



The St. Croix Current

Photo by Jen Vieth

Photo by Mary Marty

Volume 38, Number 1
Winter 2019

Carpenter St. Croix Valley Nature Center

12805 St. Croix Trail S.
Hastings, Minnesota 55033

Wisconsin Campus:
300 E. Cove Rd.
Hudson, Wisconsin 54016

Phone: 651-437-4359

www.CarpenterNatureCenter.org

"The mission of Carpenter St. Croix Valley Nature Center is fostering a lifelong appreciation of the natural world through environmental education, habitat conservation and outdoor experiences."

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Field Notes

By Jen Vieth and Jessie Eckroad

Its mid-winter, and many of our native Midwestern creatures are deep in hibernation, "dreaming" away the cold months. Throughout the long winter, have you ever wondered what our wild creatures are dreaming? And how do we know if they dream at all?

As we nestle in our beds, we undergo a period of decreased activity in which our bodies and brains are restored from the days' experiences. Our sleep cycles from deep, to light, and into the dream-filled stage called REM (Rapid Eye Movement) sleep. By measuring brainwave patterns of several sleeping species, scientists have discovered that many warm-blooded animals, mammals and birds included, exhibit sleep patterns remarkably similar to those of humans. Like humans, these animals also go through a REM-like sleep phase, and therefore, may also experience dreams. Cold-blooded animals, however, do not exhibit REM sleep. While scientists can't prove that warm-blooded animals dream, anyone who has shared their home with a dog, and observed their twitching legs, will tell you that their faithful companion is most definitely bounding after dreamscape squirrels.

Hibernation is similar to sleep, but is a much deeper, more prolonged period of decreased activity. In true hibernators, the creature's metabolic rate slows, the heart rate slows, the need for oxygen declines, and brain activity becomes undetectable. Animals enter hibernation to conserve energy during periods of low food availability and extreme temperatures. While many different kinds of animals hibernate, scientists have documented that only mammals exhibit REM-like periods of sleep during hibernation. This means that, during hibernation, our native mammals may be quietly dreaming under the snow. In addition to ground squirrels, chipmunks, bears, and other hibernators, there are even a few primate species that hibernate.

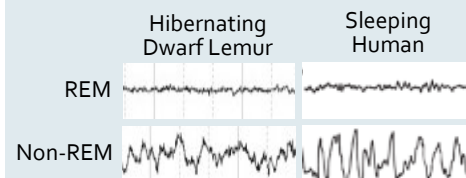
While many humans feel that dozing is a waste of time, sleeping and dreaming are essential to our physical and mental health. Dreaming and REM sleep appear to consolidate daytime learning as our brain practices what it learned during the day. Sleeping can also allow restructuring of neurological connections in a way that aids in problem solving. Numerous studies have shown that patients increased their short-term memory or problem solving ability after resting. Therefore the old mantra to "sleep on it" rings true.

Even though dreaming may not be unique to humans, we have the distinction of being the only species that can take our dreams and make them into reality. Stories abound of famous people, from golfer Jack Nicklaus to author Mary Shelley, who have solved daytime problems after dreaming about the solution. We also dream in metaphorical terms, whether that be using our imaginations, making wishes, or hoping for the future. When we put actions towards our dreams, we can transform in ways that make a positive impact on our world. As we embrace the New Year, what do you dream of for 2019? What dreams will you harness and create into something beautiful?

"I dream of painting, and then I paint my dream." - Vincent Van Gogh



Duke University Lemur Center



The Pygmy Fat-tailed Lemur (top) is a small primate that hibernates. When comparing brainwaves of a sleeping human to those of a hibernating lemur, astonishing similarities are apparent. Note: EEG graphs above were all recorded over a span of six seconds at a scale of 50 microvolts. M. Blanco, K. Dausmann, S. Faherty, P. Klopfer, D. Krystal, R. Schopler, and A. Yoder (2016). "Hibernation in a primate: does sleep occur? Royal Society Open Science.

Upcoming Programs & Events

Reservations are required

For more information, to RSVP or to schedule a group program, please call the office:

651-437-4359



Jessie Eckroad

Masters of the Sky

Presented by



February 23 & February 24
11:00 am • 1:00 pm • 3:00 pm

The World Bird Sanctuary staff from St. Louis, Missouri, will be coming to CNC to present a captivating program about birds of prey. Visitors will learn about raptors from around the world and have the chance

to experience live hawks, eagles, owls, falcons, and vultures up close and in free-flight. The presenters will introduce methods to help protect raptors and their habitats. **RSVP and non-refundable payment are required, so call 651-437-4359 to reserve your seats.** Event Fee: \$10 or \$7 for 'Friends of CNC.'

Public Bird Banding

Fridays • 8:30 am – Noon
Jan 25 • Feb 22 • Mar 22 • Apr 26

Join CNC's expert bird banders every month as they catch, band, and release songbirds on our Minnesota campus. Banding runs continuously, and visitors may come and go any time. In lieu of a program fee, donations of suet or birdseed are greatly appreciated.



Lizzie Danich

Bird Hikes

Minnesota Campus

Apr 6 • 8:00 am

Wisconsin Campus

300 E. Cove Rd., Hudson

Jan 12 & Feb 9 • 9:00 am

Mar 9 & Apr 13 • 8:00 am

Learn to identify birds with local experts. Binoculars and field guides will be available to use, or you may bring your own. Come to one or all of the hikes. Registration is recommended, so please call 651-437-4359 to



Wendy Hill

reserve your spot. Program Fee: \$6 or FREE for 'Friends of CNC,' SCVBC members, and Hasting High School students.

Hastings Area Birding Festival

In partnership with the Hastings Environmental Protectors

April 27 • 8:00 am

Celebrate birds and conservation at the Hastings Area Earth Day Birding Festival. Attend classes and demonstrations that introduce you to raptors, birding, and bird banding, and go on guided bird trips throughout the Hastings area. Young birders are encouraged to participate in the Youth Birding Competition. For more information about the Youth Birding Competition, and to view a schedule for the event, visit our website. **RSVPs are required. Call 651-437-4359 to reserve your spot.** Event Fee: \$5 or \$15 with a box lunch.



Marsha Mose

Owl Prowls

Minnesota Campus

Jan 11 & Feb 8

Wisconsin Campus

300 E. Cove Road, Hudson

Feb 1 & Mar 1

7:00—9:00 pm

This time of the year, many of the Midwest's 12 owl species are vocalizing to attract mates. Explore CNC on a guided night-hike to look and listen for these owls. Registration is required, and space is limited, so please call 651-437-4359 to reserve your spot. Program Fee: \$6 per person or \$4 for 'Friends of CNC.'



Wendy Hill

Woodcock Walk

Apr 26 • 8:00—9:00 pm

Visit CNC's Wisconsin campus to learn about the world of the American Woodcock. CNC Executive Director, Jennifer Vieth, will lead the program along with St. Croix Valley Bird Club Vice President, Cathy Olyphant. Learn fascinating details about the lifestyle and conservation outlook of these bizarre long-beaked birds. The program will begin with an indoor presentation, which will be followed by a walk through the darkening prairie trails to observe the acrobatic mating displays of male Woodcock. Registration is required, so call 651-437-4359 to reserve your spot. Program Fee: \$6 per person or \$4 for 'Friends of CNC.'

Upcoming Programs

More details available at www.CarpenterNatureCenter.org or by calling **651-437-4359**



Lizzie Danich

Preschool Storytime

Fridays • 10:00 – 11:00 am

Jan 11 • Winter Woods

Feb 15 • I ♥ Owls

Mar 15 • Syrup Season

Apr 12 • Welcome Back Birds

These programs are designed to introduce children ages 2-5 to nature in a fun and safe environment. Listen to stories, spend time outdoors,

make a craft, and meet live animals. Registration is required, and space is limited, so please call 651-437-4359 to reserve your spot. **Children must be accompanied by an adult.** Program Fee: \$5 per child or \$3 for 'Friends of CNC.' No charge for accompanying adult.

Ice Fishing

FREE Family Ice Fishing Days at Lake Rebecca

Jan 26 & Feb 9 • 9:00 am—Noon

Learn about ice safety, fish species and habitat, ice fishing gear and techniques, and more. Instruction provided in part by the National Park Service, the world-renowned experts from In-Depth Outdoors®, and local high school ice angling teams. **REGISTRATIONS STRONGLY ENCOURAGED** in order to ensure there is enough equipment for all participants. Call 651-437-4359 to register and schedule arrival time.

FREE Advanced Ice Fishing at North Lake

Jan 19 • 9:00 am—Noon

Children ages 10 and up with prior fishing experience can register for this program that explores the advanced art and science of ice fishing. Learn how to select a location, drill a hole, and land top quality fish. Learn about ice safety, fish species and habitats, ice fishing gear and techniques, and much more. Get these tips and tricks for successful ice fishing from the experts. Instructors are local ice fishing guides and fisheries experts. Registration is required and space is limited, so please call 651-437-4359 to reserve your spot.



Jessie Eckroad

Adult Moonlight Snowshoe Hikes

Jan 18 & Feb 15 • 7:00—9:00 pm

Enjoy a winter night under the moonlight with a snowshoe hike at CNC. After the hike, warm up by the fire and enjoy fresh popcorn and hot apple cider. Snowshoes provided or bring your own; dress for the weather. Registration is required, and space is limited, so please call 651-437-4359 to reserve your spot. Program Fee: \$10 per person or \$7 for 'Friends of CNC.'

Scout Fun Day: Winter Survival

Jan 19 • 10:00 am – Noon

Have fun outdoors and make new friends while working to earn badges. Cub and Girl Scouts, ages 8-11, are welcome to participate in this outdoor experience. Space is limited, so call 651-437-4359 to register and ask how this program meets requirements for earning badges. Program Fee: \$6 per scout; no charge for group leaders.



Lizzie Danich

Making Maple Syrup

Public Programs

Mar 10 & Mar 17 • 1:00 – 3:00 pm

Scout Program

Mar 3 • 1:00 – 3:00 pm

Welcome spring by joining the CNC staff in making maple syrup. Hike to the "sugarbush" to tap maple trees, watch the process of turning sap into syrup, and sample the final product. The program starts indoors, but be ready to hike in the spring snow and mud. Registration is required, and space is limited, so please call 651-437-4359 to reserve your spot. Program Fee: \$6 per person or \$4 for 'Friends of CNC.'



Lizzie Danich

Home School: Honoring Earth Day

Apr 22 • 1:00—2:30 pm

CNC's Home School Programs are created to offer students in home schools an opportunity to meet other children, take part in environmental education programs, and enjoy the outdoors. In this program, students will learn about the various ways they can help nature. Please dress appropriately for the weather. Registration is required, and space is limited, so please call 651-437-4359 to reserve your spot. Program Fee: \$6 per student or \$4 for 'Friends of CNC.'


















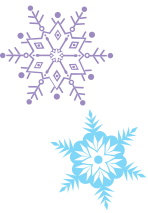

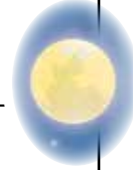
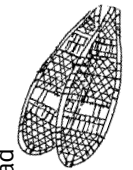


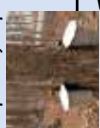






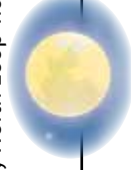





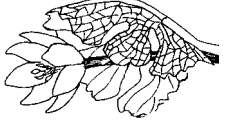


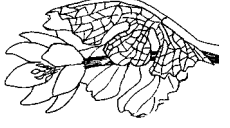


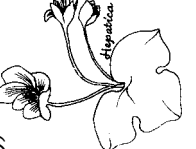







THANK YOU TO OUR
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2019 Calendar of Events at Carpenter Nature Center

Phenology from 2018 (with additional entries from CNC's past phenology notes)

January		1	2	3	4	5
		New Year's Day – CNC Closed High Temp 1°F after 69 hours below zero		Pre-Dawn: Quadrantids Meteor Shower peak		New Moon 
6 Sharp-shinned Hawk chases Hairy Woodpecker by feeders	7 2 Pileated Woodpeckers at feeders together ('12)	8 8 hours and 59 minutes of daylight	9 Mink on the Porch ('96)	10 	Preschool Storytime: Winter Woods Owl Prowl - MN	12 Bird Hike - WI
13 	14 St Croix River frozen across ('05)	15 	16 Golden Eagle over Prescott ('10)	17 	Adult Moonlight Snowshoe Hike 	19 Advanced Ice Fishing at North Lake Scout Day: Winter Survival
20 Full "Super" Moon Total Lunar Eclipse: 8:36 pm to 1:48 am	21 Martin Luther King Day Woolly Bear Caterpillar on sidewalk	22 1 foot of snow (greatest single snowfall in 7 years)	23 	24 American Robin sighted ('08)	25 Public Bird Banding	26 Ice Fishing at Lake Rebecca
27 	28 Marsh Hawk over Prairie ('91)	29 	30 Blue Jay "pumphandle" song heard ('07)	31 78 Trumpeter Swans at confluence	February Owl Prowl – WI 	2 Groundhog Day
3 	4 New Moon 	5 Chinese New Year – Year of the Pig	6 European Starling beaks mostly yellow ('03)	7 	8 Owl Prowl - MN	9 Ice Fishing at Lake Rebecca Bird Hike - WI
10 Wild Turkey on Red Cedar Trail ('97)	11 Horned Larks are back ('15)	12 Coyotes howling during Full Moon Hike ('98)	13 Pine Siskins singing	14 Valentine's Day Coyote crossing river to railroad bridge	15 Preschool Storytime: I ♥ Owls Adult Moonlight Snowshoe Hike	16 Bald Eagle on nest at overlook
17 	18 President's Day 	19 Full "Super" Moon 	20 Beginning to tap maple trees ('98)	21 Opossum along the road 	22 Public Bird Banding	23 Masters of the Sky
24 Masters of the Sky	25 	26 Skunk at Farmhouse ('99)	27 New record high 58°F ('16)	28 3 male Ring-necked Pheasants at feeders ('01)	March 	2 Owl Prowl – WI Pair of Pileated Woodpeckers seen
3 Scout Day: Making Maple Syrup 	4 	5 Mardi Gras 	6 American Kestrel on powerline near entrance New Moon	7 3 Wild Turkeys under feeders	8 American Robins singing in Wetland	9 Bird Hike - WI 
10 Daylight Saving Time begins Making Maple Syrup	11 Red-winged Blackbird territory call heard 	12 Common Loons on St. Croix River ('98)	13 Tadpoles in wetland by North Loop Trail ('08)	14 Thirteen-lined Ground Squirrel in Circle Garden ('00)	15 Preschool Storytime: Syrup Season	16 
17 Making Maple Syrup St Patrick's Day	18 	19 1st Turkey Vulture over confluence	20 Full "Super" Moon 	21 	22 Public Bird Banding Common Grackle at feeder	23 Daffodils peeking up in Circle Garden ('01)
24 First Deer Tick of season ('95) 	25 Hooded Merganser in Wetland ('07)	26 Hooded Merganser in Wetland ('07)	27 	28 Thunderstorm overnight ('98)	29 Silver Maple blooming ('05)	30 Tufted Titmouse singing
31 Double-crested Cormorants heading north ('94)	1 1st Cowbird ('15) 	2 	3 Snowy Owl in orchard 	4 30-40 Trumpeter Swans over CNC ('06)	5 New Moon	6 Bird Hike - MN
7 	8 	9 1st migrating gulls ('10)	10 	11 Lock & Dam 2 closed due to high water ('01)	12 Preschool Story Time: Welcome Back Birds	13 Bird Hike - WI 
14 Record April snowfall in metro (15-19 in)	15 Tax Returns Due	16 	17 Daffodils blooming ('09) 	18 2 Bald Eagle chicks stretching their wings	19 Full Moon Passover Begins	20 
21 Easter Sunday (CNC Closed) Pileated Woodpecker in ravine	22 Earth Day Home School Program Highway Clean-up	23 1st Bumble Bee ('96) 	24 Daffodils blooming ('09) 	25 Red Cup Fungus growing 	26 Arbor Day Public Bird Banding Woodcock Walk - WI	27 Hastings Area Birding Festival
28 14 hours and 8 minutes of daylight	29 Hepatica blooming on Savannah Trail	30 Prairie Smoke blooming				

People Profiles



Behind the Scenes at CNC Erika Jensen

The talents and responsibilities of the staff at CNC are many and varied. Some staff members, such as the education team, are frequently in the public eye, and thus, are easily recognizable by visitors. Some staff members though, such as our Development Coordinator, Erika Jensen, work tirelessly behind the scenes, and although you may not recognize her, you have certainly seen the positive impact of her efforts.

A member of the CNC team since 2017, Erika first served as our Education and Communications intern, then as a contract Naturalist, and she has been our Development Coordinator since January 2018. Her skills have been a major asset to the Nature Center: Whether that be her attention to detail in managing our 'Friends of CNC' database, her personalized notes that she includes with each 'Friends' renewal

letter, or her ability to manage the multiple facets of event planning. She is also one of the friendly, informative voices behind our monthly e-newsletter and social media accounts that keep visitors up-to-date about all the happenings at CNC. Over the coming months and years, Erika will continue to grow in her role by taking on additional responsibilities, such as writing grant applications that help to fund operations at CNC.

When you donate to CNC, you can be assured that Erika is thoughtfully and carefully handling your gift. She is deeply committed to making sure your dollars are doing the most good, and she wants to ensure that you are shown respect and gratitude for your contribution (as do the rest of the staff!). If there is anything that Erika can do to make your giving experience better, please let her know: Whether that be updating your address in our database when you move, correcting the spelling of your name, ensuring that tax documentation of your gift is in order, or answering questions about donating to CNC. To contact her, send an email to erika@carpenternaturecenter.org, or give her a call at 651-437-4359.

Intern Profile Hannah Haselden

Hannah was our Environmental Education Intern during the fall of 2018. She graduated from the University of North Florida with an Environmental Studies major in May. During her internship at CNC, Hannah taught a variety of programs to preschoolers and elementary students and learned all about Minnesota grown apples. She was an integral member of the animal care team,



contributing to feeding the raptors, exercising the turtles and training our new rabbit, Sapa. She devoted many hours to helping Sapa adjust to his new environment, and enjoyed teaching him to walk on a leash and harness. Hannah also helped to manage our website and assisted with graphic design work. After she finished her internship in November, Hannah moved to Winona, MN with her fiancé, and she is looking forward to her first winter in Minnesota. Thank you for being a part of the CNC team!

Volunteer Spotlight Jim Beix

This winter, we are pleased to shine the Volunteer Spotlight on Jim Beix. Jim is part of the bird banding crew and one of the friendliest people you could hope to meet. He always greets you with a smile and a pat on the back. Jim started volunteering in 2013 and has since put in over 700 hours. Besides helping with bird banding, Jim has also helped with Autumn in the Valley where he has taken guests on cart tours of the grounds. He has also put time in at CNC's WI campus removing buckthorn. Thanks, Jim, for your time, talent, and dedication to CNC. It is our turn to give you a well-deserved pat on the back in appreciation of all you do for us and to say thanks from the bottom of our hearts.



Volunteer Corner

Volunteer Information Meetings

Jan 16 • Feb 20 • Mar 12 • May 14 • June 4

For those interested in joining the CNC Volunteer crew, Volunteer Information Meetings will take place in the Visitor Center at 7:00 pm. These meetings last about 1/2 hour and are a great way to get started on your volunteering path. Please call ahead at 651-437-4359 to let us know you are coming.

Volunteer Opportunities

Public Programs – Look over the upcoming program/event calendar and mark the dates for the Moonlight Snowshoe Hikes and Masters of the Sky. We appreciate volunteer help with these programs and more info will be emailed as those dates get closer.

Collect Maple Sap – During March we will be tapping maple trees and making delicious maple syrup. If the sap runs a lot, we will need help with this process – you'll be hauling sap and helping to boil it down to syrup. Look for an email in March for this task.

Adopt-A-Highway spring cleanup will take place on Earth Day April 22 starting at 5:30 pm. Please come help pick up litter along the roadway that runs past CNC.

Memorials & Honorariums

We wish to express our appreciation for the following gifts:

In Honor of

Tom & Betty Kieffer's 50th wedding anniversary from Abra Hovgaard & Holly Hanson, Clair & Sal & Hugo & Lola from Gary & Mickie Griswold, Sarah Becken from Tom & Kay Becken, Don Kern from Joel & Barb Mielke, Dawn Mantel from Ann B. Dutton, Lucy Rooney from Cheryl Bonderson, Fred & Bonnie Shaw from Tammy Johnson & Todd Shaw, Randy Thoreson from Kerry Rolstad, Wallace Wadd from Karla Larson-Wadd

In Memory of

Bill & Rita Bissen from Jeff Payne, Barb Breault from Gary & Mickie Griswold, Bill and Doris Breidenbach from Erika Jensen, Karl Bremer from Chris Bremer, Granny Bukacek from Steve Kaufman & Jane Bukacek, Tom Bump from Michelle Bump, Darin Burckhard from Scott & Jackie Northard, Curt & Grace Cordahl from Sue Ann Cordahl, Pat Dalluhn from Steven & Shelley Berven, Lyla Davies from The Sieben Family, Daryl Donath from Daniel & Ellen Sherry, Richard & Dorothy Fonger from Jane Fonger, Daniel Gerbec from Paul Gerbec & Kelly Brenna, and Kerry Geurkink, Art Glass from Abra Hovgaard & Holly Hanson, Dan Greenwald from Jay Griggs, Timothy Gregory from Jeanne & Tom Gregory, Don "Izy" Izydorek from Kelly Izydorek & Don Kern, Carol Johnson from Charlie Johnson, Richard (Buzz) & Mary Marzolf from Tom Marzolf, Ian McConnell from Kathy Widin, Wilma Morast from Gregg and Vickie Batroot, Ray Nicolai Sr. from Leo & Joyce Nicolai, Jim Nielsen from Pam Nielsen & David Swanstrom, Marshall Petersen & Dave Pickett from Mike Pickett, Pat Quinn from Anna Quinn, Gayle & Eugene Sabelhaus from Brenton and Marigayle Alvey, Linnea Sundgaard from Sonja Sundgaard- Kania, Cal Swenson from Matt & Angela Peterson, Paul Tritschler from Jim and Judy Freund

Sneak Peak 2019

Summer Camps

Visit our website to register early for summer camps.



Nature Nuts (ages 5 & 6) June 17–21 • 9:00am–Noon

Pioneers (ages 7 & 8) July 8–12 • 9:00 am–Noon

Fee: \$105 per participant or \$95 for 'Friends of CNC.'

Explorers (ages 9-11) July 22–26 • 9:00 am–4:00 pm

Fee: \$184 per child or \$174 for 'Friends of CNC.'

Outdoor Skills (ages 10+) • June 24–25 • 9:00 am–4:00 pm

NEW CAMP currently in development. Visit our website for updated information.

Ornithologists (ages 10+) June 26–28 • 9:00 am–4:00 pm

Learn about bird biology, identification, and conservation while hiking the grounds at CNC.

Fee: \$139 per child or \$129 for 'Friends of CNC.'

Pathfinders (ages 11+) July 15–19 • 9:00 am–4:00 pm

Explore the connection between the environment and food production through a variety of hands-on field trip experiences. Camp currently in development. Visit our website for updated information.

Entomologists (ages 11+) July 1–3 • 9:00 am–4:00 pm

NEW CAMP currently in development. Visit our website for updated information.

Canoe Trip (ages 12+)

July 30–Aug 1 • 9:00 am Tuesday–4:30 pm Thursday

Fee: \$235 per participant or \$225 for 'Friends of CNC.'

Fishing Fun (ages 6-11) June 19 & July 10 • 1:00 pm–4:00 pm

Fish on the St. Croix River. Supplies provided if needed. Fee (per session): \$35 per child or \$25 for 'Friends of CNC.'

Art & Nature Camps at the Phipps Center for the Arts

Located in Hudson, Wisconsin • Dates and times TBD

Critter Crafting (ages 8-12) & Raptor Studies (ages 12-18)

Additional Dates to Remember in 2019

St. Croix Valley Scramble July 22
Carpenter Art Festival August 24
Apple Shack Opens Around Labor Day
Autumn in the Valley Gala September 8
Raptor Release September 28
Apple Fest October 12 & 13



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Linda Polglase.....	Administrative Assistant
Sverre Sundgaard.....	Natural Resources Manager
Jen Vieth.....	Executive Director

PLEASE INFORM US IF YOUR ADDRESS CHANGES

CNC Wish List

Carpenter Nature Center is in need
of the following items in good condition:

Suet

Old Newspapers with glossy ads removed
White Cardstock



CNC News & Events

If you are not receiving monthly e-mail updates please contact:
Erika@CarpenterNatureCenter.org to join our e-mail list.

Follow us online:

www.CarpenterNatureCenter.org, Facebook, Twitter, or www.givemn.org.



giveMN.org
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Trails and interpretive exhibits
are open daily from 8:00 a.m.
to 4:30 p.m. A trail map is
available at the registration
desk where we ask all visitors to
check in. Admission is free but
we encourage donations, which
go to help the environmental
education programs at the
Nature Center.