



living in the avon hills



feed your mind awaken your senses enliven your spirit

a conference for the whole family

 Saturday, February 2, 2013

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: Stan Tekiela	
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	
	\$30—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 25	
	submitted online by Jan 29	
	walk-in prices after Jan 29	

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session descriptions

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



session I. 11:00—11:45 (choose 1)



A. KIDS: Hibernation, *Saint John's Arboretum*

Do bears really sleep for 4 months? Where do the frogs go? Why do we see squirrels but not turtles? Through stories, games and hands-on activities, we will help answer how these critters survive the long, cold winter.

B. Grafting Fruit Trees in MN, *Dave Griffin, Minnesota Peach*

Grafting your own fruit trees is fun, creative, and easier than you may think— with a stick, a few simple tools, and little basic knowledge, you can make a tree.

C. Easy DOs and DON'Ts for Better Outdoor Photos, *Ken Bachofer, Nature Photographer & MN Master Naturalist Volunteer*

Learn simple ways to improve your image quality which will work with any type of camera. Examples will include nature photographs and some of the stories behind them.

D. Artisan Breads, *Susan Kroska, Susan's Artisan Bread*

Learn tips and techniques to make wonderful artisan breads using different grains. Yes, you can even do this in your home oven. Taste the difference.

E. MN GreenStar—Residential Green-Building & Remodeling in MN, *Michael Ansel, Verified Green, Inc.*

MN's progressive certification program provides a roadmap for creating a more sustainable built environment. Get an overview of the program, application to potential projects, methodology for use as a teaching tool, and more.

F. Raising Icelandic Sheep, *Jim Digiovanni, Dancing Bears Co.,*

The basics of raising small flocks of sheep on pasture in the Avon Hills. Discuss amount of land needed, lambing, health problems, meat and fiber, benefits to the environment, and feed and facilities.

G. *Stickwork: The Art of Place, David Paul Lange, CSB/SJU Art Dept.*

Patrick Dougherty, has traveled the globe building large-scale sculptural installations using only local & sustainable materials. He built *Lean on Me* at Saint John's this fall! Learn more about the project.

H. A Brief History of Collegeville, *Peggy Roske, CSB/SJU Archives*

Are you familiar with Saint John's Abbey Arboretum? How about its Pickerel Point, Doctor's Island, Adrianople, or the "British Isles?" Learn about these places and other tidbits of Collegeville history.

I. MN Frog & Toad Survey, *Heidi Cyr, MN DNR*

Learn about the this citizen-science volunteer opportunity, the data collected, history of the project, and how to get involved.

J. Starting from Scratch: The Basics of Edible & Ornamental Gardens, *Terry Engels, Master Gardener*

Want to start a garden but don't know how? Whether you yearn for the landscape of your dreams or a cornucopia of edibles, this session will review basic principles and how to use them.

K. Wolf Management & Conservation in MN, *Dan Stark, MN DNR*

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

thank you to all of our sponsors, donors, volunteers



session II. 1:00—1:45 (choose 1)



A. KIDS: Nature Art, *Saint John's Arboretum*

Be inspired by nature to create some amazing art! At the end of this session, take home your very own Art in Nature Journal!

B. Container Gardening, *Staci Kalthoff*

Learn what containers work best and what plants to put in them. Get ideas for accent plants to try along with vegetables .

C. Butterflies & Moths—Creatures of the Day & Night, *Arne Myrabo, MN Master Naturalist Volunteer*

Learn how these tiny creatures are an extremely important part of our environment, and an indicator of its health! Biology, behavior, photos and more!

D. Knowing My Place: Essays About MN Landscape , *Betsy Johnson-Miller, CSB/SJU English Dept.*

Flannery O'Connor said, "To know oneself is to know one's region." Learn about writing essays about the physical and spiritual landscape of Minnesota.

E. Cottonwood Bark Carving, *Gen Jansen*

See a demonstration of carving cottonwood bark and view example projects including Spirit Faces, Green Men, trees, subjects in-the-round, and more! Learn about high-relief, deep-relief and finishing your projects.

F. Fishing Lore and Lures, *Ray Tuholsky, Kountry Crafts*

A "Show & Tell" of how United States and Minnesota history had an impact on fishing. Stories, collecting, and secrets.

G. Aquatic Invasive Species, *Nicholas Brown, MN DNR*

See and discuss current aquatic invasive species and their impacts on Minnesota's water resources. Learn about prevention, management & ways to get involved.

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. Tomatoes: Tips, Tricks & Trivia, *David Kroska, ACME Tomatoes*

Just when you think you know everything about tomatoes guess again. Let's cut to the chase, what REALLY makes a great garden?

J. Bees & Beekeeping, *Gary Reuter, Univ. of MN*

Learn the fundamentals of caring for honey bees including bee biology, equipment, identification and seasonal requirements.

K. Adventures of *Big John: Migration & Foraging Patterns of Common Loons, Kevin Kenow, U.S. Geological Survey*

Big John, a common loon residing at Saint John's was equipped with satellite transmitters & part of a study to learn more about loon migration and foraging patterns.

K-12 Teacher Workshop: Citizen Science in the Classroom & Great Lakes Worm Watch

- An introduction to citizen-science opportunities using the resources at your disposal from your schoolyard, school forest, local parks, rivers, streams, lakes, and wetlands both in rural and urban settings.
- Focus on the Great Lakes Worm Watch citizen-science project and how it can be incorporated into your current curriculum.
- Methods to incorporate citizen-science into what you currently teach.





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session III. 2:15—3:00 (choose 1)



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

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

B. Lilies You Will Love, *Diane Hansgen*

Learn the keys to success for planting and choosing the right lily for continuous color from spring to fall, including some lilies for shady woodland gardens.

C. Night Gliders: Nocturnal Denizens of Saint John's Abbey Arboretum, *Kristina Timmerman, CSB/SJU Biology Dept.*

A review of the natural history and ecology of the Southern Flying Squirrel (*Glaucomys volans*). Where do they hide during the day? What do they eat? What eats them? Answer these questions and more!

D. Making Beer and Wine at Home, *Jason Wester, Baker's Hobby Emporium*

Learn the basics of homebrew from brew day to bottling and how to make wine from kits and fresh fruit.

E. Better Bagels, *Susan Kroska, Susan's Artisan Bread*

Learn how to make bagels crispy on the outside, chewy on the inside, and with big taste. It is so easy and really fun—a great family activity.

F. Botanical Beauties, *Peter Gillitzer, Consulting Forester & Amateur Scientist*

Native wildflowers to shampoo? Learn about a partnership between the White Earth Band of Chippewa and the Aveda Corporation. Many plants collected for this unique project are found right here in the Avon Hills!

G. Vermiculture: Indoor Composting with Worms, *William Cook, St. Cloud State University Biology Dept.*

Learn how to turn kitchen scraps into rich, fertile compost indoors. Properly cared for worm colonies are self-contained, safe, don't smell bad, and produce a steady supply of compost.

H. Citizen Science for Avon Hills Birders, *Bob Russell, U.S. Fish & Wildlife Service*

Birders in the Avon Hills have many opportunities to turn their casual sightings into scientific data. Learn about monitoring projects such as feeder watch, the Minnesota Breeding Bird Atlas, the Breeding Bird Survey, refuge surveys, dove and owl routes, and much more.

I. MN Lakes: Past, Present & Future, *Dr. Bill Lamberts, CSB/SJU Biology Dept.*

MN is the land of 10,000 lakes. Where did these lakes come from? How have they changed in the past few centuries, and what does the future hold for them? How can we help sustain our lakes?

J. Scroll-Saw Fretwork, *Al Ernst*

Fretwork is an interlaced decorative design cut out with a scroll-saw, used to adorn furniture, musical instruments, or to make sculptures and ornaments. Learn how it's done. View sample projects & demos!

K. Property Taxes and Land Owner Tax Programs, *Gary Grossinger and Jeff Johnson, Stearns County Assessors.*

We will review four tax programs available to land owners in MN--Green Acres, Rural Preserve, Managed Forest Land, and Sustainable Forest Incentive Act. Important dates and information will be shared.

& Arboretum staff for making this conference possible



session IV. 3:30—4:15 (choose 1)



A. KIDS: Animal Tracks & Signs, *Saint John's Arboretum*

Every track tells a mystery! Learn how to unravel the mystery by solving puzzles, making field guides, and creating your own mysteries.

B. Tree Pruning Made Simple, *Steve Ruprecht, Nursery Manager, Thomsens Greenhouse*

Learn why, when, and how trees can be pruned. The basics of different groups of trees will be covered (fruit, shade, and ornamental) followed by a Q&A session so bring your questions!

C. Tree-rings and the Tales They Tell, *Dr. Troy Knight, CSB/SJU Environmental Studies Dept.*

Troy Knight has been conducting research on tree rings throughout the American west to study what effects climate had on the past vegetation. Join him in learning about the tales tree rings can tell us about the earth's natural history.

D. Making Mead at Home, *Gary Reuter, University of MN*

Mead is similar to wine but made from honey instead of grapes and sugar. I will show the basics of making a batch of mead.

E. Your Co-op: Creation of a Local Food & Art Cooperative, *Rita DeZurik, Andy Dirksen, MN Street Market*

This presentation will highlight co-op principles as well as the vision of the Market—to create a hub for sustainable living—fostering community connections between land, people, and institutions.

F. Fishing Lore & Lures, *Ray Tuholsky, Kountry Crafts*

A "Show & Tell" of how United States and Minnesota History had an impact on fishing. Stories, collecting, and secrets.

G. Techniques for Buckthorn Control, *Matt Graeve, The Nature Conservancy*

We will discuss the ecology and management of common buckthorn (*Rhamnus cathartica*). Learn about the tools and techniques for addressing buckthorn infestations of all scales.

H. Birding 101, *Tom Tingblad, Wild Bird Center*

An introduction to attracting birds to your yard. Learn about many different types of birds and how to set up feeding stations to attract them for your viewing enjoyment.

I. How to Kill Your Houseplants, *Dr. Bill Cook, SCSU Biology Dept.*

In this class we will cover the basics of how to (not) kill plants which are attempting to live in your home, including information about light, water, potting, fertilization and pests.

J. Flight Observations: Taking a Look at Birds, Insects, and Flight, *Dr. Jim Poff, CSB/SJU Biology Dept.*

Look at some local species that are easy to observe in flight, talk a bit about some of the evolutionary adaptations that make flight possible, as well as evolutionary factors that make flight necessary.

K. Tomatoes: Tips, Tricks, & Trivia, *David Kroska, ACME Tomatoes*

Just when you think you know everything about tomatoes guess again. Let's cut to the chase, what REALLY makes a great garden?

K-12 Workshop participants receive:

- Access to Keynote & Exhibit Hall
- Lunch and refreshments
- 5.0 Clock Hours
- Take home materials, posters, other supplemental resources





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living in the avon hills *Saturday, February 2, 2013*
feed your mind awaken your senses enliven your spirit



keynote presentation • 9:30 a.m.

the lives of wolves, coyote, & fox

Kick off the day with Stan Tekiela—Minnesota author, photographer, naturalist, and self-described “purveyor of gee-whiz nature information.” Award-winning images and entertaining facts combine to make sure you’ll never look at a wolf, coyote, or fox the same way again.



space is limited—register now!

