

June 21 – Freeport Prairie Stewardship, 7-9 a.m. *See page 6 for more details.*

June 22 - Field Trip, Mississippi Backwater Canoe trip, 3:00 – 8:00 p.m. *See page 6 for more details.*

June 26 – Firefly Campfire at the Elkhorn Creek Biodiversity Preserve. At 7:30 p.m. we’ll take a stroll to observe nesting birds and blooming plants, with the campfire beginning at 8:30. S’mores and water provided. Bring a lawn chair and a flashlight.

Carpool from the Freeport Staples lot at 7:00 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.

June 28 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 1 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 3 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 5 – Audubon in the library, Animal homes II: Nests, Lodges, Burrows, Dens, and Holes! *See page 4 for more details.*

July 6 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page ?? for more details.*

July 9 - Field Trip, An Afternoon of Exploring Odonata at Elkhorn Creek, 12:30- 4:00 p.m. *See page 3 for more information.*

July 10 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 12 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 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 be a comparison of two methods of land conservation. One method is termed bottom-up and the other top-down. This topic has implications for any organization that owns and/

or manages land in a natural state. Contact Richard for an article on 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.

July 17 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 19 – Preserve Stewardship, Elkhorn Creek, 8-10 a.m., carpool 6:30. *See page 6 for more details.*

July 23 – Screech Owl Campfire at Elkhorn Creek Biodiversity Preserve. This should be a great opportunity to hear the unique call of this small owl. Stroll at 7 p.m.; campfire at 8 p.m.

Carpool from the Freeport Staples lot at 7:00 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.

July 25 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 27 – Preserve Stewardship, Elkhorn Creek, 7-9 a.m., carpool 6:30. *See page 6 for more details.*

July 29 – Annual NIAS Butterfly Festival at our Elkhorn Creek Biodiversity Preserve, 1-5 p.m. Join us for this great family activity! *See cover page for more details.*

August 3 - Field Trip – Local Food, Pastured Poultry and Berries Grown in the Hills, 8:00 a.m.- 2:00 p.m. *See page 3 for more information.*

FIELD TRIPS JUNE - JULY



Grow Freeport - Freeport Area Church Cooperative (FACC) Local Food Tour Tuesday, June 6, 6:30-8:00 p.m.

*Coordinator: Laura Dufford (815)947-2720
Meet at the FACC office: 514 S. Chicago
(5 blocks south of the Lindo Theatre)*

Join Dean Wright, Director of FACC as he shows us what his organization is doing to help improve access to free, healthy food for their low-income neighbors. From the FACC office, Dean will take us to their greenhouse and explain their operation (also showing us their new vermi-composting project). We will then go back toward FACC to see their four neighborhood gardens. We will also hear of their future project expansion plans involving a hoop house.

Mississippi Backwater Canoe trip Thursday, June 22, 4:00 – 7:00

*Coordinator: Laura Dufford (815)947-2720.
Email: lauradufford@gmail.com
Carpool from the Staples parking lot at 3:00 p.m.
or meet at the Spring Lake parking lot at 4:00.
We will return to Freeport around 8:00 p.m.*

Canoe the back areas of Spring Lake near Savanna. Pam Steinhuis with U.S. Fish & Wildlife Service will be our leader as we tour through the backwaters of the Mississippi. We'll get back to areas that most of us never wander. Hopefully we'll have some nice views of wildlife and flora.

We will be on the water during usual suppertime, so plan to eat before or bring snacks/sack supper along. Water, sunscreen, bug spray, and hat are also advisable. No canoeing experience is necessary. There is a limited number of canoes, so registration is necessary. Please call or email Laura (see above) to reserve your spot!

An Afternoon of exploring Odonata (dragonflies & damselflies) Sunday, July 9, 1:00 – 4:00 p.m.

*Coordinator: Mary Blackmore (815)938-3204
Meet at the Elkhorn Creek Preserve parking lot at 12:30.*

Cindy & John McKee, Odonata enthusiasts will share their knowledge of dragonflies & damselflies with us at our Elkhorn Creek Preserve. The group will meet at the preserve and then carpool to Mary Blackmore's home where we will begin the afternoon with a short presentation of the history, identification, and other information about these interesting insects. We will then go back to the preserve where we will spend time in the field exploring which Odonata species live at Elkhorn Creek. Binoculars, sunscreen, insect repellent, and water are suggested.

Pastured Poultry and Berries Grown in the Hills Local Food Tour to Arnolds Farm and Fieldview Farm Thursday, August 3, 9:00 a.m. – 12:30 p.m.

*Lunch at Stella's Restaurant in Stockton for those who wish.
Coordinator: Laura Dufford (815)947-2720.
Email: lauradufford@gmail.com
Carpool from Staples parking lot at 8:00 a.m.
return at approximately 2:00 for those who lunch at Stella's.*

Our second Local Foods Tour of the year takes us to Arnolds Farm near Elizabeth. Tom Arnold will show us his pastured turkey operation along with his chicken pasturing set-up. NIAS uses Tom's turkeys for our banquet each spring. Tom will also have some hogs/piglets for viewing and will discuss his marketing process and explain why he farms/markets as he does.

After Arnolds Farm we will head down the road to Fieldview Farm which is off Highway 20 near Woodbine. Amy Dehn, along with her family recently opened their farm to the public. They are primarily in the berry growing business, but also grow herbs, vegetables and have done some cut flower gardening. Amy will show us her operation and will share her vision for their future. If we're lucky, there may be berries available for picking.

Bring a cooler if you wish to purchase meat products from Tom or berries and veggies from Amy. Please contact Laura (number above) if you plan to eat lunch at Stella's, so she can give them a rough estimate of how many will be eating.



Rex Sides and Melody Farringer
on the April 13th bird walk
along the Jane Addams trail.

OUR FOOD CHOICES REALLY DO MATTER

Since 1995 our chapter has had a Sustainable Agriculture Committee. The committee was formed by chapter volunteers who were concerned about the effects of some farming practices on our air, land, water, wildlife and citizens. For 15 years the committee's signature project was its annual Food For Thought workshop. Although the topics explored varied widely, the workshop presentations, often by local farmers, were always contained within the comprehensive theme, "Making Food Choices For a Healthy Environment and Healthy Communities." (continued on page 7)

KIDS & FAMILIES

Audubon in the Library
Freeport Public Library
100 E. Douglas Street, Freeport

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 a special story time with activities related to the theme. Specimens are often included! The library's summer theme is "Reading by Design" and focusing on architecture and engineering, so Juliet Moderow will discuss animal houses and cities!

June 14 – Animal Homes I: Hives, Galls, Mounds, Shells, and Webs!

July 5 – Animal Homes II: Nests, Lodges, Burrows, Dens, and Holes!



EARTH Day at Krape Park - Josef Appell with his grandson Hunter Hess doing art at the Gunkel shelter with the Freeport Art Museum.



EARTH Day at Krape Park - Allison Gush (L) and Candy Colby (Grace's Greens Members) Grace Episcopal Church of Freeport's display encouraging everyone to say "no" to plastic and to bring reusable shopping bags.

Wednesday Morning Movie Series
at the Lindo Theatre
115 S Chicago Ave, Freeport

Ice Age: Collision Course
Animated, PG, 1h40 min
June 21, Doors open at 9am, Film starts at 10am, Admission is \$1.00

Every Wednesday this summer (June 7 – August 9), the Lindo Theatre is offering \$1 movies. Audubon will be there on June 21! Juliet Moderow will be there to greet the incoming children, play games, share information related to the movie, and provide information about our activities for the upcoming year. There will be a movie mascot and giveaways as well.

EARTH Day at Krape Park *A success!*

Last year, on Earth Day, I led a nature walk around Oakdale Nature Preserve, which was lovely. This year, I thought I would try to do something bigger. My goal has always been: get people outside. In November, 2016, I sent letters to a variety of organizations to see if they wanted to collaborate with NIAS on an Earth Day event. We were fortunate to work with organizations that shared the same mission as us: to educate children, to show appreciation for nature, and to get people outside! On April 22, there were more than 150 people at Krape Park! The weather was excellent and everyone seemed to enjoy the day! Goal accomplished!

Candy Colby, our Conservation Committee Chair, with Grace's Greens Group from Grace Episcopal Church provided an informative and visual display on how to reduce plastic use as well as bins to educate others about proper recycling.

Barry Treu from the Freeport Art Museum and his volunteers led water-coloring in the sun and challenged many to make origami doves with recycled newspapers.



EARTH Day at Krape Park - Lee Butler from Friends of the Pecatonica River Foundation leads a demonstration.

Lee Butler and his crew (Joe Ginger, Dick Haight) from the Friends of the Pecatonica River Foundation brought a kayak to demonstrate how to properly paddle the waters. They will have many events this summer!

The University of Illinois Extension and 4-H had multiple activities. **Lori Tessen-dorf** and volunteers led milkweed planting for kids to take home and taught kids about monarch butterflies. **Nikki Keltner** and a few master gardeners led activities about insects and vermicomposting. Special thanks to **Jackie de Batista and Jay Solomon** for coordinating activities as well!

Candace & Steve Ridlbauer (along with another volunteer Cathy) from **Northern Illinois Raptor Rehab and Education** presented to over 100 people in the packed community building. They had materials that filled ten tables and provided an informative and fun program. They brought a Red-tailed Hawk, Barred Owl, Great Horned Owl, Barn Owl, Screech Owl, Northern Saw-whet Owl, Peregrine Falcon, and two American Kestrels. Kids and adults loved it all.

Pat Leitzen Fye from Your Core Being led a delightful and mindful walking meditation around Krape Park. It was a wonderful way to end the day.

Additional Thank-you to:

Alex Jansen for designing the poster that went all over town.

Elliott Graphix for the great design of the banner at Krape Park entrance.

The Freeport Park District for helping with set-up and the venue.

Jane Addamsland Park Foundation for co-sponsoring our Earth Month activities and helping fund some of the events.

Sincerely,
Juliet Moderow, Education Chair

Visit our Kids and Families section on our webpage at:
mwilaudubon.org/kids-families.asp

CONSERVATION COMMITTEE NEWS

We had a great turnout and favorable weather for the Earth Day event at Krape Park on April 22. It was wonderful to see people of all ages enjoying the day and participating in all the activities. See Juliet's article for more details.

As most of you are aware, there have been a flurry of executive orders issued by President Trump, many seeking to undo the positive steps taken by the Obama administration on protecting our lakes and streams, setting aside iconic wild places and implementing the Clean Power Plan, among others. It's important to remember that these are the first steps and many of the executive orders direct the agency (such as the EPA) to begin a review process. That is where we as citizens can make our voices heard loud and clear. There will be many legal challenges to these orders as well. Making and sustaining progress on environmental issues has never been easy, but in the long term we will prevail!

Although sometimes we feel our individual actions don't have much impact, our lifestyle and financial choices certainly add up. One positive step we can all take is to sign up for the renewable energy option with our electricity providers. There are a number of options available so check with your electric company.

Candy Colby, Conservation Chair

Earth Friendly Recipe "Better than restaurant" Falafel

Prep time 10 min
Cook time 10 min
Total time 20 min

Ingredients

4 cups stemmed and torn collard greens (one bunch), or swiss chard
1 15.5 ounce can chickpeas, rinsed and drained
3 medium to large cloves garlic, chopped
1.5 Tbsp tahini
1.5 Tbsp fresh lemon juice
1/4 tsp cumin
sea salt and black pepper
3-4 Tbsp flour
~ 4 Tbsp grapeseed or olive oil for cooking

Instructions

1. Add collard greens, chickpeas, garlic, tahini, lemon juice, cumin, and a healthy pinch each salt and pepper to a food processor and mix to combine (see photo).
2. Once well incorporated, transfer to a mixing bowl and stir in oat flour 1 Tbsp at a time until the mixture is thick enough to handle – about 3-4 Tbsp.
3. Taste and adjust seasonings as needed. I added more salt, pepper and lemon juice, and a touch more tahini.
4. Heat a large skillet over medium to medium-high heat and add 2 Tbsp oil at a time. Swirl to coat pan.
5. Add 4 falafel (or however many will fit very comfortably) to the pan at a time.
6. Check at the 1-2 minute mark to ensure they're not browning too quickly. If they are, slightly reduce heat. Flip once deep golden brown – about 3-4 minutes.
7. Cook until the underside is golden brown as well.
8. Serve immediately with hummus and paprika, or inside a pita with garlic sauce or hummus.
9. Will store in the fridge, layered with parchment paper in an airtight container, for several days. Freeze to keep longer.

Nutrition Information

Serving size: 1 falafel Calories: 154 Fat: 7g Carbohydrates: 17g Sugar: 2g Sodium: 50mg Fiber: 5g Protein: 5g

Recipe by Minimalist Baker at

<http://minimalistbaker.com/better-than-restaurant-falafel-vegan-gluten-free/>

Big Thank You to the Board Members

from Rex Sides

Thanks to the following retiring board members who have served on the Northwest Illinois Audubon Society Board for the past year:

Kayse Rushford, Hannah Badgett, Chris Kruger, Bernard Lischwe and Lynn Feaver. New board members replacing the people who are retiring include Laura Dufford as the Field Trip Chair, Richard Benning as Vice President, and Betty Mickel and Linda Black as Board Members At-Large. Thanks

to the new board members for being willing to step up and share their time and talents with Northwest Illinois Audubon. Welcome new board members!

Board members who will be continuing to serve in 2017-2018 include:

Rex Sides – President
Mary Blackmore – Treasurer
Nancy Onken- Secretary
Membership – Gay Brooks
Teresa Smith – Programming
Education – Juliet Moderow
Publicity Chair – Tim Smith
Conservation – Candy Colby
Mark Keister, Fred Redmore,
Board Member At-Large – Henry Simpson,
and Steve Simpson

Northwest Illinois Audubon Society has a strong presence in northwest Illinois because of the dedication of the wonderful board members. Thank YOU!

I would also like to recognize Dan Barron for all the time he spends on our newsletter. We are so lucky to have someone to make our newsletter look professional.



Photo: *Baptisia bracteata* (Cream Wild Indigo) flowering at E.C.B.P. (D. Barron)

Please join us for one or more of the following stewardship sessions scheduled below for either the Elkhorn Creek or Silver Creek Biodiversity Preserves or the Freeport Prairie Nature Preserve. Depending upon the site or week, we will be doing a variety of tasks such as removing sweet clover, burdock and wild parsnip, cutting brush, girdling saplings or otherwise reducing the competition to our native prairie, woodland and wetland remnants.

Times: Times vary so check the schedule below. Following most sessions, those interested will gather at a local restaurant for breakfast.

You Supply: Wear long pants, long sleeves, socks long enough to tuck your pant legs into (for tick avoidance), a hat and footwear that can get wet (earlier is dewier!). Take along insect repellent and sunscreen.

We Supply: Tools, gloves, water, snacks and directions about our work always will be provided.

Carpooling: The carpool site to Elkhorn Creek and Silver Creek is the east portion of the Staples parking lot in Freeport along HWY 26 on the south edge of town. Departure times vary so check the schedule.

Questions? If the weather is questionable or you need more information, contact the listed leader(s).

Site Directions: **Elkhorn Creek Biodiversity Preserve** is about 3 miles southwest of Forreston in the southeast corner of West Grove and Freeport Rds. Parking is off of West Grove Rd.

The Freeport Prairie is just south of the intersection of Meadows Dr. and Walnut Rd. on the south side of Freeport. Parking is off of Walnut Rd.

Silver Creek Biodiversity Preserve is about 2 miles south of Leaf River in the southwest corner of the intersection of Leaf River Rd. and West Grove Rd. Parking is off of Leaf River Rd. about ¼ mile south of the intersection (*S. Main St. crossing Hwy 72 in Leaf River becomes Leaf River Rd.*)

May 30 – Elkhorn Creek, Upper Planting, 8-10 a.m., carpool 7:30.
Leader: Mary, 815-938-3204.

June 1 – Silver Creek, 8-10 a.m., carpool 7:15.
Leader: Mary, 815-938-3204.

June 5 – Elkhorn Creek, Bluestem View, 7-9 a.m., carpool 6:30.
Leader: Kara, 815-871-8014.

June 8 – Elkhorn Creek, Swamp Sparrow Wetland, 7-9 a.m., carpool 6:30. *Leader: Juliet, 201-233-0946.*

June 12 – Elkhorn Creek, Old Joe Seep, 7-9 a.m., carpool 6:30.
Leaders: Randy and Nancy, 815-440-5768.

June 14 – Elkhorn Creek, Spiderwort Vista, 7-9 a.m., carpool 6:30.
Leader: Anne, 815-938-3263.

June 19 – Elkhorn Creek, Old Joe Seep and Fruit Bowl, 7-9 a.m., carpool 6:30. *Leaders: Randy, Nancy, Mary and Kara, 815-871-8014.*

June 21 – Freeport Prairie, 7-9 a.m. *Leader: Mary, 815-938-3204.*

June 28 – Elkhorn Creek, Corner Planting, 7-9 a.m., carpool 6:30.
Leader: Mary, 815-938-3204.

July 1 – Elkhorn Creek, Blazing Star Saddles, 7-9 a.m., carpool 6:30.
Leaders: Chris and Bernard, 815-275-9200.

July 3 – Elkhorn Creek, Black Oak Savanna, 7-9 a.m., carpool 6:30.
Leader: Alan, 815-541-0789.

July 6 – Elkhorn Creek, Sandy Slope, 7-9 a.m., carpool 6:30.
Leaders: John and Anita, 815-443-2401.

July 10 – Elkhorn Creek, Goats 'n Roses, 7-9 a.m., carpool 6:30.
Leader: Mary, 815-938-3204.

July 12 – Elkhorn Creek, Fruit Bowl, 7-9 a.m., carpool 6:30. *Leaders: Mary and Kara, 815-871-8014.*

July 17 – Elkhorn Creek, Jim's Hill, 7-9 a.m., carpool 6:30.
Leader: Lynn, 815-235-9530.

July 19 – Elkhorn Creek, Elkhorn Riparian Strip, 8-10 a.m., carpool 7:30. *Leader: Jeremy, 815-821-3921.*

July 25 – Elkhorn Creek, Swamp Sparrow Wetland, 7-9 a.m., carpool 6:30. *Leader: Juliet, 201-233-0946.*

July 27 – Elkhorn Creek, Trail Trimming for Butterfly Festival, 7-9 a.m., carpool 6:30. *Leader: Mary, 815-938-3204.*

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 | Richard Benning

Secretary | Nancy Ocken

Treasurer | Mary Blackmore

President Emeritus | Lynn Feaver

At-large | Mark Keister, Fred Redmore,
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Membership | Gay Broocks

Field Trips | Laura Dufford

Sustainable Agriculture

Richard Benning, Mary Blackmore,
Laura Dufford and Heidi Thorp

Newsletter Editor | Dan Barron

2115 15th Pl. So. - La Crosse WI 54601

815-541-3261 - dan@beewise.us

nwilaudubon@gmail.com

(Our Food Choices Really Do Matter continued)

Beginning in 2012 the committee changed its focus from taking the farmer to the consumer to taking the consumer to the farmer, and began an annual series of ag-related field trips. We've visited a local or regional grain mill, cheese factory, organic dairy farm, winery, apple orchard, several Community Supported Agriculture (CSA) operations and much more.

On these site visits the growers and processors show us the hows and whys of their businesses and are always eager to answer questions. Often the field trip sites are farms featured in our annually updated Local Foods brochure, a resource developed jointly with the University of Illinois Extension (for copies see our website or call 815-835-5109).

We hope you can join us for this summer's Sustainable Ag field trips (see calendar items June 6 and August 3). Although our direction has changed, our goals remain the same: to help consumers think about the ramifications of their food selections and to assist them in making more informed choices.

**WELCOME NEW
MEMBERS!**

Beau Bunders - Polo
Louise Hall - Polo
Ruth Frisbie - Stockton
John and Allison Gush - Lanark
Patty Weik - Freeport

THANK YOU!



Preserve stewardship volunteers through May 1: Bernard and Deb Lischwe, Judy and Harlan Corrie, Pam and Jim Richards, John and Anita Nienhuis, Nancy Ocken, Teresa Smith, Anne Straight, Kara Gallup, Merry Blake and Mary Blackmore.

Beau Bunders and Lynn Feaver for clearing fallen trees from trails at our preserves.

Terri Clark for her willingness to continue monitoring the Elkhorn Creek Preserve nest boxes.

Merry Blake and Mary Blackmore for returning to our March Skunk Cabbage field trip site at Castle Rock State Park to pick up many bags of trash.

Recent field trip leaders Anne Straight, Juliet Moderow, Mary Blackmore, Richard Benning and Laura Dufford.

Juliet Moderow for all of her work in planning and coordinating the very successful Earth Day event at Krape Park.

Thank you to Jack and Debbie Barron with Freeport Press for donating the printing for the 2017 Local Food Brochure

**Northwest Illinois
Audubon Society**

P.O. Box 771
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