

Preparing For The Big Race! *By BVT*

The cross-country ski season has come to an end. For me, it was officially over on February 21st, the day of the American Birkebeiner.

"I'm thinking about skiing the Birke this year," I said to Mandy, Bubolz's program coordinator. Maybe I was thinking about it, but in all honesty I was not ready to commit to a race of that magnitude. It was early December, the snow wouldn't stop falling, and I couldn't get my skis on often enough. Mandy and I were having lunch in the preserve's kitchen, in between a morning and afternoon of teaching cross country ski programs to some area school kids.

I got involved at Bubolz in the fall of 2007. I was a 21 year old punk with little more than a love of nature, and desire to volunteer and help out. I was going to school at UW-Fox at the time, with the eventual goal of becoming a naturalist. Sheepishly, I shadowed the other TN's - teacher naturalists, through various programs on the preserve. The other TN's all had years of experience: some of them retired school teachers or farmers; all of them outdoor enthusiasts with much more life experience than me. The first programs I got to lead felt like a disaster. Still, I love teaching and working with kids is a joy to me.

After teaching school programs that day, Mandy told me, the Bubolz staff and some of the TN's had pitched in to help cover the race entry fee. Oh my! That sounded an awful lot like commitment. Now I was in it for the long haul. The American Birkebeiner is a 53 km race from Cable to Hayward, through the hilly Wisconsin north woods. It is the most brutal cross-country ski race in North America. I was both ecstatic and terrified at the prospect. I had some serious skiing to prepare for!

To prepare for the big race, I begun training avidly. December was a Nordic skiers dream, fresh snow nearly every other day, and cold nights to set some fast trails. I transferred to Stevens Point in January to continue studying natural resources, and there were not nearly as many trails for skiers. The snow also quit falling for much of January and February and we even had rain to knock down what leftover snow we did have. In the end, it did not really matter, because all the training on the best of trails cannot prepare someone for the flu a week before the race.

I arrived at the start of the big race about 35 seconds before the gun fired. I had enough time to strip my excess clothes and gear and double-pole my ski-shod feet out to the start. The pistol fired and we were off. It would have been helpful to have some time to warm up. Stretching may have helped too. After thoughts. *Cont. on page 6...*

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www.BubolzPreserve.org

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Mission Statement: *The Gordon Bubolz Nature Preserve provides educational and recreational opportunities that will encourage persons of all ages to develop and practice a sound environmental ethic that reflects an understanding and appreciation of nature and the wise use of natural resources.*

Staff:

Cynthia R. Mueller - Executive Director
Mandy Beaber - Program Coordinator/Naturalist
Randy Tuma - Property Manager/Naturalist
Luann Landers - Office Manager/Newsletter Editor
Mark Apitz - Caretaker

Nature Center Hours:

8 a.m. to 4:30 p.m. (Tuesday - Friday)
11 a.m. to 4:00 p.m. (Saturday)
12:30 p.m. to 4:00 p.m. (Sunday)
Building closed Mondays and when staff is in the field. Please call ahead to assure access.

Trails open daylight hours. Sorry, No Pets.

Naturally Speaking is published quarterly by the Bubolz Preserve. The purpose of the newsletter is to inform our members and the community about the programs and activities at the Preserve. Comments and questions are welcomed and should be addressed to Luann Landers at the Bubolz Preserve.

Welcome New Members

Mary Sue Woldt
Mark, Pam, & Demetri Schedler
Tom Frisque

APPLETON AREA SCHOOL DISTRICT SUMMER SCHOOL AT BUBOLZ

The AASD is partnering with the Bubolz Nature Preserve for Summer School. Both summer school courses are 4 days and will be held at the Bubolz Nature Center. The courses will be designed by the Appleton Area School District.

To register your child for summer school please contact the Appleton Area School District at (920) 832-4976 or register online www.aasd.k12.wi.us/SumSchool/

Habitat Safari 1st-3rd grade June 15 - 18 (1:00 - 4:00pm)

Pull on your hiking shoes, slap on a hat, and grab your backpack as your compass guides you to four Wisconsin habitats. Use digital cameras, scientific instruments, and hands-on explorations to gather data as you complete your quest. Crawl, hike, and wade as you journey into the preserve to log your discoveries. Daily activities to include: Specimen collecting and releasing, nature crafting, story telling, playing nature games, and hiking.

Kid vs Wild 4th-6th grade June 22 - 23 (1:00 - 4:00pm)

Do you have what it takes to get up close and personal with nature? Explore adventure activities of paddle sports, fishing, geo-caching and orienteering, camping and backpacking. Develop wilderness skills of fire building, cooking, knot tying, shelter building, and foraging for wild edibles. Put your skills to test in the daily survival challenge. Do more than survive in the wild-thrive. Daily activities to include: Outdoor adventure activity, wilderness skills training, survival challenge, and Leave No Trace principles.

PASSPORT TO NATURE PROGRAMS

Formed in 2008, The Fox Cities Passport to Nature collaborative, consisting of five nature centers, six public libraries and three municipalities, has expanded last year's program by hiring a Summer Outreach Naturalist who will travel to all of the various locations. This position is funded by a grant through the Community Foundation for the Fox Valley Region. The Passport program was designed after the No Child Left Inside Idea by Richard Louv. Together, we have created an opportunity for children of all ages to get outside and explore the beautiful outdoor locations around the Fox Valley.

All the Passport to Nature programs at Bubolz will be led by long-time volunteer and new Passport to Nature Summer Outreach Naturalist Ben Van Thiel. We were honored when Ben was hired for the Passport to Nature Program due to his love and passion for the environment and education.

The Passport to Nature programs are *free to the public* and are designed for *all age levels*. Program topics will be *GPS Geocaching on 6/21/09, Aquatic Adventures on 7/10/09, Butterfly Hike on 7/26/09, Night Hike on 8/14/09*, see Preserve calendar on page 4 & 5 for more details. All programs are nature related. You do not have to call the Preserve to sign up. If you have specific questions call (920) 731-6041 or e-mail mbeaber@bubolzpreserve.org.

WHAT'S UP WITH THE PONDS GOING DOWN?

You may have noticed that Albert's Foot Pond (trout pond) and Quarry Pond all but disappeared last fall just before the snows came. Many people have asked, "What happened to the ponds?"

In October we had hundreds of kids floating around in boats conducting aquatic studies, and turtles by the dozens bobbing up around the docks. Then just like that...nothing. It was like the plug was pulled in a bathtub drain in a matter of a few weeks. Most of the water disappeared in both ponds, even though the water levels in North Level Ditch and Sedge Meadow Pond stayed intact for the winter.

What happened to the water in the ponds in such a short amount of time? Why did our well water drop 40 feet in the same time period causing the well pump and pressure tanks to burn out? Why did our geo-thermal water furnace need replacing right after the well pump went haywire? We are trying to find out.

Melt from a second record year of snow and recent spring rains have re-charged the ponds to only about half their normal spring levels. Test wells have been placed to monitor groundwater and water quality. College students are looking for signs of any surviving turtles, fish, or invertebrates that are typically very abundant in the ponds.

If you live near the Preserve and have experienced any similar water related problems, we would like to hear from you. *Cynthia Mueller, Executive Director*

SCHEDULED CALENDAR OF EVENTS

The following events are tentatively scheduled. Please call the Preserve at (920) 731-6041 to confirm or register for programs. Watch for more information in your local paper as each date approaches.

-
- Jun 3** ***Rain Harvesting with a Rain Barrel - Wednesday - 6:00 pm - 7:30 pm***
 Master Gardener Rod Sternhagen will provide hands-on instruction for you to create your own rain barrel. A rain barrel is a large, 55 gallon drum that catches rain for future use in your garden. A permeable lid makes your finished rain barrels insect, child, and pet proof. Cost \$50/person \$45/Member. Includes materials. ***Pre-registration & payment is required by May 29th.***
- Jun 3** ***Sustainable Life Environmental Film Series - Wednesday - 6:30 pm - 8:30 pm***
 “Worth Fighting For: Protecting the Great Lakes” Free - Sponsored by NEW Audubon Society.
- Jun 10** ***Cement Leaf Casting Workshop - Wednesday - 6:00 pm - 8:00 pm***
 Enjoy this fun-filled, hands-on activity that introduces participants to the process of creating beautiful cement leaf castings from their favorite green plants. Guest instructor Elaine Meyer will discuss ingredient selection, helpful tools, the steps for creating the shape and veining of 2 – 3 large leaves and painting techniques for your finished artwork. **Registration is required.** Call (920) 731-6041. Cost: \$15/nonmembers; \$10/members.
- Jun 21** ***GPS Geocaching Program - Sunday - 2:00 pm - 3:00 pm***
 Seasonal Naturalist, Ben Van Thiel, from the Passport to Nature program will conduct this session. All ages welcome. ***Free public program.***
- Jun 27** ***Live Raptor Program - Saturday - 1:00 pm - 2:00 pm***
 Join Don Baumgartner and his feathered friends. Stop in anytime between 1:00 - 2:00 to see and learn about the birds of prey and their unique characteristics. **Free - donations appreciated.**
- Jul 1** ***Sustainable Life Environmental Film Series - Wednesday - 6:30 pm - 8:30 pm***
 “King Corn” Film with discussion to follow. **Free - donations appreciated.** Sponsored by NEW Audubon Society, Fox Valley Sierra Group & Bubolz Nature Preserve.
- Jul 7** ***Critter Catching - Tuesday 1:00 - 3:00 pm - for 6 to 12 year olds. Pre-registration required.***
 Long skinny slimy ones, short fat juicy ones, itsy bitsy fuzzy wuzzy CRITTERS!
 Use different types of nets to catch and identify insects, amphibians, and minnows. Explore the Preserves ponds, prairies, and forests to discover where different critters live. Make your own critter to take with! Wear old shoes or knee boots. Be prepared to get MUDDY!
- Jul 9** ***Critter Catching - Thursday - 9:00 - 11:00am - (for 3 to 5 year olds) Pre-registration required.***
 See description on July 7th. ***An adult must be present for child to attend.***
- Jul 10** ***Aquatic Adventures - Friday - 11:00 am***
 Seasonal Naturalist, Ben Van Thiel, from the Passport to Nature program will help you explore the ponds and surrounding habitat for turtles, snakes, and frogs. All ages welcome. **Free**
- Jul 11** ***Tree Identification Hike - Saturday - 1:00 - 3:00 pm***
 Learn how to recognize a variety of trees by their leaves, seeds, and bark as a naturalist guides you through the preserves lush forest. \$3/person. All ages welcome. Members **FREE**.

- Jul 14** *Who's Been Walking in My Woods? - Tuesday 1:00 - 3:00 pm - (for 6 to 12 year olds)*
Animal tracks hold many mysteries that are waiting for you to uncover! Join us for an animal track hike through the Preserve. Make your very own animal track out of plaster to take home!
Pre-registration required.
- Jul 16** *Who's Been Walking in My Woods? - Thursday - 9:00 - 11:00 am - (for 3 to 5 year olds)*
See description on July 14th. An adult must attend with this age group. **Pre-registration required.**
- Jul 21** *Lumber Jack & Jill Olympics - Tuesday 1:00 - 3:00 pm or Thursday - 9:00 - 11:00 am*
Or 23 Dress up like a Lumberjack or Jill for a day full of challenging lumberjack games! Wood cookie toss, lumberjack vocabulary, light a match with a hatchet, saw a log with a cross-cut saw, and a log rolling contest. Winner of contests will get their very own wood cookie award to take home! Be sure to eat your WHEATIES! The same program will run Tuesday and Thursday, sign up for only one. **Program designed for 8 to 12 year olds. Pre-registration required.**
- Jul 28** *Dream Weavers - Tuesday 1:00 - 3:00 pm or Thursday - 9:00 - 11:00 am*
Or 30 Discover Native American cultures through traditional games that build survival skills, tell legendary stories and create a take home craft. Learn the legend behind a dream catcher. Catch all your bad dreams with a handcrafted dream catcher! The same program will run both day, sign up for only one. **Program designed for 6 to 12 year olds. Pre-registration required.**
- Aug 4** *Stepping Stones - Tuesday 1:00 - 3:00 pm or Thursday - 9:00 - 11:00 am (for 6 to 12 year olds)*
Or 6 Create a concrete stepping stone using recycled and natural materials. Take a hike along our trails to gather materials for your natural art project! Bring in anything special that you wish to include in your stone. Stepping stones look great in your garden, lawn, or house! The same program will run Tuesday and Thursday, sign up for only one. **Pre-registration required.**
- Aug 11** *Cement Leaf Casting Painting Workshop - Tuesday - 6:00 pm - 8:00 pm*
Bring in your cement leaf casting for a painting workshop. Guest instructor Elaine Meyer will discuss painting techniques for your finished artwork. Supplies provided. **Pre-registration is required.** Call (920) 731-6041. Cost: \$8/nonmembers; \$5/members.
- Aug 11** *Trees Please - Tuesday 1:00 - 3:00 pm or Thursday - 9:00 - 11:00am. Pre-registration required*
Or 13 Be a nature detective and discover what kind of trees are growing on the Preserve! Gather a few leaves to create a leaf printed T-shirt and/or a Bandana! Bring a white shirt along or purchase one from the Preserve for \$5.00. Bandanas will be provided. **Program designed for 6 to 12 year olds.**
- Aug 14** *Night Hike - Friday - 8:30 pm*
Seasonal Naturalist, Ben Van Thiel, from the Passport to Nature program will help you understand nocturnal critters, hike and listen to night sounds in the woods and star-gazing (if possible). All ages welcome. **Free public program**
- Aug 29** *The Gordon Bubolz Nature Preserve Whitetail Classic - Saturday - 12:00 pm - 4:00 pm*
Celebrate one of Wisconsin's traditions with us as we aim to capture the excitement and enthusiasm brought about each autumn by the Whitetailed deer. This family friendly event will feature a multitude of representatives from the outdoor community offering educational and hands on activities for all ages. At 3:30 a drawing for children's prizes and a raffle will round out the day's activities. For details call 731-6041. Cost: \$5/adult & \$2/child. Under 3 free. Members receive a \$1.00 discount.

Annual Donors - First Quarter 2009

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Preparing for the Big Race! Cont. from page 2 . . .

No time for that now, I've got 33 miles to go. Help me!

It takes even the best skiers 2 ½ hours to finish a Birke. It takes most of the skiers between 4 and 6 hours. Well, it took me 6 ½ hours, which is plenty of time to get some thinking done. I began to wonder where my life went so wrong as to end up here, at this moment, putting on miles and miles of pain. About every other week during my time with Bubolz, always while performing the most difficult or mundane tasks, Cindy Mueller would ask me, "So, are you sure you still want to be a naturalist?" During my race, I began to think to myself, "am I sure I still want to ski a Birke?" It may seem too late when you're already skiing, but every single minute is another decision. Will I continue, or will I give up?

I continued to choose to continue. Approaching the finish in Hayward, that choice became increasingly harder. A 70 year old woman passed me in the home stretch. It was her 33rd Birke. Afterward, people came up to me just to tell me how miserable I looked. Crossing the finish line felt like the greatest achievement of my life.

For the record, I do still want to be a naturalist. And I continue to choose to strive towards that end, as well. I owe so much to the nature center and to everyone involved there. Thank You Bubolz Nature Preserve!

By Ben Van Thiel, Passport to Nature Seasonal Naturalist

Beautiful Flowers

Do you like to garden? Would you have time to watch over our Butterfly Garden this summer? We are looking for one or more people to do occasional weeding and thinning in the small garden on the path leading down to the Nature Awareness Center. Please call or email if you have an interest (920)731-6041 mbeaber@bubolzpreserve.org



For several years, Pam Kirschner and a group from the Outagamie County 4-H cared for the garden. They did a tremendous job. But as kids grow up and life changes, they are now working on other projects. We thank them for their service.

THANK YOU THANK YOU THANK YOU

Cary Anderson, David Bayer, Mary Ann Bayer, Bob Brodhagen, Malika Chatterji, Jerry Cherney, Jim Dreyer, Bill Francis, Zaiga Freivalds, Jayne Lobner, Mary Pleuss, Karen Redmann, Jon Sams, Ben Van Thiel - Volunteer Teacher Naturalists

Scatter Joy - Donation of tree & plant seeds

Zaiga, Mary, Carol, Bill, Betty, Mary Ann, Jon - Fold, insert, staple and label Newsletters for bulk mailing

Richard & Pam Dodge -Donation in honor of Thomas Sutter

Bob Ferron - Filling bird feeders at bird observation area

Gary Sternhagen - Donated homemade wren houses

Barb Bermel - Hand-sewn cabin curtains

Ken Affeldt - Hand-carved custom wood signs

Tom Beyer - Donated homemade bluebird & wren houses

Kris Ellenbecker, Mike Newhouse, Zaiga Freivalds - Adopt-A-Bucket volunteers

Chris Rademacher - Lead spring morning bird hikes

David Bayer - Bluebird trail monitoring & tree planting study

Paul Crowe - Donated wood to build birdhouses

Insta Print - Printing of Summer Day Camp brochures

MES Well Drilling-Install groundwater test wells on pond

Bill & David Eisch-Donated Bluebird house for trail

Terry Jachowicz, Joe Bach, Bob Kross - Bridge planning

Harold Tuma - Preparation for Maple Syrup season

Steve Tuma - Equipment use & help with trees

Bob Y., Bob V., Dan V.- Miller Electric - Property cleanup

Terry Jachowicz - Repairs to tractor

Appleton Lacrosse Club - Trail work

WMHI- Linda, Bernie, Renee, Terry, Sam, Jeff, John, Tasha, Ron, Dave - Invasive Species work

Dan Mueller - Tech support

Bob Herubin-FVTC- Organize test well monitoring

Fox Valley Kiwanis - Chip trails, haul sap, spring clean up

Fox Valley Chapter Trout Unlimited - Footbridge reconstruction planning

Fox Valley Sierra Group - Volunteer support

Scott Heinrich, FVTC CASS students - Aquatic monitoring

Tom Sutter - Taxidermy costs for Red-Tailed hawk mount

Special Thank You to D & D Excavating & Mike Brandel

THANK YOU THANK YOU THANK YOU

*Thank You To All Our 2009
Maple Syrup Saturday Volunteers*

This year's annual Maple Syrup Saturday marked the 28th year that visitors enjoyed the Preserve's sweet maple syrup over ice cream and sugar bush tours. We also brought back the popular Pancake breakfast. Over 800 people attended this year's program and breakfast. *Thank You* to our Volunteers for a great job.

Pancake Breakfast Volunteers

Dennis & Mary Hultgren	Merlin & Bev Gentz
Ron & Janet Van De Hey	Barbara & Bill Kelly
Lee & Amy Allinger	Scott Valitchka
Margaret Klose	Sally Mielke
Mary Jo Planmann	Bea Weyers
Appleton West Students	Ben Van Thiel
Appleton North Students	

Maple Syrup Saturday Volunteers

Jan Jansen	Zaiga Freivalds	Adell Bernal
Orlando Jansen	Jim Dreyer	Kathy Dreyer
Doug Hildebrandt	Bill Francis	Laurie Stenson
Bob Brodhagen	Mike Newhouse	Mike Paltzer
Pete Rasmussen	Joel Paltzer	David Bayer
Stacy Rathsack	Paula Menting	Ann Reynolds
Mary Ann Bayer	Karen Redmann	Jon Sams
Penny Schaber	Cary Anderson	Ben Van Thiel
Nathan Abbott	Tom Gulovich	Marg Gulovich
Kris Ellenbecker		

*Thanks to M & I Bank
for sponsoring
Maple Syrup Saturday 2009*

Fox Valley Technical College Trail Guides

Abe W., Jon R., Joe K., Bill C., Brandon M., Eric W., Kevin W., Kayla, Connor V., Joe W., Brad N., Mike W., Kim S., Eric W.

*Congratulations Bill Francis,
Bubolz volunteer recognized as
Volunteer of the month by the
Volunteer Center of East
Central Wisconsin*

The Gordon Bubolz Nature Preserve
4815 North Lynndale Drive
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A Gordon Bubolz Nature Preserve Membership. The Gift that keeps on giving!

The Gordon Bubolz Nature Preserve offers 775 acres of peaceful beauty to relax and enjoy nature. Walk, jog, hike, ski or snowshoe the 8.5 miles of rustic trails. Weave through a variety of habitats including swamp, prairies and sedge meadows, pond and forest. Visit the 1980 earth-sheltered nature center to view educational displays and exhibits. Take advantage of year-round programs, guided hikes, and special events for all ages. **Become a member or give a membership that keeps on giving throughout the year.** Become a volunteer and make a difference in your community.

A membership at the Preserve contributes to:

- *Maintenance and management of this valuable community asset
- *Quality environmental education programming for area students and groups
- *Acquisition and preservation of valuable wetland and forest habitats
- *A personal responsibility to protect the balance of nature
- *Community pride in knowing that you supported green space and wildlife habitat

The Bubolz Nature Preserve is a nonprofit, 501c3 tax-exempt corporation, which receives no government funding or family endowment support. Your membership and donations are tax deductible.

\$10	Student	\$50 - \$99	Family	\$ 250 - \$499	Supporting
\$25 - \$99	Senior Citizen	\$100+	Business/Organization	\$ 500 - \$999	Benefactor
\$25 - \$99	Adult	\$100 - \$249	Sustaining	\$1000+	Guarantor

Memberships are on a per household basis with the exception of student and adult. After selecting a membership under one of the above categories, please complete the form below and return it with your contribution to: **BUBOLZ NATURE PRESERVE, 4815 N. LYNNDALE DRIVE, APPLETON, WISCONSIN 54913.** Membership cards for all contributions will be sent directly to the address provided.

Gordon Bubolz Nature Preserve Membership Form

Name: _____ Telephone: _____

Address: _____ E-mail Address: _____

City: _____ State: _____ Zip Code: _____

Membership Category: _____ Amount Enclosed: _____ New or Renewal _____

Your Name and Address, if gift membership: _____