



**River Bend**  
NATURE CENTER

PO Box 186  
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Faribault, MN  
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www.rbnc.org

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Faribault, MN  
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**River Bend**  
NATURE CENTER

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

**Director's Desk: The Best Ever**

*By: Breanna Wheeler*

By the time you are reading this, winter should be a memory and we'll be on to spring. So please forgive this jump back in seasons for a little reflection that can apply to any time of year. I learned how to cross-country ski as an adult and, early on, could best be described as a once or twice a season or maybe even miss a season type skier. It took me many years to not feel like a brand new beginner falling down a lot and having troubles with getting my boot into the bindings and back out again. It wasn't until I began my time at River Bend Nature Center that I really became more confident with it and got hooked (I've still got a lot to learn and still take my skis off going down some of those hills).

Earlier this year, I was out for a ski at dusk at RBNC, my favorite time of day when the lighting makes everything look magical and I couldn't get the thought "this is the best ski ever" out of my mind. As I kept going, I thought some more. Is it really? What makes it so? But the feeling won out over the thinking and it didn't matter what the answer was because it was the best ski ever. The next time I was out, it happened again – I found myself thinking "this is the best ski ever." What is happening?

Oh my gosh, I'm turning into my dad. For him, it was with food. "This is the best steak/shrimp/lettuce salad I've ever tasted" and I would think with a laugh, really? Really? What makes it so? And it would become a thing I'd wait for at a meal when he would say this and I'd have a little chuckle about it.

Maybe this happens when we are truly in the moment and mindful, appreciating the good in the now so much that it really is the best. You know who is really good at doing this? Kids. It makes me think of a common expression I hear from children visiting the nature center on field trips joyfully exclaim, "this was the best day ever."

We grow up, or at least I did, and I got a little cynical and question it with "Really? What makes it so?" I'd say it's time to ditch that and embrace the moment and feeling without having to think it through. To be invigorated and energized and restored by the natural world whether that's at your favorite nature center, in your neighborhood, or appreciating a lettuce salad. So, go ahead, proclaim that your walk, bike, ski, or drive through the nature center was the best one ever. I understand!

Hey, you know what? You know who's the best community ever? You. Thank you for continuing to invest in the future of RBNC through your memberships, donations, volunteering, and program participation. You put a smile on our faces and help us provide a nature center experience for all which is more important than ever as we've all faced difficulties this past year that haven't felt the best ever. THANK YOU!

**The newsletter is now digital!** If you would still like to receive a paper copy of the quarterly newsletter, please email [rbncinfo@rbnc.org](mailto:rbncinfo@rbnc.org) or call us at 507-332-7151

**Upcoming Programs**

**MAY**

May 1– Virtual Maple Syrup Fun Run

May 1– Arbor Day Tree Planting

May 8– Create Your Own Pollinator Sanctuary

May 15– Stewardship Day: Woodland Warriors

**JUNE**

June 5– Stewardship Day: Woodland Warriors

June 14– Summer Camps Start! See inside for details.

Keep up to date with new programs at [rbnc.org/upcoming-programs](http://rbnc.org/upcoming-programs)

**SAVE THE DATE:**

**JULY 22**– Annual Meeting

**AUGUST 16-20**– Ramble Week

RIVER BEND NATURE CENTER

Registration now open!



**SUMMER CAMP 2021**

WHOLE DAY & MICRO CAMPS  
FOR CHILDREN GRADES K TO 8TH GRADE

Members receive discounts on registration!

[rbnc.org](http://rbnc.org) 507-332-7151

1000 Rustad Road  
Faribault, MN 55021



**VIRTUAL MAPLE SYRUP FUN RUN**  
50K, 25K, 10K, 5K, & 1 MILE

Run for River Bend!  
Faribault, MN  
May 1, 2021

register at: [rbnc.org/fun-run](http://rbnc.org/fun-run)

# River Bend Nature Center

1000 Rustad Rd—PO Box 186  
Faribault, MN 55021

## Board of Directors

Dustin Simpson, *President*  
Patrick Mader, *Vice-President*  
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Karen Zeller

## Staff

Breanna Wheeler, *Executive Director*  
David Foley, *Lead Naturalist/Program Manager*  
Katy Anderegg, *Naturalist/Administrative Coordinator*  
Molly Olson, *Naturalist/Marketing Coordinator*  
Brittany Smith, *Naturalist/Natural Resources*

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# SUMMER CAMP

*A SUMMER OF DISCOVERY*

**FULL DAY CAMPS FOR CHILDREN GRADES K-8**



Thanks to generous donors and community partners, RBNC summer camps are only \$25 (\$20 for members). Limited spots available, register today!

[rbnc.org/summer-camp](http://rbnc.org/summer-camp)



**BUILDING AMERICA®** Dr. Karen and Simon Zeller

## Meadowlarks (K-2) Herons (3-5)

June 14-15	July 12-13
June 16-17	July 14-15
July 26-27	July 28-29

## Adventure Is Out There (5-8)

June 21-22
July 19-20



**507-332-7151 1000 Rustad Road Faribault, MN 55021**

Because of generous donors and community partners who believe in our mission, River Bend is excited to offer our dynamic 2-day camps for a fraction of the cost they have traditionally been (\$135+ value). This means we are able to provide summer camp in an inclusive way to our entire community, without sacrificing quality. River Bend Summer Camps do not have specific themes this year, but are named after the age groups. Your child will still have fun with all of the usual summer camp activities-making new friends, playing games, exploring outside, and more. Adventure Is Out There Camps will meet at North Alexander Park on day one for canoeing/kayaking and meet at Shattuck-St. Mary's sport's complex on day two for low and high ropes courses. For more information and to register, visit [rbnc.org/summer-camp](http://rbnc.org/summer-camp)



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# RAMBLE

*A week to renew, restore, & raise funds for River Bend Nature Center*

*August 16-20, 2021*

NATURALIST TOURS  
CAMPFIRE TRIVIA  
MUSIC ON THE PRAIRIE  
WINE/BEER RAFFLE  
AUCTION & DINNER

Tickets at [rbnc.org/ramble](http://rbnc.org/ramble)  
1000 Rustad Road, Faribault MN 55021  
507-332-7151

# RIVER BEND NATURE CENTER BUSINESS MEMBERS

**STAR**



**Advocate**

- A&W Restaurant
- Anderka Construction
- Boldt Funeral Home
- Cannon River Watershed Partnership
- Cedar Lake Electric
- Country School Financial
- Donahue's Greenhouse
- Faribault Animal Center
- Faribault Area Retired Educators
- Faribault Public Schools
- Faribo Sno-Go Club
- Humphrey Manlift Company, Inc.
- Krause Feeds & Supplies
- Pawn MN LLC
- Quality Appliance
- Schieck Orthodontics
- Tom's Lock & Key

**FOUNDER**



**PATRON**



- Erickson Furniture
- Parker Kohl Funeral Home
- Valentyn Builders LLC

**Become a Business Member today at [rbnc.org/membership](http://rbnc.org/membership)**

- For more information on:
- How to sponsor 2021 events (Fun Run, Camps, Ramble, or Bats Bones & Bonfire)
  - Group volunteering
  - Team building programs
  - How to match employee donations
  - How to buy memberships for your employees

Contact us at [rbncinfo@rbnc.org](mailto:rbncinfo@rbnc.org) or call 507-332-7151

**THANK YOU!**

# News & Notes

**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 rentals  
Using the voucher affects the tax deductibility of your donation

**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 lives on in the experiences of all the children and families who participate in River Bend's programs. For more information email [rbncinfo@rbnc.org](mailto:rbncinfo@rbnc.org) or call 507-332-7151



**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.

**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.

**Ways to help your favorite nonprofit nature center**

If you answer yes to any of the following, please contact Breanna at [rbncinfo@rbnc.org](mailto:rbncinfo@rbnc.org) or 507-332-7151 to discuss opportunities.

- Will your employer match your membership/donations to RBNC?
- Are you interested in how your workplace can get involved at RBNC?
- Is RBNC in your will or estate plan?
- Do you want to know more about giving gifts of stock/bonds, IRA charitable rollovers, or donor-advised funds to RBNC?
- Are you interested in sponsoring the Maple Syrup Fun Run, Camps, Ramble and/or Bats, Bones & Bonfires?
- Want to know about volunteer opportunities?



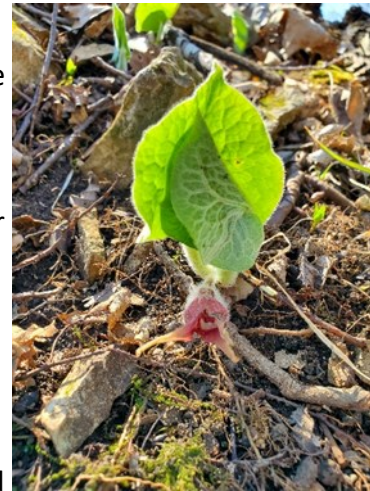
# Spring Has Arrived!

By: Brittany Smith

Tis that time of year when the snow is melting, the sky is bright blue, and the sun warms your face. Birds are migrating, frogs awaken from their deep slumber, and the forest floor is bursting with color. That wonderful time of year when baby animals fill the landscape. River Bend is a great place to enjoy all the wonderful sights, sounds, and smells of Spring.

## A few reminders when visiting River Bend Nature Center:

- Stay on designated trails. River Bend is home to a diverse plant community and going off trail can damage many of these native species.
- Dogs MUST be on a leash at all times and pick up after your dog.
- Do NOT feed the wildlife.
- Leave baby animals alone.
- Many times, mothers will leave their young to draw predators away. Baby deer naturally stay in one place and stay very still, please leave them be.



## Design Your Own RBNC Experience

Host an outdoor gathering (all ages) with up to 8 guests. A guided walk, snowshoe, ski, refreshments by the fire, maple syruping, or other outdoor activity of your interest to learn about the natural world and trails at RBNC. Contact us at 507-332-7151 or [rbncinfo@rbnc.org](mailto:rbncinfo@rbnc.org) to learn more or book an experience!

Want to take your program to the next level? We will provide the above "design your own" experience at no cost when you invite guests interested and willing to donate toward environmental education, conservation and outdoor recreation at RBNC. We will also provide a short presentation on the inner workings of RBNC and plans for the future. Ask for the Experience Plus package. Designed for adults to help raise funds for RBNC. Contact us to discuss.

## CREATE YOUR OWN Pollinator Sanctuary

Mother's Day Weekend . Saturday, May 8

10:00-12:00 \$50 Members/\$75 Non-Members

The course includes a presentation, prairie tour, and take-aways:  
pollinator handbook, sanctuary sign, and a perennial plant  
Pre-registration Required



# Naturalist Notebook

By: Katy Anderegg

## Ruby-Throated Hummingbird

*Archilochus colubris*

In a flash, the Ruby-throated Hummingbird zips from here to there, darting up, down, forwards and backwards, hovers mid-flight to drink some nectar and zoom, it's off again. They have a unique ability to fly in any direction because of a ball and socket joint in the wing that allows for more flexibility than in other birds. It's often a blur when the Ruby-throated Hummingbird flies by because they can flap their wings 50 times per second giving rise to their name, humming by the sound the wings make.

Being the smallest bird in Minnesota, the Ruby-throated Hummingbird grows up to 3-3/4 inches including its bill and weighs 0.1-0.2 oz. Its tiny size may be deceiving, but these hummers are not shy and will aggressively defend nectar territories from others calling out *tchew* or *chih* in rapid succession. Such an active, warp-speed, lifestyle burns a lot of energy and requires a daily food intake more than their own body weight, feeding every 15 minutes. At night, they go through a process called torpor, a deep sleep-like state, to slow down their metabolism and heart rate by 90% reducing the amount of energy they use.



Males and females display metallic green feathers on their back. While the male has iridescent red on his throat that can look black in poor lighting, the female's is white (pictured above). Hummers are summer visitors here in Minnesota arriving in the spring and leaving in the fall to overwinter in Mexico and Central America. They have excellent vision and are attracted to red flowers and objects. They are highly entertaining and beneficial pollinators too. To attract them to your yard, don't be so quick to get rid of spider webs. Hummingbirds use spider webs for nesting material in addition to lichen and moss. Supply plenty of tubular flowers and red colors along with a feeder filled with sugar-water. Be sure to clean the feeder weekly and provide fresh sugar-water to keep these hummers coming around.

Photo by Dick Daniels, [https://commons.wikimedia.org/wiki/File:Ruby-throated\\_Hummingbird\\_\(Archilochus\\_colubris\)\\_RWD4.jpg](https://commons.wikimedia.org/wiki/File:Ruby-throated_Hummingbird_(Archilochus_colubris)_RWD4.jpg), added a white boarder