



River Bend
NATURE CENTER

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The newsletter is going digital! If you would still like to receive a paper copy of the quarterly newsletter, please email rbncinfo@rbnc.org or call us at 507-332-7151

Summer 2020, Volume 42, Issue 3

Helping people discover, enjoy, understand, and preserve the incredible natural world that surrounds us.

Diversity in Nature

By: Breanna Wheeler, Executive Director

This year, coronavirus and the events that have occurred following the murder of George Floyd have marked a turning point in human history. This time demands that we do not retreat into our individual, busy lives and workplaces, that we face our world that has work to do to address injustice and inequity faced by people of color, people who are poor, homeless, ill, older and/or have disabilities.

We can look to the natural world to see that diversity is important and makes life richer. Having more species present and healthy in a prairie, woodland, or in the water helps to sustain life. We have learned through Dutch elm disease and emerald ash borer why it's important not to plant just one type of tree on boulevards of city streets. In natural settings, seeing invasive species like buckthorn take over an entire area and crowd out the ability for any other plant to grow means less or no habitat for other plants, insects, birds, and mammals and can make it impossible for anything else to survive.

By learning about and how to appreciate the natural world, and seeing the parallels and examples nature has with our humanity (as we are part of nature after all), we are better able to heal and ready ourselves for hard work ahead. River Bend Nature Center provides this value to the community and over time: it brings people from many walks of life together and has the potential to help us understand "others" who look different or think differently from our own selves. By learning to value nature, we may learn to value ourselves and all other humans and living things with which we share the planet.

My heart breaks open to individuals, families, businesses, and organizations that are struggling and having to make difficult decisions. Many of us have quickly found ourselves needing to change to survive and thrive in the future. This is not easy, it is not orderly, it is messy and it is exhausting. But I believe it is worth it. During hard times, I find myself drawn back to a book called *Healing the Heart of Democracy* by Parker Palmer.

Palmer suggests that we become energized rather than defeated by what breaks our hearts. He says we should open our hearts to each other, no matter our differences, draw light out of darkness, community out of chaos, and life out of death. Those words seem so fitting right now, and as I try to live them, will bring them to and see the in the environment at River Bend Nature Center. We have work to do together and have been preparing for the challenges ahead. We sincerely **THANK YOU** who have continued to make it possible.

Program Highlights

July

- 2 Stewardship Day: Persnickety Parsnip
- 9 Adult Book Club: The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative By: Florence Williams
- 11 Story Adventures: Under A Log on Facebook Live
- 13&14 Busy Bees Camp
- 14 Stewardship Day: All Clear!
- 16 Stewardship Day: All Clear!
- 22 & 23 All About Animals Micro-Camps
- 22 & 23 Fun with Fossils Micro-Camps
- 25 Summer Story Adventures: Animal Alphabet on Facebook Live

August

- 5&6 Geocaching Micro-Camps
- 5&6 Compass Course Micro-Camps
- 8 Summer Story Adventures: Life on the Prairie on Facebook Live
- 11 Stewardship Day: Buckthorn Battles
- 12 & 13 Tree Detectives Micro-Camps
- 12&13 Survival Training Micro-Camps
- 13 Stewardship Day: Buckthorn Battles
- 22 Summer Story Adventures: The Big Woods
- 27 Adult Book Club: "Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants" By: Robin Wall Kimmerer
- 28 Stewardship Day: Are You Feeling Squirrely?

September

- 19 Maple Syrup Fun Run and Pancake Brunch
- 19-26 Ramble: Like Never Before Week
- 24 Adult Book Club: "Living in a Dream: Bluff Country Offerings"



MAPLE SYRUP FUN RUN
50K, 25K, 10K, 5K, & 1 MILE
River Bend Nature Center
Faribault, MN
*NEW DATE: September 19, 2020
register at: rbnc.org/fun-run

RAMBLE
39TH ANNUAL FUNDRAISING EVENT
WEEK OF SEPTEMBER 19, 2020
Ramble Like Never Before
TICKETS AT WWW.RBNC.ORG/RAMBLE



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David Foley, *Lead Naturalist/Program Coordinator*
Katy Anderegg, *Naturalist/Program Coordinator*
Molly Olson, *Naturalist/Program Coordinator*
Brittany Smith, *Naturalist/Program Coordinator*
Evan Pak, *Minnesota GreenCorps Member*

**New Programs and
Policies**

By: David Foley, Lead Naturalist/Program Coordinator

Over the past few months we have made many changes at River Bend Nature Center including the temporary closure of the Interpretive Center and postponement of in-person programs due to Covid-19.

While things may look a little different, we are committed to staying engaged with our community. River Bend staff have stayed busy by offering a variety of virtual programs including storytime adventures, youth virtual learning opportunities, lunch and learns, and book club. Micro-camps, traditional day camps, and family programs have also been modified to keep our participants safe while allowing them to experience the magic of the great outdoors! We hope that by offering a multitude of programs, everyone can find an area of interest or a new activity to explore.

As we begin to offer in-person programs once again, we have been very mindful in creating policies that will keep members of the public and RBNC staff safe and healthy. For the safety of everyone, all staff and participants will be required to wear facial coverings during scheduled programs. Staff will also strictly follow CDC regulations regarding sanitizing shared surfaces/equipment and all guidelines laid out for the state of Minnesota.

Policies for Upcoming Programs:

- Masks are required for all participants and staff during programming
- Hand sanitizer will be provided to participants during/after the program
- All equipment will be sanitized in between uses
- Programs are to be held entirely outside; in the case of severe weather or weather that makes an activity unable to run, the activity will be cancelled.

River Bend reserves the right to change or modify these rules as needed to comply with state regulations and recommendations.

We ask that you keep our staff safe in return by adhering to these policies when joining us for a program.

Thank you for your continued support during this time of change. We are grateful for your memberships, donations, program participation, and patience.

For up-to-date information and program offerings, visit our website at rbnc.org

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RIVER BEND NATURE CENTER

SUMMER CAMP 2020

**WHOLE DAY, HALF DAY, & MICRO CAMPS
FOR CHILDREN GRADES PRE-K THROUGH 8TH**

Week of	Camps	Grades
JUNE 16	Archery (micro-camp) Pond Dipping (Micro-camp)	3rd-8th 1st-3rd
JUNE 23	Archery (Micro-Camp) Pond Dipping (Micro-camp)	3rd-8th 1st-3rd
JULY 13&14 JULY 15&16	Busy Bees (Half Day 9am-12pm) Critter Connection	Pre-K 1st-3rd
JULY 20 & 21 JULY 22	Adventure Is Out There! All About Animals (Micro-camp) Fun with Fossils (Micro-camp)	3rd-6th Pre-K 3rd-8th
JULY 23	All About Animals (Micro-camp) Fun with Fossils (Micro-camp)	Pre-K 3rd-8th
AUGUST 3&4 AUGUST 5	Adventure Is Out There! Geocaching (Micro-Camp) Compass Course (Micro-Camp)	3rd-6th 3rd-8th 3rd-8th
AUGUST 6	Geocaching (Micro camp) Compass Course (Micro-camp)	3rd-8th 3rd-8th
AUGUST 10&11 AUGUST 12	River Bend Olympics Survival Training (Micro-camp) Tree Detectives (Micro-camp)	1st-3rd 3rd-8th 3rd-8th
AUGUST 13	Survival Training (Micro-camp) Tree Detectives (Micro-camp)	3rd-8th 3rd-8th
AUGUST 17&18 AUGUST 19&20	Art of Nature Treasure Hunters	1st-3rd 3rd-5th



Scholarships Available!

"Pay What You Can" scholarships are available! The name says it all - pay what you can, no questions asked!

Visit our website at:

rbnc.org/summer-camp for more information.

Scholarship funds available on a first come first served basis.



River Bend
NATURE CENTER

Register today!

 rbnc.org/summer-camp

507-332-7151



**1000 Rustad Road
Faribault, MN 55021**

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Faribault Area Retired Educators
Faribault Public Schools
Faribo Sno-Go Club
HealthFinders Collaborative

HomeTown Federal Credit Union
Krause Feeds & Supplies
Metro Sales, Inc.
Pawn MN LLC
Parker Kohl Funeral Home
Quality Appliance
Tom's Lock & Key

News & Notes

River Bend Is Hiring a Part-time Charitable Gambling Manager

Charitable Gambling is an important stream of income for River Bend. For more information and to apply, visit rbnc.org. The position is open until filled.

River Bend Seeks Candidates for Board of Directors

Do you have a love for environmental education and natural resources? Would you like to be involved in the decision making for River Bend? Then apply to be on the Board of Directors. For more information and to apply, visit rbnc.org. Applications are due July 13.

New and Upgraded Membership Promotion

If you enjoy the trails, interpretive center, programming, or just observing nature from your car on a drive down Rustad Road, consider becoming a member or upgrading your membership. Nature is important for our physical and mental wellbeing. To ensure River Bend is here for you now and in the future, please join or donate today!

JOIN RBNC AS A MEMBER TODAY!

(Member Promotion Valid for New Members or Membership Upgrade Only)

Basic \$40	Advocate \$100	Patron \$250	Founder \$500	Star \$1000
Member Level Perk • Member Sticker	Member Level Perk • Member Sticker • \$50 Voucher (Household Only)	Member Level Perks • Member Sticker • \$100 Voucher • \$50 of your membership to scholarship fund	Member Level Perks • Member Sticker • \$250 Voucher • \$100 of your membership to scholarship fund	Member Level Perks • Member Sticker • \$500 Voucher • \$200 of your membership to scholarship fund

All household memberships at any of the above levels receive the following program discounts:
\$25 off summer camps, \$10 off adventure days, \$5 off snowshoe/ski/bike rentals

Leave a Legacy at River Bend Nature Center

There are many ways you can help your favorite nonprofit nature center that not only help today but into the future. Besides memberships and donations and memorial or tribute bricks at Honor Point, you can also write River Bend Nature Center into your will or estate plan. Please contact us for further information should you be interested in cash or noncash donations now or in the future.

Maple Syrup Fun Run RESCHEDULED for September 19, 2020!

The Maple Syrup Fun Run is rescheduled for Saturday, September 19, 2020. Each runner receives a complimentary pancake breakfast to-go and a Fun Run reusable bag. Any members of the public must pre-purchase a brunch ticket. Race details are subject to change based on recommendations from the CDC. Runners already registered will be notified of any changes via email. You can also stay up to date with race details on our website at rbnc.org/fun-run

Save the Date for Ramble: Like Never Before week of September 19, 2020!

Join River Bend Staff and Board members throughout the week for virtual and socially distanced events. Kick off the week with a Pancake Brunch to-go and end the week with a live music, speakers and the live auction. Visit rbnc.org/ramble for more information and to purchase tickets.

Team Building Programs

Looking for a fun way to build team chemistry and productivity in your organization or company? Then book a team building program at River Bend Nature Center. These fun, hands-on programs help teams build stronger relationships, effective communication, and develop problem solving strategies. These skills all lead to better results, job satisfaction, and happy employees.

River Bend staff construct a custom program based on your organizational goals. Contact us for more information.

Honor Point Memorial Bricks

Honor your loved ones, living or deceased, at a gorgeous overlook on the Straight River. Honor Point serves as a way to recognize people's contributions that support programming and other environmental education initiatives at River Bend. Memorial contributions such as this help advance River Bend's mission of helping people discover, enjoy, understand and preserve the incredible natural world that surrounds us. Not only are your loved ones remembered by all who visit Honor Point, but their legacy is also imbedded in the smiles of all the children and families who participate in River Bend's programs. For more information call us at 507-332-7151

Archery Deer Hunt 2020

By: Brittany Smith, Naturalist/ Program Coordinator

River Bend Nature Center is planning to hold an archery only deer hunt this fall. The hunt is planned to take place starting Sunday, October 25 to Sunday, November 1, 2020. The trails will remain open and accessible to the public. As always, please stay on the designated trails. Designated trails are those that are found on the current trail map that can be found on the website. It will also be vital to keep your dogs on their leash. It is River Bend's policy that all pets must be leashed at all times.



Why does River Bend participate in special hunts? River Bend has a thriving deer population and the current herd size is causing damage to vegetation not only within the boundaries of River Bend but also to surrounding properties. Large populations of deer in a small area, like that of River Bend, also can be detrimental if disease enters a herd and then rapidly spreads. Right now, chronic wasting disease (CWD), is the primary threat as it spreads closer to the Faribault area.

CWD is 100% fatal in deer and remains in the environment for long periods of time. So, this is why it is important for places with a high deer density, like River Bend Nature Center, to manage the herd population through special hunts. It is also vital to not put food out or other deer attractants that will cause deer to congregate in the same area.

More information regarding the hunt will be available on River Bend's website <https://rbnc.org/deerhunt> at a later date once the hunt has been permitted by the Minnesota Department of Natural Resources, July at the earliest.

My Time at River Bend

By: Evan Pak, GreenCorps Member

As I approach the end of my AmeriCorps term in August, I've been thinking back over the last nine months. I feel incredibly lucky to have been part of the team at River Bend. My term has brought remarkable variety, and has shaped my interest in the environment as a whole. Here are some of my favorite moments, in no particular order.

- Teaching about waste reduction. Our waste education program visited every elementary school in Rice County, as well as one outside. Between all of the classrooms, we taught about 1,300 kids about the 3Rs and waste reduction. My interest in the environment started at their age, and I hope that I played a part in doing the same for the next generation.
- Bats, Bones, & Bonfires. I asked kids trivia questions about River Bend and the environment, and gave out apples. It was a blast seeing everyone's costumes, and I was amazed by just how many kids were excited to give the questions a shot.
- Clearing out buckthorn. River Bend's land is full of this invasive scourge, and it's a lot of work to clear out. That doesn't mean it can't be fun, though. Little can compete with building a big bonfire in the middle of winter, all while helping the environment. I even brought marshmallows a few times!
- Photographing the nature center. I've had some incredible opportunities to capture the beauty of our land, as well as the plants and animals which call it home. Check out our Instagram (@RiverBendMN) to see some examples!
- Giving my OWLS talk on the waste hierarchy. I'm still humbled by how many people took the time out of their days to come listen to me talk about how we dispose of waste.

Of course, there have been plenty of challenges along the way, but each one has shaped my term. It wasn't easy staying energetic for my fourth class visit of the day, but the looks of wonder on the kids' faces made it all worthwhile. Even more dramatic was the impact of COVID-19. However, through this crisis, I've been able to work on natural resource projects at River Bend. I've also connected with new audiences through photos, video, and written pieces.

It won't be easy saying goodbye when my term comes to an end. All of the connections with staff, volunteers, and visitors have shaped my experience into one fantastic year. Even though I won't be working here anymore, I'm sure to return to hike and bike the trails.

Naturalist Notebook

By: Katy Anderegg, Naturalist/Program Coordinator

Red-Spotted Purple and White Admiral Butterfly

Limnitis arthemis astyanax and L. a. arthemis

I was out walking Raccoon trail on a sunny day in June. I brought my camera with me in search of anything that would catch my eye. It wasn't long before I started to notice small, fluttering butterflies swarming the clover on the ground and surrounding foliage. I came across Pearl Crescents, Gorgone checkerspots, Monarchs, Hackberry Emperors, Eastern Tiger Swallowtails and my first ever Red-Spotted Purple Admiral Butterfly.



I was stunned by its beauty and tolerance of my presence; black and iridescent blue with large orange spots and white dashes along the edge of its wings. The Red-Spotted Purple coloration is a mimic of the poisonous Pipe Vine Swallowtail. Mimicking a poisonous species is a great defense mechanism to ward off predators as its diet as a larva is mainly black cherry, birch and willow tree leaves; non-toxic plants. As an adult, the red-spotted purple consumes sap, dung and rotting fruit.

The Red-Spotted Purple has a wide range spanning south to Texas and east towards Florida. Part of its range overlaps with the White Admiral and it has been discovered that these two species can interbreed and create hybrid species that can be found in Minnesota. Being a non-migrating species, 3rd instar larva overwinter in a hibernacula made of the leaves it feeds on. They will emerge in the spring, continue to grow to 5th instar, form a chrysalis and develop into an adult. The adults will lay round eggs made of hexagons with spikes on the tip of host plant leaves. Seven days later a 1st instar is born. The larva has two brown spikes on its head with the body being greenish-brown with a white saddle and lateral lines along the sides. They resemble bird droppings and are believed to be a form of camouflage. Males and females look identical with the female being a bit larger, growing up to 3.5 inches. Both are active flyers and will come to rest with their wings closed. Males will fight each other for a chance to mate with a female and defend territories. If a female is not receptive to a male, she will close her wings.

I hope one day you will get a chance to see one of these remarkable butterflies in the wild and enjoy its presence as much as I did. Happy butterfly hunting!