



living in the avon hills



feed your mind awaken your senses enliven your spirit

a conference for the whole family

Saturday, February 1, 2014
Saint John's University
8:00 a.m.— 4:15 p.m.

Natural History Arts Gardening Kids Land Use

agenda
8:00—9:00 REGISTRATION/EXHIBITS
9:00—10:30 Initiative Awards Presentation Keynote: Wildlife Science Center
10:30—11:00 BREAK/EXHIBITS
11:00—11:45 Session I
11:45—1:00 LUNCH/EXHIBITS
1:00—1:45 Session II
1:45—2:15 BREAK/EXHIBITS
2:15—3:00 Session III
3:00—3:30 BREAK/EXHIBITS
3:30—4:15 Session IV

registration
\$30—adults
\$10—children, ages 5-15
\$40—teacher workshop
\$40—walk-in adults No walk-in children
registration fee includes: keynote, entrance to four sessions, access to exhibitors, lunch, snacks at registration & breaks, materials & handouts.

deadlines
postmarked by Jan 24
submitted online by Jan 28
walk-in prices after Jan 28

special thanks to:

presenting sponsor



gold sponsors



partners



additional funding provided by:





session descriptions

attend sessions on a first-come, first-served basis throughout the day



session I. 11:00—11:45 (choose 1)



A. KIDS: Amazing Animal Adaptations *Wildlife Science Center*
Wild animals have an amazing variety of characteristics that enable them to survive in their environments. Learn more about common MN animals, discuss endangered species, and become a wildlife detective. *Get a closer look at a live raptor to observe their unique adaptations!*

B. Growing Berries, *Dr. Bill Cook, Saint Cloud State University*
Small fruits are arguably the easiest way to start an edible garden. Learn the basics of getting started with strawberries, blueberries, and raspberries from use in landscaping to regular care and maintenance.

C. The Buzz about Native Bees *Crystal Boyd, MN DNR*
It may be winter now, but the bees will be buzzing this spring! Learn about the more than 300 native MN bee species and new pollinator projects happening at the MN DNR.

D. Pretzels and More! *Susan Kroska, Susan's Artisan Bread*
Perfect for the whole family! Learn how to make a variety of different kinds of pretzels and more. Enjoy sampling the results!

E. Green Homes made easy: A painless guide to doing it right , *Michael Anschel, Verified Green, Inc.*
This class will walk you through the major components of home building and remodeling and provide you with clear instruction for greening each one. Plumbing, Heating, Insulation, Framing, Floors, cabinets, interior finishes, Landscaping, etc. This fast paced session will energize you and give you the tools to green your home or remodeling project.

F. Agates Rock! *Sharon Smith, Agates Rock*
Learn about the formation and distribution of Lake Superior Agates, including current trends in collecting and valuing the stones. View samples of agates from around the world.

G. Marketing Logs & the Avon Hills, *Bob Perleberg & Peter Gillitzer*
Learn how to sustainably harvest logs to regenerate the forest and earn you cash. Also details about cutting wood so that it meets market standards and about a new market that can use lower quality logs.

H. A Brief History of Collegeville II, *Peggy Roske, CSB/SJU Archives*
The archivist will be back with more historical details about the Arboretum. Learn about St. John's golf course, ski hill, fish hatchery, toboggan run, and lots of other tidbits of Collegeville history.

I. Is a Conservation Easement for You? *John Curry, MN Land Trust*
Are you concerned about long-term conservation of your land? Learn how you can permanently protect your land from development and if you are a good candidate for a conservation easement.

J. Riparian Habitat Restoration, *Heather Baird, MN DNR*
View examples of habitat restoration along lakes and streams in MN. Learn about the process of restoration and how it relates to habitat and water quality.

K. Tick & Mosquito Transmitted Illnesses, *Elizabeth Schiffman, MN Health Department*
What's new with mosquito and tick-borne diseases in MN? Discuss updates with an emphasis on risks and prevention.

thank you to all of our sponsors, donors, volunteers, & Saint John's



session II. 1:00—1:45 (choose 1)



A. KIDS: Mysteries of the Moon, *Saint John's Outdoor University*
What is the moon's really made of? Why does it change shape? Could we live there? Join us for stories, games and hands-on activities!

B. Amazing Animal Adaptations *Wildlife Science Center*
Wild animals have amazing ways to survive in their environments. Learn about common MN animals, discuss endangered species, and *get a closer look at a live raptor to observe their unique adaptations!*

C. Small-Scale Prairies & Eco-Friendly Landscapes *Steve Heymans, Steve's Landscape Services*
Every property, including residential lots, has the potential to become an ecologically friendly and low maintenance landscape. Learn the elements of design and benefits of native plants in small landscapes.

D. Plant-Powered Health: Answers from the Garden *David Kroska, MD*
What is the role of plants in health and longevity? Get an overview of gardening, what to grow, and why for maximum health impact along with history of some common garden plants.

E. Peonies: King of the Perennial Garden *Diane Hansgen*
Peonies are some of the oldest perennials known to gardeners. They are easy to grow and are among the most fragrant cut flowers. Learn the secrets of planting and enjoying peonies hardy enough for MN winters.

F. MN Aquatic Invasive Species *Chris Jurek & Courtney Millaway, MN DNR*
Learn about aquatic invasive species in MN. See specimens of invasive plants & animals and discuss prevention & management options.

G. Minnesota Indians *Dr. Rob Galler, Saint Cloud State University*
This presentation will provide a general overview of historical and cultural connections of Ojibwes and Dakotas to Minnesota and explore how tribal experiences connect with U.S. and Minnesota history.

H. Insulation Retrofits for Existing Homes, *Chris Froelke, Retro Green Energy*
Learn about energy loss, heat loss and heat gain, indoor air quality, moisture issues, and poor insulation properties existing in homes. Get information on best practices to retrofit existing homes.

I. Stearns County Land Use *Angie Berg, Stearns Co. Envr. Services*
Learn about updates to the County's Zoning Code, technology initiatives including website enhancements, ePermitting and online mapping

J. Ash Tree Management and Emerald Ash Borer, *John Korzeniowski, MN DNR*
Emerald Ash Borer, an invasive insect, are threatening our ash trees in central MN. Learn the latest on what you can do to protect your trees.

K. Intergenerational Land Transfers 101, *Dave Velde, Velde Moore Law Firm*
Attorney Dave Velde will discuss a variety of legal options in MN that can be used to transfer land from one generation to the next. This talk will cover the basics by introducing the options, defining legal terms, and discussing which option best fits different situations

K-12 Teacher Workshop: Project Learning Tree

- A workshop using hands-on lessons to bring the natural world into the classroom.
- Focuses on the forest as a window on the world.
- PLT teaches not only about trees, but also about land, air, and water to help students understand our complex environment.
- Open to educators, naturalists, scout leaders, and others interested in EE.





session descriptions

attend sessions on a first-come, first-served basis throughout the day



session III. 2:15—3:00 (choose 1)



A. KIDS: Nature Games, *Saint John's Outdoor University*

Get some exercise while learning about animals and their habitats. Explore the world of wolves, bears, & muskox through fun and games.

B. Timber Framing, *Peter Henrikson, North House Folk School*

European settlers in MN brought timber frame techniques to build barns, churches, and bridges. Learn about this traditional craft, both old and new tools, as well as some new projects at Saint John's.

C. Poetry in the Avon Hills, *Larry Schug & Ryan Kutter*

There are many tools for probing the environment scientifically. We should also know the poetry of a landscape to protect, preserve, and remember it. Learn to tell stories of place through a poem.

D. Cooking with Superfood, *Susan Kroska, Susan's Artisan Bread*

What are superfoods? Why should we use them? Learn how to add these tasty foods to your everyday cooking with demos & samples!

E. When Wildlife Needs Your Help, *Linda Peck*

Learn how the concerned public can work with certified wildlife rehabilitators in helping injured and orphaned wildlife.

F. Climate Change & MN Forests, *Leslie Brandt, USDA Forest Service*

With a summary of past & projected climate change impacts on MN forests, learn how to adapt your forest management to climate change. Learn what national forests and others are doing, and how you can apply strategies to your own land or backyard.

G. Small-Scale Wind Power, *Charles Grell, Gone2Green*

Is small wind a reliable source for energy? What can we expect from small projects. Why do the utilities fight to stop it?

H. Sustaining Ourselves, Sustaining Our Lives, *Autumn Brown, MN Sustainability Project*

How can we use sustainable living practices to build community? Discuss models such as community gardens, time-banks, and community currencies to envision how to build relationships of learning and exchange in the Avon Hills.

I. Is Beekeeping for You? *JoAnne Sabin, Beekeeper*

Have you thought about keeping bees but want to know more? Learn about the benefits, temperament, location, safety, effort, and cost requirements to help you decide if beekeeping is for you.

J. Minnesota Wolves, *Dan Stark, MN DNR*

MN wolves transitioned from federal protection under the Endangered Species Act to management under MN DNR in 2012. Learn about hunting, trapping, monitoring, & management for long-term survival.

K. Intergenerational Land Transfers 201, *Dave Velde, Velde Moore Law Firm*

Attorney Dave Velde will discuss a variety of legal options in MN that can be used to transfer land from one generation to the next. This talk is more advanced and will add to the talk in the second session by discussing in more detail items such as state and federal taxes, determining the best option, and examples of transfers gone well and gone bad.

Outdoor University staff for making this conference possible



session IV. 3:30—4:15 (choose 1)



A. KIDS: Winter Birds, *Saint John's Outdoor University*

Learn which birds stick around for winter, common calls, what they eat in winter & how they stay warm without winter coats and mittens.

B. Growing Garlic, *Chris Kudrna, Plum Creek Garlic*

Garlic grown in cold climates really does taste better! In MN we plant garlic in Oct. and harvest in July. Learn the basics of growing great garlic: varieties, weeding & harvesting, plus cooking & eating tips.

C. From Mastodons to Lincoln, *Dr. Stephen Saupe, CSB/SJU Biology Department*

The CSB/SJU botanist will dazzle you with fascinating stories about some of the "charming" and interesting plants of the Avon Hills.

D. Pruning Trees and Shrubs, *Dr. Bill Cook, St. Cloud State University*

Late winter and early spring is a great time to do maintenance on several species of trees and shrubs! Discuss the why, how, do's and don'ts of trimming and pruning woody plants.

E. Game Warden History & Current Rules, *Chad Thesing, MN DNR*

Travel through a brief history of MN state game wardens, followed by a Q&A on current MN DNR hunting and fishing rules and regulations.

F. The Roots of Music, *Doug Millaway*

Americana, folk, bluegrass, and acoustic blues will form the basis of a conversation about music at its roots—no effects, mics, or gadgets. For musicians and enthusiasts alike (bring an instrument or favorite CDs!). Share stories, tunes, or lyrics that represent music in its simplest form.

G. Time-Lapse Photography, *Cody Groen*

Many natural processes can be captured on film using time-lapse photography. From changes in the sky, the landscape through the seasons, aging of a human face, or a blossoming flower, you can learn how to capture moments or years in a time-lapse film with ease.

H. Plant-Powered Health: Answers from the Garden *David Kroska, MD*

What is the role of plants in health and longevity? Get an overview of gardening, what to grow, and why for maximum health impact along with history of some common garden plants.

I. Get Paid for Preserving Property, *Tom Kroll, SJ Outdoor U*

More than \$700,000 is available for buying conservation easements in the Avon Hills. Learn about how you can receive funding to establish an easement on your land through our sealed bidding process that compares a ratio of ecological value to cost to establish funding priority.

J. Medicinal Plants in the Saint John's Abbey Arboretum, *Emily Reimer and Erin Medvecz, SJ Outdoor University*

Two student naturalists for the Saint John's Outdoor University, have started documenting the medicinal plants in the Arboretum. Come learn about some of them and natural remedies found in nature.

Project Learning Tree Workshop participants receive:

- Access to Keynote & Exhibit Hall
- Lunch and refreshments
- 4.5 Clock Hours
- PLT activity guides and other supplemental resources





P.O. Box 377
Avon, MN 56310

US Postage
PAID
Collegeville, MN
Permit No. 9

Supported by:



living in the avon hills **Saturday, February 1, 2014**
feed your mind awaken your senses enliven your spirit



keynote presentation • 9:30 a.m.



Wildlife Science Center
The Wonderful World of Raptors: Predators of the Sky



An up-close learning adventure! Learn about many characteristics of raptors, fables and stories, conservation, falconry, and more. With artifacts, sounds, interactive tools, and **2 live raptor ambassadors**, all ages will be inspired.



space is limited—register now!

